

Adult Evening EDUCATION

a publication of the Wake County Public School System

- 
- **Create a Farm in Your Backyard**
Even if you have a very small space.
page 27

- Earn your CNA license in 5 weeks.
page 9

- Become a voice-over artist.
page 14

- Sharpen your knife skills.
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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!



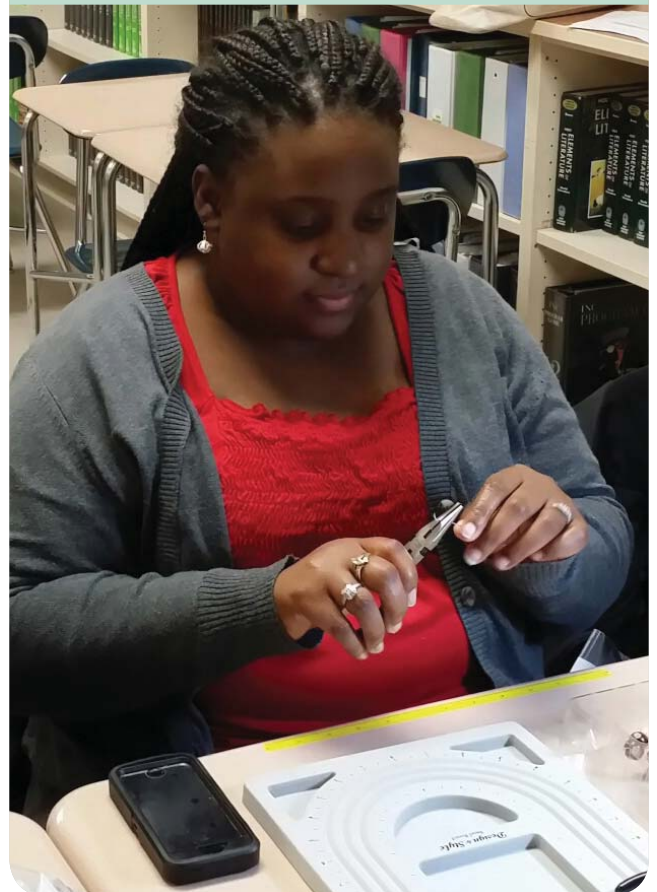
Engage in the beautiful vintage art of calligraphy scripting.

page 7



Make handcrafted wire and bead jewelry.

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Make people laugh as a standup comedian. page 11



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Icon Key

The icon consists of the letters 'LL' in white, centered within a dark green rounded square.

Lifelong Learning

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

Summer 2015 Semester:
Monday-Thursday,
May 18 - July 28

Holidays:
May 25 Memorial Day

A small version of the 'LL' icon in white on a dark green background.

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

The icon consists of the letters 'WT' in white, centered within a dark green rounded square.

Wake Tech

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

Summer 2015 Semester:
Monday-Thursday,
May 18 - July 28

Holidays:
May 25 Memorial Day

A small version of the 'WT' icon in white on a dark green background.

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 47 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
6/2-7/28 \$125



LL New The Fun of Palette Knife Painting

Materials \$

Loosen up your style in this fun class. You will learn the basics of knife painting and creating textures. Also covered will be color mixing and composition. Paint a landscape or still life from photos supplied by Marcelle Hooks, a dedicated and patient instructor who will guide you skillfully through the process.

See page 47 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
5/19-5/26 \$40

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.

What people are saying...
“Marcelle’s passion for art illuminates in our classroom. This was a perfect course for me to take, and I loved it so much. I’m taking the next class.”

- Kelly Blades
Classical Painting—
Portraits, Pets, Still Life,
and Landscapes



Spotlight: Jewellery Making with Elizabeth

LL **New Bangle Bracelet Workshop**

Materials \$

Love the look of wire wrapping and bracelets or matching sets? This class is for you! Use wire for the core of the bracelet and coil wire. Discover a couple of variations on coiling wire to make different wire beads. Once you learn the basic foundation for making a bangle bracelet, you are only limited by your own imagination! The design possibilities are infinite!

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

Athens Dr HS	6:30-9:00 PM	W
	6/24	\$63

“What people are saying...
It’s a great time with your girlfriends! You get to be creative!”

- Munah Gwyan
Simple Loops with Beads
Necklace Workshop

LL **Basic Stringing and Crimping Necklace Workshop**

Materials \$

If you’ve ever wondered why beading is a hobby loved by thousands, then this class is for you! Design and make your own necklace and/or bracelet. Learn to crimp with a crimping tool as well as smooth chain nose pliers for different, beautiful effects. Once you learn to crimp, you can make multistrand necklaces. Contact the instructor for a materials list. Elizabeth Strugatz is a gifted, self-taught wire and bead artist, instructor, and metalsmith. She will patiently guide you through the process to make your own work of art.

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

Athens Dr HS	6:30-9:00 PM	W
	5/27	\$63

LL **New Caged Beads Bracelet Workshop**

Materials \$

“Cage” beads with wire, so they look like orbits “free floating” inside the wire. In this fun workshop offered by Elizabeth Strugatz, a gifted, self-taught wire and bead artist and metalsmith, you will learn how to “cage” beads, attach them directly to each other, and attach them using jump rings. Leave the class with a beautiful, finished bracelet that you designed. Contact the instructor for a materials list required for the class. Wear your own work of art.

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

Athens Dr HS	6:30-9:00 PM	W
	7/15	\$63

LL **New Simple Loops with Beads Bracelet Workshop**

Materials \$

Explore your love of simple loops with beads in this engaging, hands-on class. Make simple loops with wire and beads and attach them to each other and with jump rings. You’ll leave this class with a finished bracelet that you designed. Contact the instructor for a materials list required for the class. Elizabeth Strugatz is a talented instructor and jewelry artist who will patiently guide you to the completion of your own bracelet.

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

Athens Dr HS	6:30-9:00 PM	W
	6/10	\$63

Elizabeth Strugatz is a self-taught wire and bead artist and metalsmith. She is inspired by all things natural, including wire, metal, and semi-precious stones. She incorporates all of these natural materials into beautiful designs of wearable art. Also an instructor, she teaches workshops on various wire working techniques. She lives and works in Raleigh, North Carolina and can be contacted via email at elizabeth@WirednTwistednStoned.com or via phone at 919-649-2123.



Cont. Spotlight on Elizabeth

LL **New** Wire Wrapping Individual and Multiple Beads Workshop

Materials \$

Grab your friends and get ready for a fun night in jewelry making. Wire wrap individual beads as well as multiple beads both neatly and randomly/asymmetrically for gorgeous results. Incorporate smaller beads into the wire as you wrap a larger bead and twist wire with a drill. You will learn how to attach these bead links directly to each other as well as attach them with jump rings. Leave this class with a finished necklace that you designed.

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

Athens Dr HS	6:30-9:00 PM	W
	7/22	\$63

LL **New** Wrapped Loops with Beads Bracelet Workshop

Materials \$

Make a gorgeous, handcrafted bracelet using single and double-wrapped loops with wire and beads. You'll learn to attach them directly to each other as well as with jump rings. Leave with a finished bracelet design you created. Contact the instructor for a materials list required for the class. Elizabeth Strugatz uses wire, metal, natural, and semi-precious stones to create beautiful hand-crafted jewelry. She will patiently guide you through the process of making a bracelet you can wear for years to come.

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

Athens Dr HS	6:30-9:00 PM	W
	6/17	\$63

LL **New** Calligraphy 101

Materials \$

This 12-hour beginner's calligraphy class will cover three lettering styles—italic, uncial, and copperplate. 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 47 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	M
	6/1-7/6	\$125

LL **Landscape Drawing, Painting and Watercolor**

Materials \$

Accomplished artist, Karen Rose (karenrose.dunked.com), encourages her students of all levels of experience to create beautiful landscape paintings. Inspiration is drawn from the compositions of photographer Ansel Adams, as well as the paintings of Milton Avery, John Marin, Cezanne, and Matisse. This will provide you a basis for using non-realistic or personal color preference, breaking into different shapes and textures, sketching out landscapes on paper, using complementary and overlaying colors, and leaving brush marks. Emphasis is on individual style and not the duplication of traditional realistic painting. There are no rules to learn or break, only discoveries to be made. You will leave the class with one or two completed paintings on canvas, several on paper, one or more watercolors and charcoal or pencil drawing.

See page 47 to register online, by phone, or mail; call the Provider, Karen Rose, at 919-889-9039 for more information.

Sanderson HS	7:00-9:00 PM	W
	6/17-7/22	\$100



WT **New** Eco-Friendly Art & Jewelry

Materials \$

Learn creative techniques for turning reclaimed materials into art—magazines, comic books, maps, sheet music, and more. This course, taught by an experienced artist with a passion for "repurposing," will show you how to create beautiful household items and wearable pieces from easily-found, everyday materials, with minimal impact on the planet. Nurture your creativity in a fun and inspiring environment.

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

Millbrook HS 142419	6:30-9:30 PM 6/11-6/25	Th \$100
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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 142184	6:30-9:30 PM 5/19-7/7	T \$100
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WT Fundamentals of Drawing

Materials \$

Draw still life objects and learn about perspective, shading, and shadow while working in pencil, charcoal, and pen and ink. Develop a personal artistic drawing style. Students supply all materials.

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

Millbrook HS 142415	6:30-9:30 PM 6/2-7/21	T \$100
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WT **New** Heritage Crafts Basics 1 – Standing Crafts

Materials \$

This is a practical class on many of the crafts, art, and decorations that homesteaders and farmers have made from found items. Students will create different crafts in each class, including leather crafting, woodcarving, basket making, candle making, rug making, and blacksmithing.

