

Adult Evening EDUCATION

a publication of the Wake County Public School System



■ Prepare for your next big event.
Learn the vintage art of calligraphy. page 6

■ Cash in on voice-overs, a lucrative, versatile career.
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■ Heal naturally with aromatherapy.
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■ Travel free and get paid to do it.
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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!



**Need to sell some stuff?
Find out how an eBay
specialist can help.**

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**Enjoy the peaceful,
meditative elements
of Zentangle drawing.**

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Popular Demand Classes



Jumpstart your medical billing career. page 11



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Experience the global Esperanto language. page 45

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Icon Key




Lifelong Learning

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

Fall 2016 Semester:
Monday-Thursday,
August 17 - December 19

Holidays:
September 5 Labor Day
November 24 Thanksgiving Holiday

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




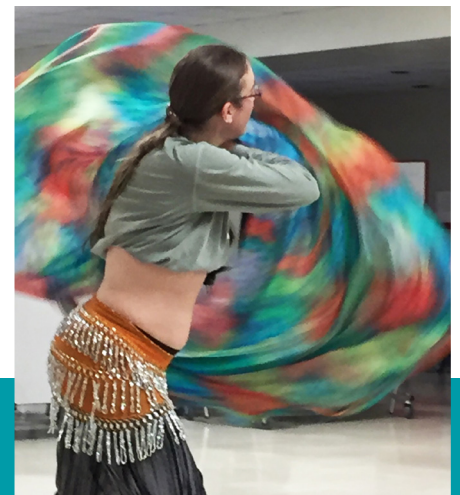
Wake Tech

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

Fall 2016 Semester:
Monday-Thursday,
August 17 - December 19

Holidays:
September 5 Labor Day
November 24 Thanksgiving Holiday

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





Spotlight

Painting with Marcelle

LL **New** Painting Light and Atmosphere in Landscapes

Materials \$

Learn the fundamentals of what makes a landscape painting a beautiful work of art. You will concentrate on capturing light and atmosphere and will learn brush and application techniques including dry brush, wet on wet, and wet on dry techniques. Explore ariel perspective and how it affects color and value. Discover mixing greens, techniques for painting trees, and the importance of edges in your painting. You may bring an 8 x 10 photo for reference or choose from photocopies of art instructor, Marcelle Hooks.

See page 63 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
9/6-9/27 \$110

LL **New** Painting Realistic Figures and Portraits in Oils

Materials \$

This comprehensive class uses an academic approach in which you can paint a portrait, figure, or an animal using an underpainting. Most artists benefit from these classical techniques since there is much taught that can be used in any style of painting. Included is accurate drawing to capture a true likeness, mixing color, under painting techniques, painting skin, including backgrounds and folds, using glazes and much more. There will be many demonstrations and much one-on-one instruction. Beginner to advanced students welcome. Instructor Marcelle Hooks will provide reference photos if you need them. If you choose to furnish your own reference photo, please bring an 8 x 10 photocopy. You must have your supplies before beginning this class and will receive a supply list when you register.

See page 63 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
10/4-11/22 \$125

LL **Painting Small Treasures in Oil or Acrylics**

Materials \$

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

See page 63 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
11/29-12/13 \$110



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

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

Calligraphy with Jessica

LL 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. Register early. This class fills up fast. Overflow students will be wait listed for the next session.

See page 63 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Holly Springs HS	6:30-8:30 PM	Th
	9/22-10/27	\$125

LL Copperplate Calligraphy

Materials \$

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

See page 63 to register online, by phone, or mail; call the Provider, The Oblique Pen at 919-650-3135 for more information.

Sanderson HS	6:30-8:30 PM	T
	10/11-11/15	\$125

LL **New** Modern Calligraphy I

Let your pen loose and join me as we explore 'What is Modern Calligraphy?' The resurgence in beautiful loose lettering styles has graced the covers of wedding magazines to cute coffee shop signs. Come learn how to create your own style of beautiful handwriting. Fee is \$85 which includes all supplies needed.

See page 63 to register online, by phone, or mail; call the Provider, The Oblique Pen at 919-650-3135 for more information.

Sanderson HS	6:30-8:30 PM	T
	9/20-9/27	\$85



Jessica Yee has studied and practiced calligraphy for the past 20 years. She started with broad edge and Copperplate style scripts such as Carolingian, Uncial, Spencerian, and Batarde, moving on to the many variations. A few years ago, she began studying pointed pen and fell in love with the fluid script styles as they reminded her of her grandmother's elegant handwriting. A lover of letters, she wants to teach you this fine, vintage art form to make your next event unique and memorable.





LL New Dollhouse Crafting
Materials \$

Build a dream dollhouse in this hands-on woodworking class! Design a basic dollhouse and draft plans at 1/2' scale. Once plans are complete and correct, you will measure and cut wood using your plans, and finally construct the frame of the dollhouse. Instructor Jessie Bigler is a hobby miniaturist, who has been doing dollhouse design and construction for many years. Instructor will provide supply cost.

See page 63 to register online, by phone, or mail; call the Provider, Jessie Bigler at 919-818-8284 for more information.

Leesville HS 7:00-9:00 PM Th
9/8-10/13 \$150



LL New Oil Painting
Materials \$

Discover the in depth fundamentals of oil painting in this 10-week class. Receive an introduction to the painting process, beginning with the importance of value and value relationships. Monochromatic and limited pallet color schemes will also be explored and the use of various brushes, painting mediums, and surfaces will be demonstrated. Simple compositions will lead to the painting approach of still life. As well, you will depict a subject matter of unique found objects, flowers or floral arrangements. This class will give you, the artist, freedom in the arrangement of elements within a composition in comparison to other paintings such as landscape or portraiture. Students will receive a supply list.