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

Knightdale HS 142498	6:30-9:00 PM 6/1-6/17	MW \$90
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WT **New** Heritage Crafts Basics 2 – Sitting Crafts

Materials \$

This is a practical class on many of the crafts, art, and decorations that homesteaders and farmers have made from found items. Students will create different crafts each class, including spinning, crocheting, weaving, beading, tatting, and theorem painting.

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

Knightdale HS 142496	6:30-9:00 PM 6/22-7/8	MW \$90
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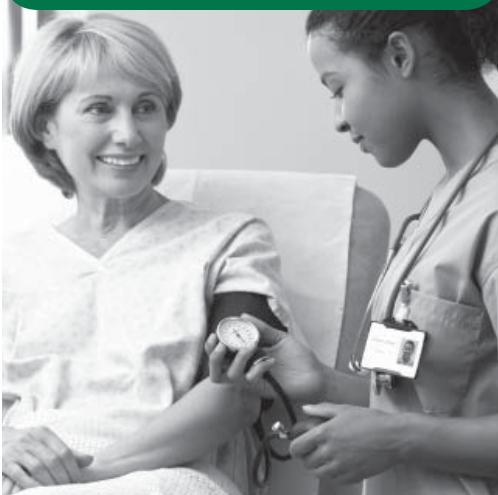


Career Skills



3 courses to prep for a medical career

Certified Nursing Assistants (CNAs)



LL Certified Nursing Assistant Level I

In just weeks, be prepared to enter an in-demand career field with limitless growth opportunities. This is a state certified program, guaranteeing eligibility level 1 certification on the North Carolina Nurse Aide Registry to all who pass the state exam. Topics covered will include the role of the CNA, communication, safety, patient rights, personal care, vital signs, elimination, nutrition, emergencies, rehabilitation and mental health. Classroom lecture instruction is three weeks at the assigned Lifelong Learning center for 27 hours of training. This will be followed by one 28-hour-week at CareOne Health for lab work. Course culminates with one 40-hour-week of clinicals at a nursing home facility. Students must complete all 95 hours of training with a 78% to be eligible for the state exam. 16+ welcome, but approval from school principal required for high schoolers. Supply list at www.wcpss.net/adult-edu under course title "requirements." Contact Workforce Development at 919-715-0111 ext. 250 for information regarding scholarship opportunities.

See page 47 to register online, by phone, or mail; call the Provider, CareOne Health Training Institute, at 919-773-7165 for more information.

Sanderson HS | 6:30-9:30 PM | MTW | 5/18-7/8 | \$675

Medical Billing and Coding Technicians



LL Medical Billing I & II

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

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

Millbrook HS | 6:30-9:00 PM | TTh | 6/30-7/23 | \$230

Phlebotomists



LL **New** Phlebotomy

This practice test prep course provides knowledge and training on how to draw blood using numerous techniques. The course curriculum teaches anatomy & physiology, medical terminology, venipuncture, tube recognition & order of draw, professionalism, preanalytical complications, capillary blood draw, and specimen transportation. Payment plans available for select students. Call for details.

See page 47 to register online, by phone, or mail; call the Provider, Heart Health Safety Techniques, LLC dba Shades Of Purple, at 919-926-9255 for more information.

Knightdale HS | 6:30-8:30 PM | TTh | 5/26-6/18 | \$450



HeartSaver CPR, AED, and First Aid course available, see page 10.



New ASVAB Exam Math Prep

See Teens, page 42.



Bring Joy to Seniors for Fun and Profit

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

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

Millbrook HS 6:30-9:30 PM T
6/16 \$60



Basic Grant Writing 101

See Communications, page 13.



New Communicating with Customers

Designed for business owners, managers, and supervisors, this interactive class will focus on choosing the right words, knowing when and how to say them, and understanding how body language and nonverbal communications can affect your team's interactions with your customers.

See page 47 to register online, by phone, or mail; call the Provider, WordsWorking at 919-306-4242 for more information.

Reedy Crk MS 6:30-9:00 PM Th
5/28 \$39



Create a Farm in Your Backyard

See Decorating/Gardening, page 27.



New HeartSaver CPR, AED, and First Aid

Cover CPR for adult, child, and infant, choking; mouth-to-mouth; pocket mask breathing; skills assessment; first aid basics; and medical, injury, and environmental emergencies. You will learn the proper techniques to apply and remove gloves, apply bandaging, properly hand wash, use an EpiPen, and practice scene safety.

See page 47 to register online, by phone, or mail; call the Provider, Heart Health Safety Techniques, LLC dba Shades Of Purple at 919-926-9255 for more information.

Knightdale HS 6:30-9:30 PM TTh
6/23-6/25 \$65

Athens Dr HS 6:30-9:30 PM TTh
7/14-7/16 \$65



LL **New** **Mobile Disc Jockey Business Concepts**

Want to really be the life of the party? Well become a Disc Jockey (DJ). Launch a career that lets you work a variety of schedules with huge opportunities for success and profit. DJs keep the party alive with music, emcee work, impromptu, and discussions. This class will cover the technological and sales duties associated with the industry. Additionally, you'll discover what's involved in marketing, advertising, producing content, and scheduling. Be your own boss and get your dance on doing it. Register today.

See page 47 to register online, by phone, or mail; call the Provider, Brian Gilliam at 757-751-5442 for more information.

Millbrook HS	7:00-9:00 PM	TTh
	6/2-7/2	\$150

LL **New** **Money Makin' Moms**

See Finance, page 29.

LL **New** **So You Want to Do Standup Comedy?**

Boost your confidence and get into standup comedy by attending five fun-filled standup classes. If friends tell you that you are funny ha ha, not just funny crazy, you might have what it takes. Sessions will explore joke writing, standup etiquette, and performance techniques to make you match-fit ready to perform at open mic shows. The graduation class will perform on Friday night at a local venue for a public audience to rapturous laughter and applause. Bring to class a notebook and a good sense of humor.

See page 47 to register online, by phone, or mail; call the Provider, Mick McKenna allcleancomedy at 919-539-8725 for more information.

Sanderson HS	6:30-8:15 PM	M
	6/1-6/26	\$99

LL **Voice-Overs...Now Is Your Time!**

See Communications, page 14.

WT **Business Etiquette Training**

In this real-world business etiquette class, you will learn and practice all forms of business etiquette: dining etiquette, communication etiquette, telephone and voicemail etiquette, meeting etiquette, wardrobe etiquette and much more. It is specifically designed for individuals who wish to acquire appropriate skills for the business environment. The goal of this training is to become a positive, polished, and poised business professional.

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

Athens Dr HS	6:30-9:00 PM	Th
142337	5/21-6/11	\$95

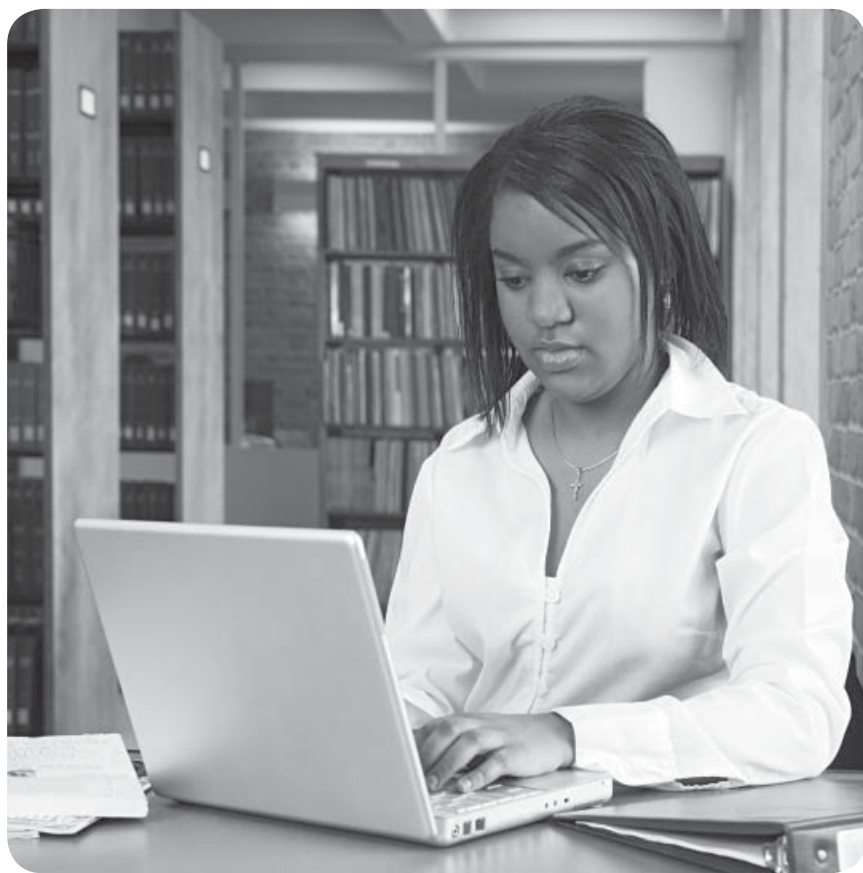
WT **New** **Everything You Need to Know About Law School**

Materials \$

An outline of how to prepare to go to law school, what to expect during law school, and how to start a career in the field of law.

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

Millbrook HS	6:30-9:30 PM	TTh
142526	6/2-7/2	\$95



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 Cooking
- Soap Making
- Graceful Aging
- 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



LL Basic Grant Writing 101

Writing a grant is not as simple as writing a letter. Grant writing is essential for preparing effective grant proposals, and this course is about acquiring a skill that involves quite a bit of writing. Grant making is not about receiving charity. While most private funders are philanthropic, even they look at grant making as an investment. And like all investors, the funder is looking for a good return. 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 47 to register online, by phone, or mail; call the Provider, Doris Dzameshie, at 202-716-8752 for more information.