See page 63 to register online, by phone, or mail; call the Provider, Inger Jarmon A Graceful Brush Art Studio & Gallery, at 919-673-4108 for more information.

Wake Forest HS 6:30-8:30 PM Th
9/8-11/10 \$185

Jewelry Making with Elizabeth

See page 63 to register. Call the Provider, Elizabeth Strugatz, at 919-649-2123 for more information.



LL Bangle Bracelet Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	T	
	8/30		\$63
Athens Dr HS	6:30-9:00 PM	T	
	10/11		\$63
Athens Dr HS	6:30-9:00 PM	M	
	12/5		\$63

LL Crocheting With Wire & Beads Bracelet Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	MT	
	9/26-9/27		\$115
Athens Dr HS	6:30-9:00 PM	MT	
	11/7-11/8		\$115

LL Wire Wrapping Individual and Multiple Beads Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	T	
	9/6		\$63
Athens Dr HS	6:30-9:00 PM	T	
	12/6		\$63

LL Basic Stringing and Crimping Necklace Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	M	
	8/22		\$63
Athens Dr HS	6:30-9:00 PM	M	
	10/3		\$63
Athens Dr HS	6:30-9:00 PM	T	
	10/25		\$63

LL Findings Workshop
Materials \$

AAthens Dr HS	6:30-9:00 PM	MT	
	9/12-9/13		\$115
Athens Dr HS	6:30-9:00 PM	MT	
	12/12-12/13		\$115

LL Wrapped Loops with Beads Bracelet Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	T	
	8/23		\$63
Athens Dr HS	6:30-9:00 PM	T	
	10/4		\$63
Athens Dr HS	6:30-9:00 PM	M	
	11/14		\$63

LL Simple Loops with Beads Bracelet Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	M	
	8/29		\$63
Athens Dr HS	6:30-9:00 PM	M	
	10/10		\$63
Athens Dr HS	6:30-9:00 PM	T	
	11/15		\$63

LL Caged Beads Bracelet Workshop
Materials \$

Athens Dr HS	6:30-9:00 PM	MT	
	9/19-9/20		\$115
Athens Dr HS	6:30-9:00 PM	M	
	10/24		\$63
Athens Dr HS	6:30-9:00 PM	M	
	12/19		\$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 Info@WirednTwistednStoned.com or via phone at 919-649-2123.



Scrapbooking with Hanna

LL Finish that Scrapbook!

Materials \$

So many of us have scrapbooks and supplies that are sitting in boxes and piles, half completed, finished except for the journaling or waiting for the 'right' time to pull it all together. The time is now! Bring your supplies, your unfinished projects, your piles of photos, and pull it all together with the support of fellow scrappers and instructor Hanna Lyons. Hanna has been making scrapbooks and helping scrappers with their projects for more than 20 years. She makes scrapbooking delightful, and guarantees that 'finished' is more important than 'perfect!' Let her help you complete your projects and have fun in the process, creating shortcuts with stellar results. Enjoy hands-on instruction, coaching, and interaction. You create the agenda in this unique class tailored to your specific needs.

See page 63 to register online, by phone, or mail; call the Provider, Hanna Lyons, at 919-772-1521 for more information.

Holly Springs HS 6:30-8:30 PM Th
10/6 \$33

LL New Scrapbooking the Holidays

Materials \$

Ah. The enchantment of the holidays. So many fun memories and quality time with the people you love most. Why not recall those memories again and again through scrapbooking? Scrapbooks are a way to share your story, preserve memories, explore your creativity, and build friendships. So, get geared up for the holidays. Discover how to plan ahead for pocket scrapbooking your holiday season. Develop guidelines for taking holiday photos so that your book will come together SO easily in January! Hanna Lyons has been scrapbooking and helping scrapbookers for more than 20 years; let her help you make scrapbooking the holidays a cinch!

See page 63 to register online, by phone, or mail; call the Provider, Hanna Lyons, at 919-772-1521 for more information.

Holly Springs HS 6:30-8:30 PM T
10/13 \$33

LL Scrapbooks for the 21st Century: Apps and Pockets!

Materials \$

Scrapbooking is the new quilting bee. That's right. Have fun, make new friends, and tell your hilarious stories while putting together your scrapbook—21st century style. It's not just about paper and photos anymore. The infusion of technology makes scrapbooking painless, interactive, and outright thrilling. Effortlessly create beautiful scrapbooks that you'll be proud to share with friends and family. No struggling over page layouts! Fit photos into pockets, add a title, some journaling and a page is complete! Experience the new digital apps for pocket scrapbooking using the pictures already on your phone or tablet. Learn basic design principles and techniques as you explore your own creative style and expand your skills! No prior scrapbooking experience necessary. Contact the instructor, Hanna Lyons, for information about supplies and photo sizes.

See page 63 to register online, by phone, or mail; call the Provider, Hanna Lyons, at 919-772-1521 for more information.

Holly Springs HS 6:30-9:00 PM Th
9/22 \$38



Hanna Lyons loves all things paper. She's enchanted with scrapbooking, card making, quilting, and paper engineering (LOVES pop-ups!). You get it. Hanny loves paper crafts. A long time Raleigh, NC resident, she lives with her husband, two dogs, one cat, and six Cichlids (very scrappy fish). Register now for her thrilling paper craft adventures!

Zentangle with Cathy



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.