Athens Dr HS	6:30-8:30 PM	T
	6/16	\$49

LL New Culture and Film: From Singin' in the Rain to Star Wars

Enjoy eight American films, considered some of the best films ever made. Learn why they are important to the film industry and American culture as a whole. Each film will be from a different genre. The films to be screened are *Citizen Kane*, *Casablanca*, *Singin in the Rain*, *Some Like It Hot*, *Star Wars: Episode IV*, *Rear Window*, *The Third Man*, and *The Deer Hunter*.

See page 47 to register online, by phone, or mail; call the Provider, Madison Murphy, at 919-889-9833 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/3-7/22	\$125

LL New Introduction to Creative Writing

Represent and explore the "real" by writing in the genres of poetry and creative non-fiction. Merge the boundaries between fictional poetry and research. Study literary devices such as tone, setting, description, character development, and more. Render your everyday existence enjoyable, enlightening, and meaningful. Instructor Lois will guide you through the creative writing process and provide opportunities for you to share your work with the class.

See page 47 to register online, by phone, or mail; call the Provider, Lois Cavanagh-Daley, at 919-832-4599 for more information.

Millbrook HS	6:30-9:30 PM	T
	6/16	\$36

LL New Communicating with Customers

Designed for business owners, managers, and supervisors, this interactive class will focus on choosing the right words, knowing when and how to say them, and understanding how body language and nonverbal communications can affect your team's interactions with your customers.

See page 47 to register online, by phone, or mail; call the Provider, WordsWorking at 919-306-4242 for more information.

Reedy Crk MS	6:30-9:00 PM	Th
	5/28	\$39



LL New Journal Writing for Health and Wellness

Enjoy a rejuvenating evening of writing. Enhance your health and well-being by purging your thoughts through journal writing. Instructor Lois will take you on a journey of self-discovery using journal writing guidelines and writing prompts. Leave this session more in tune with your physical and emotional needs and ready to engage the world around you.

See page 47 to register online, by phone, or mail; call the Provider, Lois Cavanagh-Daley, at 919-832-4599 for more information.

Millbrook HS 6:30-9:30 PM T
5/19 \$36

LL New 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 47 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 TTh
5/19-5/21 \$75

LL New Mobile Disc Jockey Business Concepts

See Career Skills, page 11.

LL New So You Want to Do Standup Comedy?

See Career Skills, page 11.

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 47 to register online, by phone, or mail; call the Provider, Such A Voice, at 802-825-5096 for more information.

Athens Dr HS 7:00-9:00 PM M
6/22 \$35

LL New Writing Skills for Entrepreneurs

Relearn the basics of writing for your business. Through hands-on guidance from instructor and writer Pat Fontana, work on writing skills that you will need for emails, web content, letters, proposals, and other communications with employees and customers. No more fear of the blank page (or blank computer screen)!

See page 47 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 M
6/1-6/22 \$64

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 47 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 M
5/18 \$55

“What people are saying...
If you want to tap into a new, unrecognized talent that you may possess, this class may unleash it. Plus, you'll have fun doing it.”

-Todd Blanchette
Voice-overs...
Now Is Your Time!

WT Accent Reduction Training

With more non-native English speakers in the Triangle, accent reduction is essential. Pronunciation is especially important for professional positions. If you are striving to acquire a higher-level job necessitating polished speaking skills, this course can help!

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

Millbrook HS	6:30-9:30 PM	Th
142421	6/4-7/30	\$95

WT Advanced Public Speaking

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

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

Athens Dr HS	6:30-9:30 PM	Th
142338	6/18-7/23	\$95

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.

Athens Dr HS	6:30-9:30 PM	T
142284	5/26-6/30	\$95

WT How to Write, Publish, and Promote Your Book!

Becoming an author is quite an achievement, whether your creation is fiction, non-fiction, poetry, a memoir, a children's book, or another kind of work. With today's technologies and a do-it yourself mindset, anyone can realize the dream of being published. This course will show you how to write, publish, and promote your own work—for FREE. You'll learn the step-by-step process of self-publishing, and within six classes, you'll have your book in hand! Whether you have a manuscript ready for print or haven't created your outline yet, you can benefit from this informative, practical course.

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

Athens Dr HS	6:30-9:00 PM	M
142236	5/18-7/27	\$90

WT Introduction to Screenwriting

Explore the process and basic elements of screen writing. Feature films and writing for television will be covered with the idea of visual storytelling.

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

Athens Dr HS	7:00-9:30 PM	T
142334	5/19-7/28	\$95

WT Oral Communication for Non-Native Speakers

ESL graduates and nonnative speakers of English with advanced English language skills can improve their interpersonal communications and opportunities for employment with this course. Emphasis is on correct pronunciation and idiomatic expressions with a goal of improving personal and professional communication.

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

Millbrook HS	6:30-9:30 PM	T
142428	6/2-7/2	\$95

Register Now!

Computers



LL Excel Introduction for Teachers

Materials \$

Throw away your calculator! Learn to crunch numbers with Excel. Learn the basics of this powerful program to create gradebooks and lesson plans: formatting data, using formulas and functions, moving and copying data, and customizing and printing options. Work with multiple sheets and create graphs. Some experience with Windows and mouse required. Hands-on, instructor-led class. Text and data disk provided. **CEU=0.9**

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

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

LL Facets of Facebook

Materials \$

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

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	6:30-9:30 PM	W
	5/20	\$40
Athens Dr HS	6:30-9:30 PM	T
	7/28	\$40

LL Fundamentals of Windows 8.1

Materials \$

Did you buy a new laptop or tablet with Windows 8 and are pulling your hair out trying to navigate this completely revised operating system for Windows? In this short, 3-hour class, learn basic navigation techniques and shortcuts. Bring your own computer, so you can customize the start screen with your favorite apps. Learn the quickest way to find the special features of common applications. Streamline quick access to many web resources with a Microsoft account. This is an instructor-led class. Handouts provided.

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Athens Dr HS	6:30-9:30 PM	W
	5/18	\$50
Millbrook HS	6:30-9:30 PM	T
	6/16	\$50

LL Internet Resources for Teachers

Materials \$

Explore, review, and critique Internet resources invaluable for early childhood educators. Detailed lesson plans, grade appropriate listings, and parent information are often included on the sites. Save yourself endless hours of searching on your own for fun and interesting classroom activities. This is a hands-on, instructor-led class. Text provided. Bring flash drive for data. **CEUs=2.1**

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	6:30-9:30 PM	M
	6/29-7/27	\$130

Register Now!

“What people are saying... Julie was an excellent teacher, and the handouts were very helpful to refresh my memory of what we learned in class.”

-Sara Warren
Personal Computers and
Windows Introducing

LL Personal Computer & Windows Introduction

Materials \$

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

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	7:00-9:30 PM	TTh
	6/2-6/11	\$85

LL PowerPoint Introduction

Materials \$

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

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Athens Dr HS	6:45-9:15 PM	T
	6/30-7/21	\$85

LL Simple Web Page Design

Materials \$

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

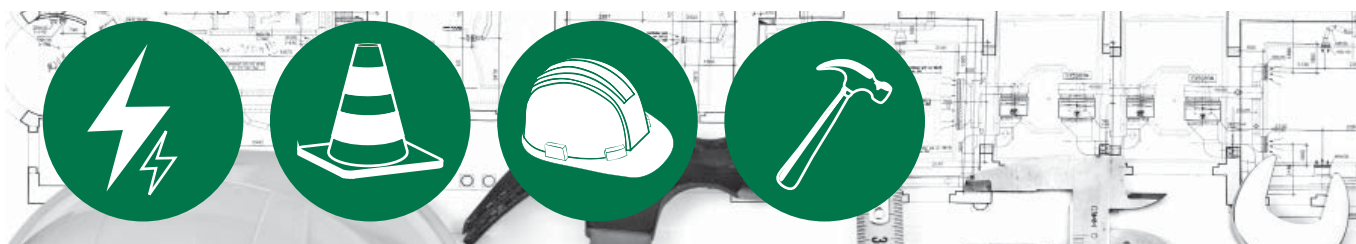
See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	6:30-9:30 PM	W
	6/3-6/17	\$85

Athens Dr HS	6:30-9:30 PM	Th
	7/2-7/16	\$85



Construction



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

Athens Dr HS | 6:30-9:30 PM | MTh | 5/18-7/23 | \$290

Become a Manager!



LL Introduction to Construction Management

Cover a broad range of basic principals in this 10-week course. You'll focus on basic methodology, the project management process, construction history, materials, safety, fail-proof methods and techniques, estimation and budget, scheduling, contract interpretation, and many other matters required for efficient construction operations and project execution. Instructor Aaron Vick holds a master's of science in management and is a qualifying unlimited licensed General Contractor. Previously the vice president of Wm. C. Vick Construction Company with over 35 years experience in the business, he understands exactly the skills and mindset required for a successful career as a North Carolina commercial builder. Recommended text and supplies: calculator; highlighter; Contractor's Guide to Business, Law, and Project Management, North Carolina 6th ed or latest available; and Construction Management Fundamentals by Clifford J. Schexnayder and Richard E. Mayo, International Version.

See page 47 to register online, by phone, or mail; call the Provider, Aaron Vick, at 919-868-4830 for more information.

Athens Dr HS | 6:30-9:30 PM | TTh | 6/2-7/9 | \$150

Become a Building Inspector!