Millbrook HS 6:30-9:30 PM T
163412 9/13-11/1 \$100

What people are saying...

“David gave each of us freedom to express ourselves with helpful suggestions and critiques.”

-Linda Eddens
Expressions in Oils

LL Introduction to Zentangle

Materials \$

Zentangle is a beautiful art form for absolutely everyone. It incorporates the peaceful, meditative elements of Zen with exquisite tangle-pattern drawing. In just one stroke at a time, you will find yourself entering a state of rest while producing a masterpiece. Discover the history and philosophy of Zentangle. Learn over 50 tangles (patterns) along with shading techniques. No prior artistic ability needed. Interested students of all artistic levels will find enjoyment in this class. Supplies: \$20 materials fee

See page 63 to register online, by phone, or mail; call the Provider, Cathy Boytos, at 336-847-4303 for more information.

Sanderson HS 6:45-9:15 PM T
8/23-9/27 \$90

Sanderson HS 6:45-9:15 PM T
10/11-11/22 \$90



Cathy Boytos is an artist, graphic designer, photographer, and Certified Zentangle Teacher. A lifelong artist and passionate teacher, her wish is to guide you on a journey that is simple, yet fulfilling beyond your expectations. She wants to reawaken the young artist in you—the one who loved to draw before anyone told you that you're not an artist. Zentangle® makes it possible to reconnect with your own personal creative spirit.



Spotlight

Medical Billing with Vision Medical Billing Services

LL Medical Billing I & II

Get your start in a thriving career path. Enjoy learning from a knowledgeable, attentive, and caring instructor while gaining the knowledge you need in this two-part series. The first part will cover the five modules of medical billing, HIPAA compliance, insurance/commercial billing, customer service, and collections. Walk away understanding insurance verification, claim submission, commercial insurance, Medicare, and Medicaid. Part two will cover claim follow-up and refunds. 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 63 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
	9/13-10/6	\$230



What people are saying...

“This class was very diverse. The instructor respected everyone and was very patient with their learning.”

-Betty Parham
Medical Billing I and II

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

LL **New** BOOST Business Etiquette

BOOST - Business Etiquette will build your business to an outstanding, over-the-top, success. Through social graces, reach your target audience. The four-week course will cover excellent first impressions, network growth, proper introductions, office etiquette, dining etiquette, proper conversations and social media etiquette. You will learn how to increase your business audience by learning the correct way to approach people and converse with them. Gain maximum benefits from your interactions.

See page 63 to register online, by phone, or mail; call the Provider, A Cultured Alliance, LLC at 919-824-1565 for more information.

Reedy Crk MS	7:00-8:15 PM	T
	9/6-9/27	\$125

LL Bring Joy to Seniors for Fun and Profit

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

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

See page 63 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:30 PM	T
	9/13	\$65
Millbrook HS	6:30-9:30 PM	T
	10/4	\$65
Millbrook HS	6:30-9:30 PM	T
	11/1	\$65

LL New Business, Business, That's My Business

Are you ready to become a game changer in the business arena? Is it time to take your communication skill set to another level? Stretch your capacity to influence others to follow your lead. Business, Business, That's My Business is a high energy, interactive curriculum that will focus on inside-out strategies that create and build successful marketplace leaders. You will receive fresh ideas for your professional development toolbox with emphasis on identifying purpose, performance improvement principles, and leadership excellence that set the stage for successful outcomes.

See page 63 to register online, by phone, or mail; call the Provider, Jackie Mason Training Solutions at 252-314-9550 for more information.

Holly Springs HS 6:30-8:30 PM Th
9/6-10/13 \$125

LL New Conquer the Job Hunt! Advanced Career Search & Preparation

Longing for your dream job? The definition of insanity is doing the same thing and expecting different results. Gain the skills you need to get the career you want by learning from someone who's been there and mastered it! In this course, strengthen your resume, efficiently job hunt, effectively network, and nail the interview. Know how to prepare an effective pre-interview checklist. Understand the typical types of interviews such as the screening interview, telephone interview, panel/group interview, behaviorally based interview, situational interview and technical interview. These new skills can help you maximize the opportunities around you and conquer the job hunt!

See page 63 to register online, by phone, or mail; call the Provider, Dauvell Evans at 919-271-7728 for more information.

Reedy Crk MS 6:30-8:00 PM W
9/21-10/19 \$200

LL Direct Sales Fundamentals

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

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

See page 63 to register online, by phone, or mail; call the Provider, Sheila Tolbert at 919-271-0799 for more information.

Millbrook HS 6:30-9:30 PM Th
9/29 \$50

Millbrook HS 6:30-9:30 PM Th
10/27 \$50

LL New Effective Leadership

Mobilize your leadership potential for excellence in any life arena. Whether you are a leader in your home, church, or school, or you are a corporate executive, a small business owner, or a director for a non-profit, this course will enhance the leadership skills you already have. Explore variables that affect productivity, effectiveness, and efficiency, and a variety of interpersonal skill sets. In addition, explore a variety of other topics including your personal leadership style. Leadership attributes—beliefs, values, ethics, character, knowledge, and skills—are all traits which can be learned. The goal of this course is to empower you to lead confidently and compassionately. Topics to be covered include discovering the leader in you, setting goals and objectives, building an effective team, resolving conflict, dealing with change, communicating, and identifying your leadership style.

See page 63 to register online, by phone, or mail; call the Provider, Trinity Consulting Firm at 919-520-3892 for more information.

Millbrook HS 6:30-8:30 PM T
8/23-9/27 \$125



LL Event Planning for Beginners

If you've always dreamed of being an event planner, then this fun-filled class is for you! Start a career in event planning with no limitations. Learn what it takes to deliver outstanding results tailored to the unique needs of your clients. You'll get all your questions answered—who, what, when, why, where, and how—to launch your event planning business.

See page 63 to register online, by phone, or mail; call the Provider, Sonya Hawkins, at 919-656-2899 for more information.

Holly Springs HS 6:30-8:30 PM T
9/13-10/18 \$125

LL **New** Get LinkedUp with LinkedIn

LinkedIn is the go-to for revving up your professional network. Get more attention and job opportunities. Receive information about open positions, business ventures, and volunteerism. Linking a blog, twitter page, and other social media to your LinkedIn account is just one method to see a huge difference in meaningful connections. Promote your resume, experience, and interests to advance your career.

See page 63 to register online, by phone, or mail; call the Provider, Speakup2bu, at 984-242-7445 for more information.

Holly Springs HS 6:30-8:30 PM M
9/12-9/26 \$65

LL Learn To Sell on eBay The Right Way!

Get trained by Paul, an eBay Education Specialist. Learn the right way to sell with the most up-to-date training and student materials used by eBay University. This class will cover how to make the most of eBay to increase your revenue. You'll also discover how to • Do research and create listings that will attract buyers • Enhance listings with better descriptions and photography. • Set pricing that will maximize your profits • Monitor sales to know exactly what's working and what's not • Avoid many of the costly mistakes that new eBay sellers may make. You'll navigate through the whole process of selling an item on eBay: selling, taking photos, listing, packing and shipping.

See page 63 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Sanderson HS 6:30-9:00 PM Th
9/22 \$98
Sanderson HS 6:30-9:00 PM Th
10/20 \$98
Sanderson HS 6:30-9:00 PM Th
11/17 \$98
Sanderson HS 6:30-9:00 PM Th
12/15 \$98

LL The 5 Simple Secrets to Award Winning Grant Writing

In this course, Derrick Drakeford, Ph.D. and CEO of Drakeford, Scott, & Associates LLC will walk you through five simple secrets to award winning grants. The Drakeford, Scott, & Associates team has won over \$45,000,000 in grants. Enjoy a free book with registration along with powerful information on how to impact the world through grants.

See page 63 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Leesville HS 7:30-8:30 PM M
9/19 \$99

LL The Fast Train to Employment: Interviewing Tips 101

Are you a college student or recent graduate preparing to enter the workforce? Otherwise are you transitioning from the military into civilian work or re-entering the job market? If you answered yes to any of the above, you will need help in maximizing your effectiveness and learning fundamental interviewing skills before starting your job search. This course will teach you how to make an unforgettable impression on the company you want to work for and get the job you want. Learn pre-interview tips, questions you must ask in every interview, seven interview types, three mistakes commonly made among college grad interviewees, flawless interview answers, how to ask for the job and much more.

See page 63 to register online, by phone, or mail; call the Provider, The Frazier Consulting Group at 919-771-6729 for more information.

Millbrook HS 6:30-9:30 PM Th
11/10 \$125





Launch a fun event planning career.

LL **Wedding and Event Planning 101**

Turn your love for wedding and event planning into a career! Have you always DREAMED of owning your own wedding and event planning business? Are you the ‘Go-To’ planner for all of your family and friends’ events? If you answered yes, then this informative course is for you!!! This course will cover 1) Duties and responsibilities of a wedding and event planner 2) Vendor relations and the importance of networking 3) The budget and the consultations: Who pays for what? 4) Timeline: What you need to do and when you need to do it. 5) Planning and coordinating the wedding rehearsal, ceremony and reception 6) Wedding customs and traditions 7) “How to Be” wedding etiquette and protocol 8) Insights from expert guest speakers and class project 9) And everything else you need to know to start your business today!

See page 63 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS	6:30-9:00 PM 9/12-10/17	M \$125
Millbrook HS	6:30-9:00 PM 11/7-12/12	M \$125

What people are saying...

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

**-Sonya Hawkins
Wedding and
Event Planning 101**



Liven up your night with these exciting courses:

LL **New DISC Profile: Discover What Drives You**
See Personal Enrichment, page 50.

LL **So You Want to Do Standup Comedy?**
See Communications, page 15.

LL **New Voice Health for Speakers and Singers**
See Communications, page 20.

LL **Voice-Overs...Now Is Your Time!**
See Communications, page 21.

WT **Business Etiquette Training**
In this practical class, you will learn and practice business etiquette as it pertains to dining, communication, telephone and voicemail, meetings, wardrobe, and much more. The class is designed for those who wish to become positive, polished, and poised business professionals.

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

Athens Dr HS 162883	6:30-9:00 PM 9/13-10/4	T \$95
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Spotlight

Standup Comedy with Mick

LL 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. Classes will explore joke writing, standup etiquette, and performance techniques to make you ready to perform at open mic shows with refined skill. The graduation class will perform at a local venue. Students will perform for a public audience, to rapturous laughter and applause. Bring to class a notebook and a good sense of humor.

See page 63 to register online, by phone, or mail; call the Provider, Mick McKenna All Clean Comedy, at 919-539-8725 for more information.

Sanderson HS	6:30-8:30 PM	M
	9/26-11/18	\$125



What people are saying...

“Very experienced teacher who was encouraging and gave good feedback.”

-Nathan Gyori
So You Want to Do Standup Comedy?