LL Preparatory Class for NC Residential Builders' Exam

This course consists of preparatory classes for the residential exam, offering a general overview of material deemed pertinent. It is expected that students will already possess applicable experience, appropriate financial status, and technical ability to sit for the exam. The course will cover relevant topics such as cost estimation, quantity take-off, OSHA, laws and regulations, NC residential building code, construction practices, and construction management. There are no prerequisites; however, in order to be seated for and pass the NCLBGC exam, you should have previous, verifiable and relevant experience in construction. Instructor Aaron Vick holds a master's of science in management and is a qualifying unlimited licensed General Contractor. Previously the vice president of Wm. C. Vick Construction Company with over 35 years experience in the business, he understands exactly the skills and mindset required for a successful career as a North Carolina commercial builder. Required text and supplies: non-alphanumeric calculator and highlighters; North Carolina Residential Building Code (2009 edition or latest available); Contractor's Guide to Business, Law, and Project Management, (5th edition or latest available).

See page 47 to register online, by phone, or mail; call the Provider, Aaron Vick, at 919-868-4830 for more information.

Athens Dr HS | 6:30-9:30 PM | MW | 6/1-7/8 | \$150

Become a Contractor!



LL So You Want To Be a Contractor?

Have a natural talent for building? Taken a few classes and feel ready to launch a career as a contractor? Before starting, enjoy a comprehensive talk on the true nature of the general contracting industry to determine if the construction business is right for you. Not only will you gain an awareness of the skills required, but you will also have your specific concerns addressed. In just three hours, learn about construction opportunities and occupations, the market and work environment, project and construction business management, and legal and licensing issues. We'll conclude with a question and answer session, and you'll leave with little-known helpful resources to navigate you toward success. Instructor Aaron Vick holds a master's of science in management and is a qualifying unlimited licensed General Contractor. Previously the vice president of Wm. C. Vick Construction Company with over 35 years experience in the business, he understands exactly the skills and mindset required for a successful career as a North Carolina commercial builder.

See page 47 to register online, by phone, or mail; call the Provider, Aaron Vick, at 919-868-4830 for more information.

Athens Dr HS | 6:30-9:30 PM | Th | 7/16 | \$50



5 culinary courses with Chef Cherisse



LL **New** Basic Knife Skills

Materials \$

Slice, chop, mince, dice, brunoise, batonnet, and julienne your way to perfect cuts. In this class, learn the basic care and handling of various knives, so you feel confident maneuvering on the cutting board like a pro. Learn which knife works best for you and hear tips to keep your cutlery sharp. Bring your own knives if you have them. The instructor does have knives to share.

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

Sanderson HS | 6:30-9:30 PM | M | 7/20 | \$39



LL **New** Spring Brunch

Prepare a delicious menu of dishes that can be eaten alone or enjoyed together on any spring day! Menu: Pancetta wrapped asparagus, mini ricotta and roasted red pepper frittatas, roast shrimp cocktail, blueberry lemon scones, family-friendly mimosas.

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

Sanderson HS | 6:30-9:30 PM | T | 6/9 | \$55



LL **New** Summer Dinner Party

Summer is on the way and with that comes entertaining! Prepare dishes that highlight the season's best offerings. Menu: parmesan biscuits with slow roasted tomatoes and basil mayo, garlic grilled chicken with rhubarb barbecue sauce, Jicama summer slaw, and raspberry almond tart.

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

Reedy Crk MS | 6:30-9:30 PM | Th | 7/23 | \$55



WT **New** 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. Students share food costs and provide supplies.

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

Reedy Crk MS | 6:30-9:30 PM | T | 139039 | 6/16-7/28 | \$100



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

Materials \$

As a parent, childcare provider, or Au Pair, you know how challenging it can be to prepare healthy and appealing foods. Learn menu planning, allergen-free food prep, and simple ways to make delicious meals and snacks.

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

Athens Dr HS | 6:30-9:30 PM | Th | 139025 | 5/21-6/25 | \$100

WT A Career in Cake Decorating: Intermediate

Materials \$

Acquire more advanced skills in cake decorating and learn about starting a cake decorating business. Find out about creating flowers in royal icing using lily nails, rolled fondant and gum paste, coloring techniques, wedding cakes, and three-tiered cakes. You'll also learn about assessing the market and managing your own business (or your employer's) more effectively. Students supply all materials.

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

Millbrook HS 139032	6:30-9:30 PM 6/4-7/23	Th \$95
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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 and provide supplies.

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

Sanderson HS 139029	6:30-9:30 PM 6/3-7/22	W \$100
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WT Cooking With Summer's Bounty

Materials \$

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

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

Sanderson HS 139022	6:30-9:30 PM 5/19-6/4	TTh \$100
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WT New Hurry for Curry: Basic Indian Cooking

Materials \$

Hurry for Curry and increase your confidence by adding Indian cuisine to your cooking recipes. This course covers a range of Indian cooking topics that will significantly increase your confidence and grasp of basic Indian cuisine. Students will be able to cook basic Indian dishes from start to finish. Get ready to learn how to identify the use of different spices, ingredients, terminology, culture, and regional cooking.

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

Sanderson HS 142996	6:30-9:30 PM 6/8-7/27	M \$100
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“What people are saying...
I learned many useful techniques in addition to new recipes and ingredients I wouldn't normally think of using.”

-Stephanie Leibowitz
Cooking with
Summer's Bounty

Dance and Fitness

Spotlight: Dancing with Franca

LL Beginner Ballroom Dance

This class is for the beginner with "two left feet" or no formal dance instruction. It covers Waltz, Foxtrot, Tango, Rumba, Cha Cha, and East Coast Swing. Learn how to use your feet and stand properly, how to use correct leading and following techniques, covering essential elements to strengthen your ability to dance with various partners. This is great for building confidence, getting exercise, and staying in time with the music while having fun! This class may be the start of many fun years in dance. Visit www.francasdancestudio.com to register. Note: \$10 discount for couples, but no partner is required.

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

Athens Dr HS	7:30-9:00 PM	T
	6/2-7/21	\$115

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 and have fun doing it! 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 47 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:30-9:00 PM	M
	6/1-7/20	\$100

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 New Weight Training and Conditioning

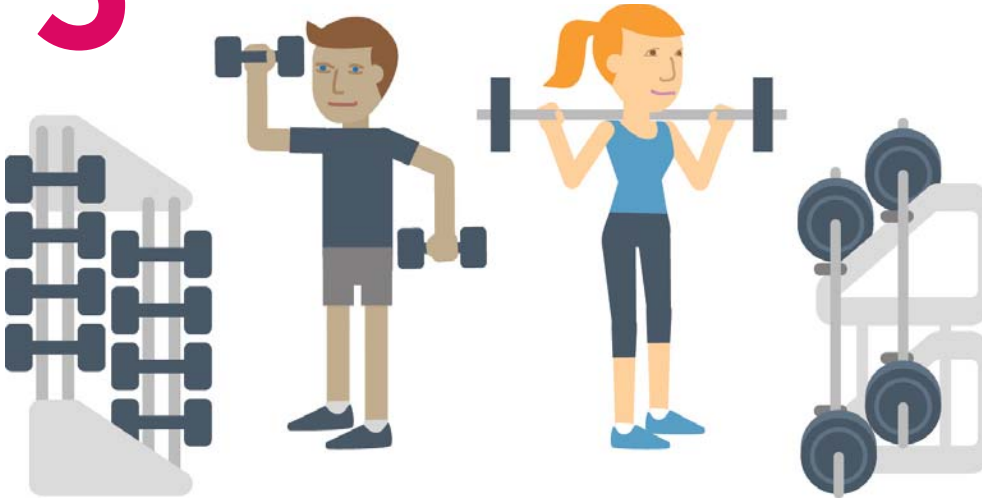
Both men and women need to build strength to stay healthy. This course is designed for the beginning weight-training student and includes learning techniques of lifts and cardiovascular conditioning, safety precautions and injury prevention, and other methods of weight management. The major focuses are general muscle toning and achieving total fitness. Join this class to tone your body and strengthen your core for better health.

See page 47 to register online, by phone, or mail; call the Provider, Cedric Dargan, at 919-818-5795 for more information.

Knightdale HS	6:30-8:30 PM	TTh
	5/19-6/25	\$225

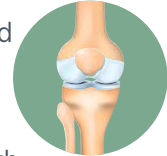


5 Reasons You Need to Strength Train



Strength training increases bone mass

Many adults in their 70s and 80s who end up in nursing homes, do so because they have decreased skeletal mass, and are therefore in danger of falls and bone fractures. Strength training is imperative for the aging body since it adds more weight to the skeleton, improves muscle strength, and provides better balance.



In a study titled Prescription Alternatives, Professor Earl Mindell and Virginia Hopkins detail these findings: “Older women who [perform] high intensity weight training two days per week for a year... increase their bone density by one percent.” Failure to strength train, on the other hand, can result in a bone density loss of as much as 2.5 percent over a year.

Strength training helps with insomnia

If you struggle to fall asleep or stay asleep, strength training can make a tremendous difference in your quality and quantity of sleep. Sleep does not just help overcome obvious problems like the misery you feel after a restless night or the dark circles that form under your eyes. A consistent sleep schedule helps regulate insulin levels, encourages belly fat weight loss, and increases brain function.



Strength training gives you a lean and toned body

You may worry that basic strength training will give you a body builder’s physique. This is simply not true. Whether you’re a man or woman, you can follow the same program, alternating the number of repetitions and size of weights, to ensure you sculpt your body the way you would like.