Mick McKenna—more than a comic—is a standup, motivational speaker, emcee, laughter yoga teacher, writer, and more. A six-year standup, he discovered this interest in 1991 while working as a writer for the BBC Scotland TV and Radio Comedy Unit. During this period, Mick was also a humor columnist for a popular newspaper in Glasgow, Scotland. Then in 2000, after relocating to the United States, he became a performer and contributor of NPR Station, WUNC. His class is not only for future comedians, but is also targeted to anyone who presents to an audience. Teachers, preachers, presenters, and managers can all benefit from the ability to inject humor in their presentations. Don't miss this hilarious class sure to help you launch a comedy career or sharpen your people skills.

LL Accent Reduction and English Pronunciation

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

See page 63 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS	7:00-9:00 PM	T
	8/23-9/27	\$125
Sanderson HS	7:00-9:00 PM	Th
	9/1-10/6	\$125

LL New Acting - Actors Boot Camp

Are you a professional actor or someone wishing to break into the industry? You need this six-week course on foundational acting to revolutionize your performances, taking you to another level. Learn to use your voice and body to communicate layers of meaning carried in the scripts. Work on monologues and with a scene partner in theatre-style technique. Explore yourself to find the truthful intersection of who you are with the text.

See page 63 to register online, by phone, or mail; call the Provider, Dan Decker at 702-580-8904 for more information.

Athens Dr HS	6:30-8:30 PM	T
	11/8-12/13	\$130

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

Sanderson HS	6:30-8:30 PM	M
	8/29	\$59
Millbrook HS	6:30-8:30 PM	M
	10/24	\$59

LL Common Core Literacy Across the Disciplines

Literacy across the curriculum is critical to student success. This pre-approved reading credit class is designed for teachers in all k-12 subject areas to enhance their ability to nurture students to be critical readers, writers, and discussants of the world around them. In this class, you will define and analyze historical media versus modern media practices. You will understand the significance of utilizing popular forms of media for academic assessment. You will explore communication skills, tools, and assessments, to appeal to both native language speakers and ESL speakers. You will discover ethical standards for freedom of expression and a free press. Culminate the class with a mini-media package you've designed for advertising, marketing, public relations, or journalism to implement in any class assignment. **CEU=1.0**

See page 63 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS	6:45-9:15 PM	TTh
	11/1-11/10	\$85

LL New Creative Writing - Short Story, Poetry, and Plays

Experiment with creative fiction in short story, poetry, and playwriting. Overview the history of creative expression from the cave man to Pulitzer Prize winners and analyze the published work of literary giants. Learn about character, dialogue, voice, style, and description. Delve deeper into the analysis of selected short fiction to work on your own short story. Because of the literally thousands of styles and methods, the poetry portion will be limited. You will explore the genre of poetry. Create your own poem from draft to final version. Enjoy lectures about the playwright's craft, combined with writing exercises and analysis of selected plays. Traditional and experimental forms are both explored as you go through the process of creating your own play. Staged readings of your work will help you see how plays come across in a performance setting. This is sure to be a fun class in which students will leave with more confidence and loads of helpful input from the instructor and classmates.

See page 63 to register online, by phone, or mail; call the Provider, James Caulfield at 202-768-2004 for more information.

Athens Dr HS	6:45-8:45 PM	T
	9/27-11/15	\$150

What people are saying...

“I really liked getting insider tips from someone with experience in the matter.”

-Hannah Edmonds
Basic Grant Writing 101



LL **Designing Multi-Sensory Presentations**

It's a fact: the more senses are engaged, the more likely an audience will be interested in a topic, receptive toward its message, and remember what's conveyed. Whether you're speaking to young children, library patrons, convalescent-ward patients, or seniors (both of the high school variety and the other!), your ability to involve multiple senses in a program or presentation can mean the difference between an audience that's wide-eyed or glassy-eyed, and your being booked or overlooked. Here you will learn techniques for engaging an audience's senses and participation, to ensure you deliver a dynamic presentation that is focused, yet multifaceted and always memorable. **CEU=0.25**

See page 63 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:00 PM	Th
	8/25	\$60
Millbrook HS	6:30-9:00 PM	Th
	9/29	\$60
Millbrook HS	6:30-9:00 PM	Th
	11/3	\$60

LL **New Effective Leadership**

Mobilize your leadership potential for excellence in any life arena. Whether you are a leader in your home, church, or school, or you are a corporate executive, a small business owner, or a director for a non-profit, this course will enhance the leadership skills you already have. Explore variables that affect productivity, effectiveness, and efficiency, and a variety of interpersonal skill sets. In addition, explore a variety of other topics including your personal leadership style. Leadership attributes—beliefs, values, ethics, character, knowledge, and skills—are all traits which can be learned. The goal of this course is to empower you to lead confidently and compassionately. Topics to be covered include discovering the leader in you, setting goals and objectives, building an effective team, resolving conflict, dealing with change, communicating, and identifying your leadership style.

See page 63 to register online, by phone, or mail; call the Provider, Trinity Consulting Firm at 919-520-3892 for more information.

Millbrook HS	6:30-8:30 PM	T
	8/23-9/27	\$125

LL **New Healthy Communication & Conflict Resolution Skills for Couples**

This workshop, facilitated by Vernita Griffith and Dauv Evans, PhD., offers couples the opportunity to participate in a number of experiential learning activities. They will teach open, honest, healthy communication, the foundation for effective conflict resolution and a crucial skill in every relationship. Learn practical techniques to improve the channels of communication between you and your partner. Learn how to successfully resolve conflict—rather than avoid it. These will be hands-on, interactive sessions that promote laughing, learning, and sharing privately with your partner. Two people can't be expected to agree on everything, all the time, and this class will help you learn how to successfully navigate those disagreements with finesse and respect.

See page 63 to register online, by phone, or mail; call the Provider, Tri Team Unlimited, LLC at 919-615-3001 for more information.

Sanderson HS	7:00-9:00 PM	T
	9/13-9/27	\$100
Leesville HS	7:00-9:00 PM	Th
	10/6-10/20	\$100



Register Now!

LL **New** I Want To Market My Book

You've finished writing your first book. You even got it published! So what's next? Learn how to create a marketing plan for your book. Newly published authors will learn how to develop a website to promote their book, how to blog about their book, best websites for publishing their book, and optimal websites to list their book. Walk away from this class equipped with the knowledge to get the word out and sell that book!

See page 63 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS	8:30-9:30 PM	Th
	8/25-10/27	\$185

LL I Want to Publish a Book

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

See page 63 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS	6:30-8:30 PM	Th
	8/25-11/3	\$185

LL Memoir Writing

You have a story to tell! Learn to craft your memoir by strengthening your writing skills and actively work towards making your story interesting. Develop voice, mood, setting, character, point-of-view, plot, description, dialogue, and theme. Share your work with classmates and receive one-on-one guidance from instructor Natalie Hill, a noted composition professor and professional writer. If you need a boost to start writing or have a memoir in the making, you're welcome to attend.

See page 63 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS	6:45-9:15 PM	T
	10/11-10/25	\$85

LL **New** Screenwriting

If you have an idea for a movie, Dan Decker, author of *Anatomy of a Screenplay*, will guide you through the development process, showing you how to tell your story through character. Dan will illuminate a path that will take years off your learning curve. Cover the following: 1) Story: Why there should be no such thing as "Plot Points" to a writer 2) Character Structure: creating the movie through character 3) Drive Structures: why the reader is turning pages 4) Convergence: movies have four resolutions 5) The 100% Moment: why movies do not go up and down like a roller coaster 6) Scene Writing: where you will live and die 7) Dialog: scene drive, subtext, cues, beats, technical, narrative, and moment. You have a play worth releasing. Learn what it takes to write a winning movie in this fun-filled class.

See page 63 to register online, by phone, or mail; call the Provider, Dan Decker, at 702-580-8904 for more information.

Reedy Crk MS	7:00-9:30 PM	W
	11/9-12/14	\$225

LL **New** Shakespeare

Enjoy this six-week intensive workshop for actors and Shakespeare enthusiasts based on Shakespeare's sonnets. You will learn and put into practice the fundamentals of voice, verse, and solo power performance while developing short performances of one or more sonnets. The workshop also provides access to the mind of one of the greatest writers as nothing else does, giving you a deeper understanding of the plays of The Complete Works. This workshop shows you a path to better Shakespearean performances and, hence, to you as a better overall actor. The final session is a staged-reading performance of sonnets open to the public.

See page 63 to register online, by phone, or mail; call the Provider, Dan Decker, at 702-580-8904 for more information.

Reedy Crk MS	7:00-9:00 PM	Th
	11/10-12/15	\$130

Public Speaking

LL **New Stand Up & Speak!**

Welcome to the BuildUP Training Center (BTC)! Have you dreamed of becoming a motivational speaker? Can you see visions of yourself speaking to hundreds, thousands, even millions of people and encouraging THEM to run after their dreams? If the answer is yes, Stand Up & Speak Up, a high energy, interactive oral communications curriculum, can assist. You will engage in hands-on, practical applications that create confidence to deliver a stirring message even if you are afraid. Emphasis will be placed on communication types, speaking strategies, body language, transposing thoughts, confidence building, and delivering a winning presentation every time.

See page 63 to register online, by phone, or mail; call the Provider, Jackie Mason Training Solutions, at 252-314-9550 for more information.

Sanderson HS 6:30-8:30 PM TTh
10/25-11/17 \$100

LL **Public Speaking 101— Learn How to Speak in Public with Confidence**

Did you know that speaking in public is the #1 fear among Americans? In this course, you will increase your confidence when you learn how to develop your own authentic message. Preview the anatomy of the public speaking professional by learning the 'unknown strategies' that public figures use. Plus, develop a message outline and more. This is sure to be a great opportunity to refine your presentation style and powerfully deliver your message!

See page 63 to register online, by phone, or mail; call the Provider, The Scott Training Group, at 919-538-7541 for more information.

Millbrook HS 7:00-9:00 PM T
9/6-10/11 \$125

What people are saying...

“The feedback provided by the instructor and students was helpful. The experience of getting up and speaking in front of people every week really helped a lot.”

-Lindsay Ferrante
Confidence in Public Speaking

LL **New Public Speaking: The Confident Speaker**

Turn that fear into a strength! Speak up with confidence and reap the benefits of learning how to effectively articulate yourself in front of an audience. This fun and interactive course is an introduction to speech communication, which emphasizes the practical skill of public speaking, including techniques to lessen speaker anxiety, and the use of visual aids to enhance speaker presentations. The goal is to prepare students for success in typical public speaking situations and to provide them with the basic principles of organization and research needed for effective speeches.

See page 63 to register online, by phone, or mail; call the Provider, Dauvell Evans, at 919-271-7728 for more information.