Strength training helps with mild to moderate depression

Because strength training releases feel good hormones in the body called endorphins, if you perform weight bearing exercises, you will find yourself more upbeat and energized.



Strength training takes minimal time

The recommendation is that you strength train two to three times a week for about 30 minutes. This may seem like a lot of time, but just missing three episodes a week of a sitcom will provide you a healthier, better looking body.



Register Now!

If you’re ready to build more strength, register now for “Weight Training and Conditioning” taught by Knightdale High School Coach and Trainer Cedric Dargan. You’ll enjoy 24 hours of personalized training to tone and strengthen your body.



Turn to page 22 to view the course details.



So You

Want to

Do Standup

Comedy?

Learn to do standup comedy with comedian Mick McKenna

With an expression always on the verge of laughter and a rich Scottish accent, Mick McKenna will guide students through the steps needed to make their comedic careers a reality.

Mick has been doing standup for six years. He found this interest in 1991 while working for the BBC Scotland TV and Radio Comedy Unit as a writer. Then, in 2000, after relocating to the United States, he became a performer and contributor of NPR Station, WUNC.

Discovering a passion for the industry, Mick started attending weekly open mic sessions at Charlie Goodnights. Eventually, he gained notoriety and was invited to perform with others for pay.

“All the comedy greats had to start somewhere and get on their first stage,” says Mick. “New comedians are interns developing their skills and stagecraft.” Like Mick, would-be comedians can be assured to start receiving pay as soon as they are skilled enough.

In order to gain skill as a comedian, practitioners must make people laugh using original ideas. While some naturally can do this, all who desire to be standup comedians must practice. Mick says, “Perform as much as you can. Seize every opportunity. Network and support others.”



“All the comedy greats had to start somewhere and get on their first stage.”

Becoming a standup is more than being someone who can make others laugh. A person fit for the industry possesses stamina, extroversion, creativity, a strong sense of self, and a stage presence. Mick adds “You have to be disciplined to write down your sketches and ideas to project something interesting.”

One thing that sets Mick apart from other comedians is his commitment to perform clean comedy to which people of diverse backgrounds can relate. In fact, he recalls one particular time in which he performed at a bar and then performed the same material at a Pentecostal church. To his delight, both audiences were laughing hysterically.

His class is not only for future comedians, but also is targeted to anyone who presents to an audience. Teachers,



“My classes will be heaps of fun and will help you kick start your comedy journey by avoiding the pitfalls and taking the right steps.”

preachers, presenters, and managers can all benefit from the ability to inject humor in their presentations. For future comedians, Mick says, “My classes will be heaps of fun and will help you kick start your comedy journey by avoiding the pitfalls and taking the right steps.”

Don't miss this hilarious class to help you start a comedy career and sharpen your people skills. The final class will culminate in an open mic performance for interested enrollees. Launch a career doing something you love!



Perform Live

The final class will culminate in an open mic performance for interested enrollees.

Turn to page 11 to view the course details.

4 Ways Teachers Protect Children and Give Them Hope



“More than two thirds of the children who desperately need help are masquerading as normal so convincingly that their abuse goes completely undetected. Teachers provide an effective counterbalance to the effects of an abusive home.” (qtd. in Bancroft 1997)

Teachers give abused and neglected children hope that life can be better, that these children matter, and that these children have power to effect positive change in their own lives. In other words, teachers give hope.

And “Hope is a minimum [qualification] to academic and career success.” (Bancroft 1997) When children believe that the world can and should be a better place, and that they have the power to make that happen, they no longer are victims of their circumstances.

School curricula which includes communication and conflict management strategies, inspire abused children to break the cycle. (Bancroft 1997)

Many teachers are unknowing heroes in the lives of abused and neglected children because they understand the basic needs of a child must be met before learning can take place. They



Pay attention to children’s basic needs for warmth and security.



Provide snacks and a place where a neglected child can take care of hygiene.



Conduct clothing drives so that no student need be cold or ragged.



Prepare students to become citizens of the village, offering opportunities for community service projects, peer mediation, cross-age tutoring, drug abuse resistance and refusal skills training, and mentoring programs. (Bancroft 1997)



Register Now!



If you are a teacher, administrator, parent, or concerned resident desiring effective methods to help abused and neglected children, register now for Angela Holloway’s class “**Protecting Children: Recognizing and Reporting Child Maltreatment.**” You’ll gain the information you need to make a great impact in the life of a child.

Turn to page 40 to view the course details.



Decorating and Gardening

LL Create a Farm in Your Backyard

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

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

Sanderson HS 7:00-9:00 PM M
6/1-6/22 \$100



WT **New** DIY Event Décor

Materials \$

Learn to create unique party decorations on a budget! You'll design and develop items for birthday parties, baby showers, weddings, and other special occasions. Learn simple techniques and tips for creating party themes that make for memorable events.

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

Millbrook HS 6:30-9:30 PM M
142414 6/1-7/20 \$100

WT Interior Design II

Are you a do-it-yourself homeowner or thinking of hiring a design professional? This class will help you with advanced discussions of design flow and space planning. Explore color, furniture, fabric lighting, and accessories. You will be required to submit a complete room design that incorporates concepts from Interior Design I and II. The final two class meetings will be a review of the rooms before and after students designed them.

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

Millbrook HS 6:30-9:00 PM T
142413 5/19-7/7 \$90

WT Basic Floral Design

Materials \$

Discover the basic floral design techniques of form, balance, color, and style. Learn wiring and taping, bow making, and creating various centerpieces and other designs using silk and fresh flowers. Students provide their own tools and supplies; costs vary based on materials.

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

Millbrook HS 6:30-9:30 PM M
142416 6/1-7/6 \$90

WT **New** Starting a Raised Bed Vegetable Garden

Take first steps toward learning food independence in this informative, hands-on gardening class. Students will learn the principals necessary to start an edible raised bed, including construction, soil enrichment, plant and seed selection, growth, and harvest.

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

Millbrook HS 6:30-8:30 PM M
142494 6/1-7/20 \$90

WT Design an Outdoor Room

Create an outdoor living space for your home. Learn the secrets of planning a functional, budget-friendly, and environmentally-responsible outdoor space for everyday use and entertainment. This class will help you design a unique space that will bring enjoyment and add value to your home.

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

Millbrook HS 6:30-9:30 PM Th
142417 6/4-7/9 \$90

What people are saying...
“Lots of helpful information and first hand advice on planting—what works and doesn't in our area.”

- Mark Spooner

Create a Farm in Your Backyard

Register Now!

There is no charge for most ESL classes.

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

WT Costura Parte I

Materials \$

Este curso es una introducción a los principios básicos de costura. Aprenda a usar una máquina de coser y practique las habilidades básicas de costura. No se requiere conocimientos de costura para tomar este curso. Requisitos: Los estudiantes tienen que traer su propio material. 24 hrs.

Par registrarse favor vistare workforce.waketech.edu. Llamar para más información Maria Obregon (919) 532-5652.

Knightdale HS 138313	6:30-9:30 PM 6/18-7/14	TTh \$100
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Athens Dr HS 138316	6:30-9:30 PM 7/1-7/23	WTh \$100
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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	
	5/18-7/28		\$0

*Registration: 5/8, 5/19 and 6/8 at 6:30 PM

Millbrook HS	6:30-9:30 PM	MTWTh	
	5/18-7/28		\$0

*Registration: 5/8, 5/19 and 6/1 at 6:30 PM

Reedy Crk MS	6:30-9:30 PM	MTWTh	
	5/18-7/23		\$0

*Registration: 5/8, 5/19 and 6/1 at 6:30 PM

WT ESL/ABE Expanding Reading and Vocabulary

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

Athens Dr HS	6:30-9:30 PM	MTWTh	
	5/18-7/28		\$0

*Registration: 5/8, 5/19 and 6/8 at 6:30 PM

WT ESL/ABE Integrating Career Awareness

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

Millbrook HS	6:30-9:30 PM	MTWTh	
	5/18-7/28		\$0

*Registration: 5/8, 5/19 and 6/1 at 6:30 PM





LL **New** Estate Planning Concepts

Think estate planning is only for the rich? Truth is no matter your economic status, it's in your best interest to plan your estate. Through the use of Living Trusts, Wills (simple & complex), Powers of Attorney, Living Wills, Irrevocable Trusts, Family Limited Partnerships, and Charitable Gifting Strategies, preserve your family's possessions and dignity for future generations. Minimize estate taxes. Avoid the expense and humiliation of probate. Join Walker Lambe's, Shirley Diefenbach, for this informative session to help you understand why estate planning is important for everybody, including you.

See page 47 to register online, by phone, or mail; call the Provider, Walker Lambe Rhude Costley & Gill, at 919-493-8411 for more information.

Reedy Crk MS	6:30-8:00 PM	M
	6/8	\$18

LL **New** Couponing For Free, Nearly Free, and Money Makers

We all have busy schedules, so in two hours, learn how to build a 'stockpile' of Free, Nearly Free, and Money Making products for your home. From personal care items, household, laundry, food, and more, create a closet or pantry filled with everyday items. Never pay full or close to full price again. Learn the secrets from an extremely successful couponer!

See page 47 to register online, by phone, or mail; call the Provider, Carol DeLaRosa, at 919-272-7038 for more information.

Knightdale HS	7:00-9:00 PM	W
	6/17	\$40
Athens Dr HS	7:00-9:00 PM	W
	7/22	\$40

LL **New** Savings Made Simple—Yes You Can Coupon!

Learn the secrets to couponing in under two hours. Instructor Jennifer Walker saves over \$7,000 a year on her grocery bill and will teach you to do the same. The class will cover where to find coupons, how to set up a binder, store policies, couponing websites, and apps that pay you to shop. Couponing is easy to learn and loads of fun, so register today.