Reedy Crk MS 6:30-8:00 PM M
8/22-10/3 \$185

Reedy Crk MS 6:30-9:30 PM TTh
10/27-12/8 \$185



LL New The Practical Approach to Creative Writing

The point of writing is to get your point across in a clear and effective manner while delivering the intended tone. Though writing is a very popular form of communication, few are able to do it with finesse, resulting in unnecessary miscommunication and confusion. Communicating in writing can be a positive experience for both the sender and the receiver. A few tools and tips will help you learn what it takes to be a powerhouse communicator. With the help of long time freelance writer and published author, Jim Caulfield, learn how to communicate effectively through text messages, emails, in cover letters, and more. Take your everyday written words from dreadful to helpful and influence others in a positive way.

See page 63 to register online, by phone, or mail; call the Provider, James Caulfield, at 202-768-2004 for more information.

Athens Dr HS	6:45-8:45 PM	T
	9/20	\$35
Wake Forest HS	6:45-8:45 PM	T
	11/29	\$35
Holly Springs HS	6:45-8:45 PM	T
	12/6	\$35

LL New DISC Profile: Discover What Drives You

See Personal Enrichment, page 50.

LL New Enjoying Marriage with a Chronically Ill Spouse

See Health and Wellness, page 41.

One-night course



Nourish your voice to keep it healthy.

LL New Voice Health for Seniors: Keeping Your Voice Healthy and Young

Baby-boomers—You spend time and money taking care of your physical body, but have you given much time to keeping a strong, youthful voice? Aging can bring negative changes to the voice because the muscles weaken and shrink. A lost voice cannot be replaced. Learn strategies to strengthen the voice and keep it healthy at any age because a healthy voice is a worthwhile investment. Class is taught by a licensed speech pathologist.

See page 63 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Wake Forest HS	6:45-7:45 PM	T
	8/23	\$25
Millbrook HS	6:30-8:30 PM	T
	8/30	\$40
Reedy Crk MS	6:30-8:30 PM	Th
	10/20	\$40
Sanderson HS	6:30-8:30 PM	T
	10/25	\$40

LL New Voice Health for Speakers and Singers

Are you starving your voice? Teachers, preachers, salesmen, singers, receptionists and many others drive their voices continually and never give it the care and feeding it needs. The voice is a delicate instrument and shouldn't be taken for granted. If your job requires extended talking, speaking over noise, or group singing, your voice is at risk for vocal strain. Learn proper voice care, prevent unnecessary vocal strain, and discover how to nourish your voice to keep it healthy. Taking this class is a vocal investment. After all, "you only get one." This one-night class is taught by a licensed speech pathologist who will expertly guide you in lifetime vocal care.

See page 63 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Sanderson HS	6:30-9:00 PM	T
	9/13	\$40
Millbrook HS	6:30-9:00 PM	T
	9/27	\$40
Reedy Crk MS	6:30-9:00 PM	T
	10/18	\$40

LL

New True Color Love—A Better Understanding of Us as One

This marriage enrichment course is designed to identify personality using the True Colors™ model. Couples will recognize connections and challenges and learn tools to enhance their relationship. This program will help couples enjoy the experience of learning more about themselves, their spouse, and how to combine this new personality knowledge to create a stronger bond through shared understanding, compassion, respect, and communication. True Colors™ is a model for understanding oneself and others based on personality temperament, revealing motivations, actions and communication. The colors of orange, green, blue, and gold are used to differentiate the four central personality styles of True Colors™. Each person has a combination of these True Colors that make up the personality spectrum, usually with one of the styles being the most dominant. It works because it is based on true principles that are easy to remember and use. This new knowledge is very useful in all facets of life—from personal relationships to professional success.

See page 63 to register online, by phone, or mail; call the Provider, Tri Team Unlimited, LLC, at 919-615-3001 for more information.

Holly Springs HS	7:00-9:00 PM	Th
	9/8-9/29	\$100
Wake Forest HS	7:00-9:00 PM	T
	10/4-10/25	\$100

WT

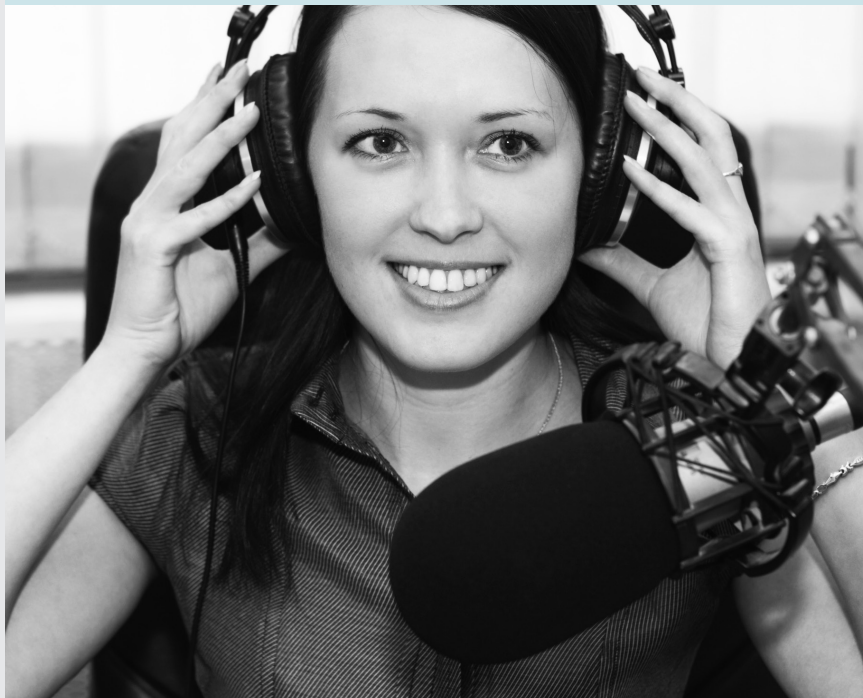
Basic Fiction Writing

We all have great stories to tell, but new writers are often fearful of telling theirs. This course will help you harness your imagination, heighten your powers of observation, and discover how to share the stories in your life. You will learn tools for writing powerful fiction—short stories, novels, or novellas. (The course focuses on the short story.)