See page 47 to register online, by phone, or mail; call the Provider, Jennifer Walker, at 207-651-2016 for more information.

Athens Dr HS	6:30-8:00 PM	M
	6/29	\$38

LL **New** Masterminds Mastering Money

See Personal Enrichment, page 34.

LL **New** Money Makin' Moms

Being a working mom is not easy. Moms have so many things they are responsible for that it's hard to take time to enjoy small things without feeling guilty. Money Makin' Moms have accomplished many things and have helped many people, but when it comes to building a successful business they still feel a sense of loneliness. Not because no one is there, but because they have lost themselves in a sea of other responsibilities and haven't quite figured out how to make themselves and their business a priority. That was instructor Deanna Hamilton just a few years ago, but today she is affectionately known as a Money Makin' Mom and The Great Mentor. She spent many years in corporate America before starting a family and making a decision that would change her life forever: she became an entrepreneur. After many years and many unsuccessful attempts, she finally came up with a way to be a great entrepreneur AND attain a great income at the same time! She will share her strategy with you in Money Makin' Moms! This program is for you if you want to create a better life for you and your children, you are ready to take your life and business to the next level, you want to rediscover the person you once were—the one who had dreams, plans, goals and ambition, and you are ready to FINALLY live your life for YOU and not everyone else.

See page 47 to register online, by phone, or mail; call the Provider, Success Coaching Systems, at 919-610-5883 for more information.

Athens Dr HS	7:00-8:30 PM	Th
	7/2-7/23	\$222

Register Now!

Languages



LL Esperanto Language and Culture Pt 1

Materials \$

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

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

Athens Dr HS	6:30-9:30 PM	T
	5/26-7/28	\$60

LL New Learning German Through Sports, Travel, and Food

Get introduced to German language and culture through skits, videos, and baking/cooking/eating. This fun, hands-on class taught by German instructor Jochen Wachter is sure to please and will immerse you in the language for a natural learning experience.

See page 47 to register online, by phone, or mail; call the Provider, Jochen Wachter at 919-240-4691 for more information.

Sanderson HS	6:30-8:45 PM	MTh
	5/18-6/29	\$125

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.

Sanderson HS	6:30-9:30 PM	Th
138889	5/21-7/23	\$180

WT Arabic Beginning Part 1

Materials \$

This is a beginner's course covering the fundamentals of the Arabic language. 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.

Sanderson HS	6:30-9:30 PM	W
138888	5/20-7/22	\$180

WT Baby Sign Language

Have you ever wondered what your baby is thinking? Sign language gives babies a way to talk with parents before they learn to speak. Signing with your child can reduce tears, tantrums, and frustration; strengthen bonds; and stimulate learning and intellectual development.

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

Athens Dr HS	7:00-8:00 PM	M
142283	6/1-6/29	\$95

“What people are saying...
The Esperanto course was amazing. We were able to communicate by the end of the course. We had the opportunity to meet/talk with Esperantists all over the world.”

-Chris Johnson
Esperanto Language
and Culture



WT Beginning Conversational Spanish

Pre-Req

Students review different topics for conversation each week. This course is for students who have completed at least part 2 of the Complete Spanish series or equivalent.

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

Millbrook HS 138877	6:30-9:30 PM 5/21-7/23	Th \$95
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WT Chinese Beginning Part 1

Materials \$

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

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

Athens Dr HS 138815	6:30-9:30 PM 5/20-7/22	W \$180
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WT French Beginning Part 1

Materials \$

This is the first in a three-part series designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme, emphasizing everyday life experiences, as well as, presenting certain cultural aspects of French-speaking areas.

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

Reedy Crk MS 138885	6:30-9:30 PM 5/21-7/23	Th \$180
Athens Dr HS 141279	6:30-9:30 PM 5/27-7/22	W \$180

WT French Beginning Part 2

Materials \$ / Pre-Req

This is the second in a three-part series, designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme, emphasizing everyday life experiences such as weather, geography, and ordering in restaurants. Prereq: French Part 1 or equivalent.

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

Reedy Crk MS 138881	6:30-9:30 PM 5/19-7/21	T \$180
Sanderson HS 138884	6:30-9:30 PM 5/21-7/23	Th \$180

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, using grammar and syntax, as well as communicating with native speakers. Text: *SoGang Korean 1A: Student Books with CD*.

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

Reedy Crk MS 138886	6:30-9:00 PM 5/21-7/23	Th \$170
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WT Introduction to Korean Part 2

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 native speakers. Text: *SoGang Korean 1A: Student Books with CD*.

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

Reedy Crk MS 138887	6:30-9:00 PM 5/18-7/27	M \$170
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WT Introduction to Portuguese Part 1

Materials \$

This beginning course is for students who have never studied Portuguese or have not retained knowledge from past study. Emphasis will be on reading and writing the language, using grammar and syntax, and communicating with native speakers.

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

Athens Dr HS 138873	6:30-9:00 PM 5/21-7/23	Th \$160
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What people are saying...
“I learned a lot of vocabulary words and feel confident to carry on a conversation (simple), order from a menu, and do some other basic things in Portuguese.”

-Richard Wynne
Introduction to Portuguese

WT Introduction to Portuguese Part 2

Materials \$ / Pre-Req

This course is a continuation of the beginner-level course in Portuguese and is designed for students with some exposure who need to learn more about the language. The course will concentrate on reading and writing, using grammar and syntax, and communicating with native Portuguese speakers. Text: *Portuguese in 10 Minutes a Day* by Kershul.

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

Athens Dr HS 138874	6:30-9:00 PM 5/18-7/27	M \$165
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“What people are saying...
The teacher made this class fun and informative. I learned so much and had a great time! I can't wait to take Sign Language I Part B!”

-Madeleine Massey
Sign Language I Part A

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.

Athens Dr HS 142237	6:30-9:30 PM 5/19-7/7	T \$95
Knightdale HS 142239	6:30-9:30 PM 5/27-7/15	W \$95

WT Sign Language I Part C

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.

Athens Dr HS 142238	6:30-9:30 PM 5/19-6/30	T \$95
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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.

Knightdale HS 138879	6:30-9:00 PM 5/18-7/27	M \$95
Athens Dr HS 138825	6:30-9:00 PM 5/20-7/22	W \$95
Millbrook HS 141578	6:30-9:00 PM 5/20-7/22	W \$95
Sanderson HS 141303	6:30-9:00 PM 5/21-7/23	Th \$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.

Sanderson HS 138890	6:30-9:00 PM 5/18-7/27	M \$95
Athens Dr HS 141607	6:30-9:00 PM 5/19-7/21	T \$95
Millbrook HS 141595	6:30-9:00 PM 5/19-7/21	T \$95





Spotlight: Fun and Profit with Karen

LL **New** 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, complete with a display of proper tea time accoutrements, tips on making your event special, and ideas for themes! Enter a drawing for an elegant gift basket of tea paraphernalia by being among the first five registrants to prepay the class fee at <http://www.seniorplaylist.com/lifelong-learning/>

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

Millbrook HS	6:30-9:30 PM	T
	5/19	\$65

LL Bring Joy to Seniors for Fun and Profit

Join this incredible three-hour seminar introducing an outlet for activities and entertainment at senior facilities. Pay is \$35-\$150 per hour for programs held most any time seven days a week. Vast market for singers/dancers/musicians; fitness trainers; arts and crafts; skill demonstrators; history, foreign cultures, and other topical lecturers; poetry/short story readers; aroma/pet therapists; and more. Receive a free copy of Karen Raines' *Keys to Successful Senior Entertainment* when you prepay the class fee at <http://www.seniorplaylist.com/lifelong-learning>.

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

Millbrook HS	6:30-9:30 PM	T
	6/16	\$60

LL Cats 101: Decoding the Fabulous, Fickle Feline

Cats have befuddled mere mortals for centuries. But unlike some puzzlers that may always persist, other quirks do have an explanation. 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! Prepay the class fee at <http://www.seniorplaylist.com/lifelong-learning> to receive a customized poetic portrait of your cat.

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

Millbrook HS	6:30-9:00 PM	T
	7/21	\$40

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's engaging manner captivates audiences. She appeals to all as she delivers her message effectively and memorably.



LL **New** 7 Simple Steps to Living a Life of Balance

Are you a woman who feels extremely overwhelmed? Are you frustrated because you feel like your life is out of balance? Take back your life and live it the way you desire. Learn how to achieve a 'Balanced' lifestyle.

See page 47 to register online, by phone, or mail; call the Provider, Success Coaching Systems, at 919-610-5883 for more information.

Athens Dr HS 7:00-8:00 PM Th
6/18 \$65

LL **New** ASVAB Exam Math Prep

See Teens, page 42.

LL **New** Couponing For Free, Nearly Free, and Money Makers

See Finance, page 29.

LL **New** Savings Made Simple—Yes You Can Coupon!

See Finance, page 29.

LL **New** Get Out From Under the Clutter!

Get organized with Liz Taylor, a passionate, professional organizer. If you need a clutter coach and are tired of disorganization making life difficult, you'll love this class. Get your stuff under control. It is not something that comes easily for everyone, but it is a skill that can be mastered. Come get personalized answers to your organizing questions. Bring your notebook. There will be lots of tips you will want to remember.

See page 47 to register online, by phone, or mail; call the Provider, Taylor Organizing Inc., at 919-649-6556 for more information.

Millbrook HS 7:00-9:00 PM T
6/2 \$49

LL **New** Let Food Be Your Medicine

Many of today's chronic health conditions are the result of the Standard American Diet. Let nature's food improve and maintain your health as it was designed to do. Nutrition coach, Latega Powell, will explain how low nutrient, high calorie foods consumed in the Standard American Diet contribute to poor health, and how it can be reversed by making informed choices about what you eat and feed your family.

See page 47 to register online, by phone, or mail; call the Provider, Power Wellness, at 919-604-8480 for more information.

Athens Dr HS 6:30-8:00 PM M
6/8-6/22 \$60

LL **New** Masterminds Mastering Money

What are your dreams? What is your vision? Where is your passion? In eight weeks get answers to your questions, so you can thrive in your finances, family, and future projects.

See page 47 to register online, by phone, or mail; call the Provider, Youth BOSS Network, Inc, at 919-985-4555 for more information.

Sanderson HS 6:30-8:00 PM T
5/19-7/7 \$48



LL New Money Makin' Moms
See Finance, page 29.

LL New Personal Growth Skills

Take your life to the next level. Make your dreams come true by seeing the goal and taking steps to make it happen. In this class, Instructor Lois will guide you through and help you practice the skills of contemplation, affirmation, visualization, and reflection. Grow into the person you wish to be.

See page 47 to register online, by phone, or mail; call the Provider, Lois Cavanagh-Daley, at 919-832-4599 for more information.

Millbrook HS	6:30-9:30 PM	T
	7/21	\$36

LL New Take Charge with Color

Are you someone who strives to be happy, but you're, at times, trapped in an environment that wrecks with negative energy? Perhaps it is in your marriage, your workplace, or even your classroom. If you want to take control of your emotions and help channel positive energy to create truly positive emotions in others, you do not want to miss this class. Learn your inner color and how it affects your feeling sensations. Change undesirable feeling sensations such as fear or anxiety to desirable ones such as calm, courage, patience, and positivity. Kathryn is a founder of innerchromotology and has successfully taught others, including her preschool students, how to take control of emotions for peace and joy. Learn the art of delicious self-control. CEU=0.8

See page 47 to register online, by phone, or mail; call the Provider, Kathryn Pape, at 732-539-4677 for more information.

Sanderson HS	7:00-9:00 PM	W
	5/27-6/17	\$79

LL New Your Life Is Your Business

We are bombarded with so many voices that they drown out our own. They tell us what we should think, be, and do. Hearing other voices can result in dissatisfaction and your dream's identity theft. Your life is your first business. Discover who you are and be the CEO of your life! If business is a means of exchange, "I give you this, and you give me that" what's your life exchanging? Know your purpose, life's mission, self-worth, and more. Get excited and get down to business with Life Coach Tracy McNeil; this is your life we're talking about!

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

Knightdale HS	6:30-8:00 PM	M
	6/1-6/22	\$125

WT Beginning Guitar
Materials \$

Build skills for playing guitar as a hobby, including hand positioning, tuning, grasping a pick, reading tablature, fret board fingering, basic chords, finger sliding, hammer ons and harmonics. Students provide their own guitar.

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

Sanderson HS	6:30-9:00 PM	T
142185	5/19-7/21	\$90

WT New Chess for Beginners

Chess is a game of strategy, and this course provides students with the skills to play. The course explains the board, the pieces, and rules of the game and explores simple patterns for checkmate.

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

Reedy Crk MS	6:30-8:30 PM	T
142490	5/19-7/7	\$90
Millbrook HS	6:30-8:45 PM	W
142488	6/3-7/15	\$90

WT New Reading the Bible for All It's Worth

Would you like to better understand the Bible? Through means of incorporating literary, historical, and cultural contexts, students will be shown how to become a better reader of the Bible as seen through its laws, poetry, and prophecies. Students will develop skills to understand and study the old and new testaments.

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

Millbrook HS	6:30-9:30 PM	M
142592	6/1-7/20	\$90

WT New The Harry Potter Effect

What can the world of Harry Potter teach us about race, gender, age and financial status? Take an introductory look at social behavior and the organization of human society in a modern world through the context of the Harry Potter series written by J.K. Rowling. Students will discuss the importance of culture, social structure, socialization, and social change in today's society. Students should be familiar with the Harry Potter books or movies in order to fully engage in this course.

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

Sanderson HS	7:00-9:30 PM	M
142489	6/1-7/20	\$90

Photography



WT

Basic Digital Photo

Materials \$

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

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

Knightdale HS 142412	6:30-9:30 PM 5/18-7/13	M \$90
Reedy Crk MS 142203	6:30-9:30 PM 6/1-7/20	M \$90

WT

Taking Photography "on Location"

Materials \$

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

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

Reedy Crk MS 142214	6:30-9:30 PM 6/3-7/22	W \$95
Millbrook HS 142418	6:30-9:30 PM 6/4-7/23	Th \$95

What people are saying...
 “Great course for a novice photographer! I learned how to work my fancy digital camera! I look forward to getting my camera to do what I want it to do and to taking great pictures from now on!”

- Kathryn Abranson
 Basic Digital Photography

PHOTOGRAPHY





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 142198	6:30-9:30 PM 6/1-7/20	M \$95
Sanderson HS 142206	6:30-9:30 PM 6/2-7/21	T \$95

WT Sewing: Beginning II

Materials \$

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.

Athens Dr HS 142190	6:30-9:30 PM 5/26-7/14	T \$95
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Register Now!



“What people are saying... I can actually thread a sewing machine! That alone is an amazing feat, but if you account for the fact that I made something that resembles an article of clothing and know terminology regarding sewing, you’ll know this is a great class with a great teacher!”

-Darius Thompson
Sewing: Beginning I



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Spotlight: Rocking Literacy with Judy

LL **New** Rocking Literacy through Puppets and Plays

Materials \$

"Rocking Literacy through Puppets and Plays" uses reading, writing, and puppetry as a means of exploring storytelling, character interactions, points of view, and conflict resolution. Participants (ages 16 and older) will use original and public domain works to create short plays using Standard American Manuscript Format, as they learn rod puppet manipulation techniques. The six-class course will culminate in a puppet show for an outside audience. Bring a laptop or other word processing device. Puppets will be provided for use in class, but personal puppets can participate free of charge with any registered human. This course is ideal for teachers, counselors, church leaders, or any human who has not yet been adopted by a puppet. Email judy_dove@bellsouth.net for more details.

This class is DPI and WCPSS preapproved for literacy credit. CEUs=1.5

See page 47 to register online, by phone, or mail; call the Provider, Judy Dove, at 919-846-3554 for more information.

Sanderson HS	6:30-9:00 PM	TTh
	5/26-6/11	\$125
Sanderson HS	6:30-9:00 PM	MW
	6/15-7/1	\$125



This class is DPI and WCPSS preapproved for literacy credit

Judy M. Dove has taught in the NC Public Schools for thirty-three years. She has also served as a member of the Meredith College adjunct faculty, and is currently an adjunct with the Raleigh Little Theatre where she directs and writes historically-based short plays for the Storytellers to Go! teen performance troupe.

Dove has studied puppetry with Hobey Ford (Golden Rod Puppets) and Lisa Sturz (Red Herring Puppets), and playwriting with Jonathan Dorf and Young Playwrights. She was the recipient of the 2005 North Carolina Theatre Conference K-12 Theatre Educators Award, the 2006 Capital University Alumni Achievement Award, and numerous awards for Excellence in Directing from the N.C. Theatre Conference.

She is a member of the Puppeteers of America, and serves on the Board of Directors of the North Carolina Theatre Conference.



LL **New** Encouragement, Empowerment, and Excellence in Every Classroom!

Discover best classroom management practices, how to create a productive classroom climate, and how to apply various techniques to establish student responsibility for choices and behavior. Motivate students, build positive student-teacher relationships, and hone effective partnerships with parents. You'll learn strategies to minimize and prevent classroom and behavior issues and pedagogical theory behind challenging behaviors. Each night, leave fresh and inspired to establish a positive and respectful classroom environment. **CEUs=1.8**

See page 47 to register online, by phone, or mail; call the Provider, Dr. Hollyene Turner, at 919-601-6127 for more information.

Millbrook HS	6:30-9:30 PM	MW
	6/10-6/29	\$155
Millbrook HS	6:30-9:30 PM	MW
	7/8-7/27	\$155

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. Grant making is not about receiving charity. While most private funders are philanthropic, even they look at grant making as an investment. And like all investors, the funder is looking for a good return. 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. **CEUs=0.2**

See page 47 to register online, by phone, or mail; call the Provider, Doris Dzameshie, at 202-716-8752 for more information.

Athens Dr HS	6:30-8:30 PM	T
	6/16	\$49

LL Excel Introduction for Teachers

Materials \$

Throw away your calculator! Learn to crunch numbers with Excel. Learn the basics of this powerful program to create gradebooks and lesson plans: formatting data, using formulas and functions, moving and copying data, and customizing and printing options. Work with multiple sheets and create graphs. Some experience with Windows and mouse required. Hands-on, instructor-led class. Text and data disk provided. **CEU=0.9**

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

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

LL Internet Resources for Teachers

Materials \$

Explore, review, and critique Internet resources invaluable for early childhood educators. Detailed lesson plans, grade appropriate listings, and parent information are often included on the sites. Save yourself endless hours of searching on your own for fun and interesting classroom activities. This is a hands-on, instructor-led class. Text provided. Bring flash drive for data. **CEUs=2.1**

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS 6:30-9:30 PM M
6/29-7/27 \$130

LL New Protecting Children: Recognizing and Reporting Child Maltreatment

Child maltreatment is a serious problem across the country, as well as in the state of North Carolina. In North Carolina, 28 children died at the hand of a parent or caregiver in 2012. As an adult resident, school administrator, or teacher, you have a legal obligation to protect children. In this eye-opening class, discover little known indicators that might heighten suspicion of child abuse, neglect, and dependency. Explore the crucial role of the mandated reporter in protecting children, identify and report suspected abuse and neglect, learn key ways to respond to a child who discloses abuse and what to expect once a report is made. As a participant, you are encouraged to prepare to share any challenges you would like to discuss and bring real life experiences into the learning environment. Be challenged and empowered with an enhanced group experience. **CEU=1.0**

See page 47 to register online, by phone, or mail; call the Provider, Angela Holloway, at 919-871-0356 for more information.

Millbrook HS 6:30-8:30 PM Th
5/21-6/18 \$95

LL Social and Emotional Development for Early Learning

Learn the basics of social and emotional development through the Center on the Social and Emotional Foundations for Early Learning grid. Discover what roles they play in the development of young children. **CEU=0.2**

See page 47 to register online, by phone, or mail; call the Provider, Bonita Brewington Early Educator, at 919-457-2635 for more information.

Knightdale HS 6:30-7:30 PM MT
7/20-7/21 \$35

LL New Take Charge with Color

See Personal Enrichment, page 35. **CEU=0.8**

WT Baby Sign Language

See Languages, page 30.





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.

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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: ASVAB Prep with Don

LL **New** ASVAB Exam Math Prep

Get ready to ace the ASVAB exam for military entry. Score increases up to 40%! With practice covering all topics of the math portion of the test, proceed with confidence. The first part of each class will be spent on theory and new material. The second part of each class will be devoted to questions and practice problems. Retired engineer, tutor, and math wiz, Don Babcock will be available after class until 9:30 every night for one-on-one guidance. Theory should be finished in four class sessions. The remaining four

sessions will be spent working problems from practice tests. Free study guide covering all 33 topics with how-to's. Text: ASVAB for Dummies. The textbook covers ASVAB exam math and literacy.

See page 47 to register online, by phone, or mail; call the Provider, Don Babcock, at 704-707-9542 for more information.

Reedy Crk MS	7:00-9:00 PM	MW
	6/8-7/1	\$125

Don Babcock possesses a Bachelor of Science degree in mechanical engineering from UNC Charlotte and a Master of Science in mechanical engineering from NC State University. He began tutoring professionally in September 2013 after he retired, and specializes in GRE, TEAS and ASVAB exam test preparation. He also has vast experience teaching math classes from sixth grade to college pre-calculus with much success.

Don keeps his classes affordably priced because he loves math and helping learners achieve their goals. "If math is not your thing and you think you just can't do it, I will set your mind at ease and explain things with patience and in detail until you can understand it," says Don.

He has been happily married for 40 years and enjoys spending time with his two children and six grandchildren.



LL **New** Mobile Disc Jockey Business Concepts

See Career Skills, page 11.

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

Sanderson HS	6:30-8:30 PM	MW
	5/20-6/3	\$325

LL SAT Preparation

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

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

Reedy Crk MS 6:30-9:30 PM MTh
7/6-7/30 \$400

LL **New** Student Athlete Eligibility: A Formula for Success

What does ELIGIBILITY mean in academic and athletic terms? Learn how student athletes become "eligible" and how the recruiting process works. Student athletes CAN position themselves to be recruited to play in college. So come find out the eligibility changes for the class of 2016 and beyond and get help with the process. Questions will be answered in this dynamic, interactive seminar led by experts in academic and athletic eligibility.

See page 47 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Sanderson HS 6:30-9:30 PM W
6/17 \$120

Sharpen your chef skills.

LL **New** Basic Knife Skills
See Cooking, page 20.

LL **New** Spring Brunch
See Cooking, page 20.

LL **New** Summer Dinner Party
See Cooking, page 20.

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

-Varaprasad Pandigunta
SAT Preparation



Sites and Directions



Athens Drive High School

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

Directions from North

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

Directions from Cary:

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



Knightdale High School

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

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

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



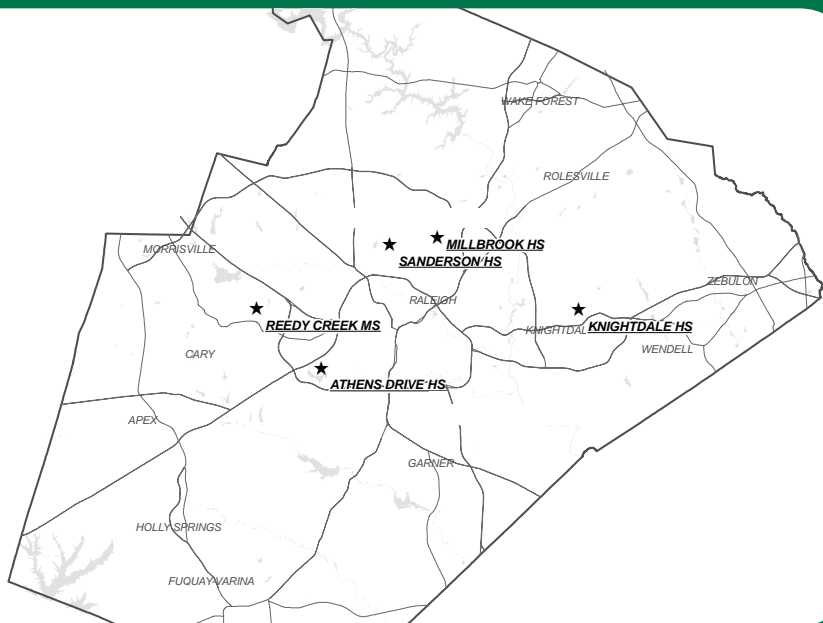
Millbrook High School

2201 Spring Forest Road
Raleigh, NC 27615
Site Coordinator:
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 Coordinator:
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

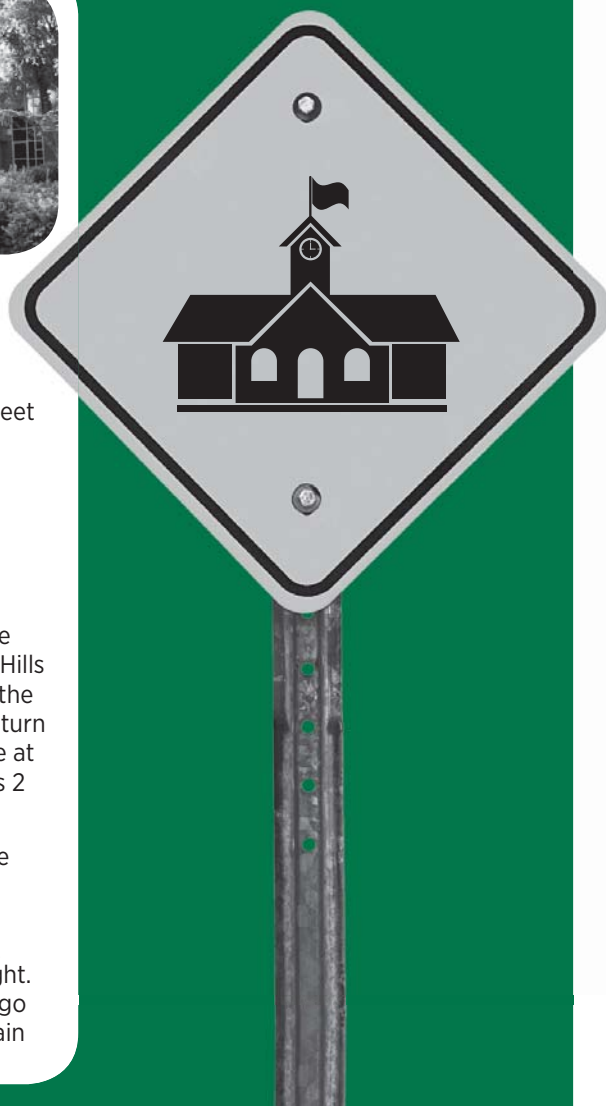
5500 Dixon Drive
Raleigh, NC 27609
Site Coordinator:
Debra Lassiter and Frank Overstreet
Hours: 6:30-9:30 PM
Days: Monday - Thursday
Phone: 919-881-4805
Email: dlassiter1@wcpss.net
 foverstreet@wcpss.net
Fax: 919-881-5006

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 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 919-858-1735 or send an email to lifelonglearning@wcpss.net.

Can I teach a course through Lifelong Learning?

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

Can I register by 'walk-in' registration?

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

How to Register for Lifelong Learning Courses

LL

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



Register Online

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



Call

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



Email

- Email lifelonglearning@wcpss.net



Walk-in

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

Important

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

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

How to Register for Wake Tech Courses

WT

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

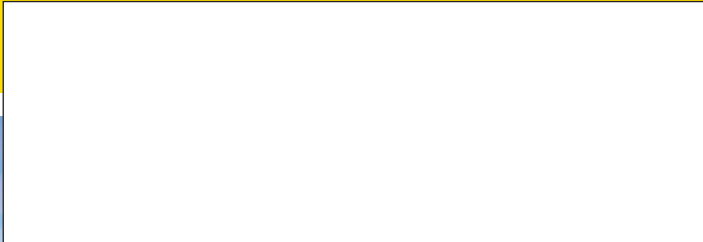




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**Become a
Disk Jockey.**
page 10

■ Prepare for the NC
residential builder's
exam.
page 19

■ Indulge in the
history of a "spot
'o' tea."
page 33

■ Let food be your
medicine to heal
naturally.
page 34

919-858-1735

 @WCPSSAdultEdu