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

Millbrook HS	6:30-9:30 PM	Th
162890	10/6-12/1	\$145

One-night course



Ignite your career as a voice-over artist.

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

Athens Dr HS | 7:00-9:00 PM | Th | 11/17 | \$35

What people are saying...

“This class was informative about what it takes to get into this business, and Wendy, the teacher, kept us all attentive. Grabbed us in three seconds and kept it for the two-hour class!”

-Barb Glesby

Voice-Overs...Now Is Your Time

WT

Beyond the Basics: Advanced Conversation and Fluency

This course is designed for non-native English speakers to help improve spoken fluency and accuracy. Students will participate in interactive and engaging practice activities to learn how to express themselves in a variety of settings. Instructors will utilize up-to-date instructional techniques including effective error correction.

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

Reedy Crk MS 6:30-9:30 PM T
163520 10/11-12/6 \$95

WT

Characterization in Fiction

Populate your short fiction or novel with unforgettable characters, establish their relationships, and build conflict. Learn how plot and character affect each other, the character arc, and how to raise the stakes of fictional dilemmas.

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

Reedy Crk MS 7:00-9:30 PM M
162978 9/12-11/14 \$95

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 W
162881 9/7-11/9 \$95

Sharpen your public speaking skills.

WT

Confidence in Public Speaking

Whether it is a business presentation or an impromptu speech for coworkers, speaking in front of an audience at work can make some people anxious. Improve your ability to communicate with this course, which introduces basic principles of speech communication. Develop confidence and avoid negative self-talk; acquire skills that can be used now or in a future career. Learn in a non-threatening environment how to organize your talk, create an outline for speaking, and communicate your message appropriately and effectively.

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

Sanderson HS 6:30-9:30 PM T
162979 9/13-10/18 \$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 162888 for more information.

Sanderson HS 6:30-9:30 PM Th
162888 9/22-10/27 \$95



WT

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

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

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

Athens Dr HS 7:00-9:30 PM T
163019 9/6-11/8 \$125

WT

Write It Like a Journalist

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

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

Sanderson HS 6:30-9:30 PM W
162976 9/14-11/2 \$125



LL **New** Get LinkedUp with LinkedIn

LinkedIn is the go-to for revving up your professional network. Get more attention and job opportunities. Receive information about open positions, business ventures, and volunteerism. Linking a blog, twitter page, and other social media to your LinkedIn account is just one method to see a huge difference in meaningful connections. Promote your resume, experience, and interests to advance your career.

See page 63 to register online, by phone, or mail; call the Provider, **Speakup2bu**, at 984-242-7445 for more information.

Holly Springs HS 6:30-8:30 PM M
9/12-9/26 \$65

LL **New** STEM for Adults: Hands-On Adventures for Anyone

It's never too late to become an innovator, educator, researcher, or leader who wants to explore and engage the world in a new way. This course will help give adults the confidence to participate in the excitement around STEM- Science, Technology, Engineering, and Math.

Each lesson will revolve around a hands-on, team-based project that will provide the student with knowledge and skills in each STEM discipline. This is an excellent learning opportunity for certified teachers, for individuals looking to return to the workforce, or for moms and dads looking to participate in fun STEM activities with their kids. The goal is to refresh adult learners as out-of-the-box critical thinkers. This class will also help adult learners make meaningful connections between school, community, work, and global issues which is useful in lesson planning in the classroom or engaging creative ingenuity for innovation in the workplace.

Exercises and projects include the following: 1) Exploring your iPhone, iPad, and Laptop 2) Basic Computer Programming & Coding 3) Physics behind Bridges, Buildings, and more 4) Website Building 5) Engineering Process 6) Programming Robots 7) Photoshop & Photo Editing. Supplies you will need: laptop. **CEUs=2.4**

See page 63 to register online, by phone, or mail; call the Provider, **Brookshire Consulting**, at 919-247-6021 for more information.

Millbrook HS 6:30-9:30 PM Th
9/15-11/3 \$225

Millbrook HS 6:30-9:30 PM M
10/24-12/12 \$225

LL **New** Web Design Fundamentals: HTML and Style Sheets

Enjoy this hands-on course in designing and developing World Wide Web pages using HyperText Markup Language (HTML) and Cascading Style Sheets (CSS). The course will cover HTML tags for text, images, links, lists, simple layouts, complex layouts, tables, frames, style, internal style sheets, and external style sheets. Learn to create and maintain Web pages using HTML and CSS and edit HTML and CSS files directly using html or text editors. Leesville High School classes take place in the computer lab. Laptops are required for any other sites. Proficiency required in the operating system on your computer, including file management, connecting to the Internet, and using of Web browsers. \$10 discount for WCPSS staff.

See page 63 to register online, by phone, or mail; call the Provider, **Regina Blount**, at 919-794-1084 for more information.

Leesville HS 6:30-8:30 PM MTh
9/19-10/3 \$125

LL **New** Access 2013 for Teachers CEUs=1.0

See Teacher CEUs, page 55.



Become an Electrician!



This class has nearly 100% exam pass rates.

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.

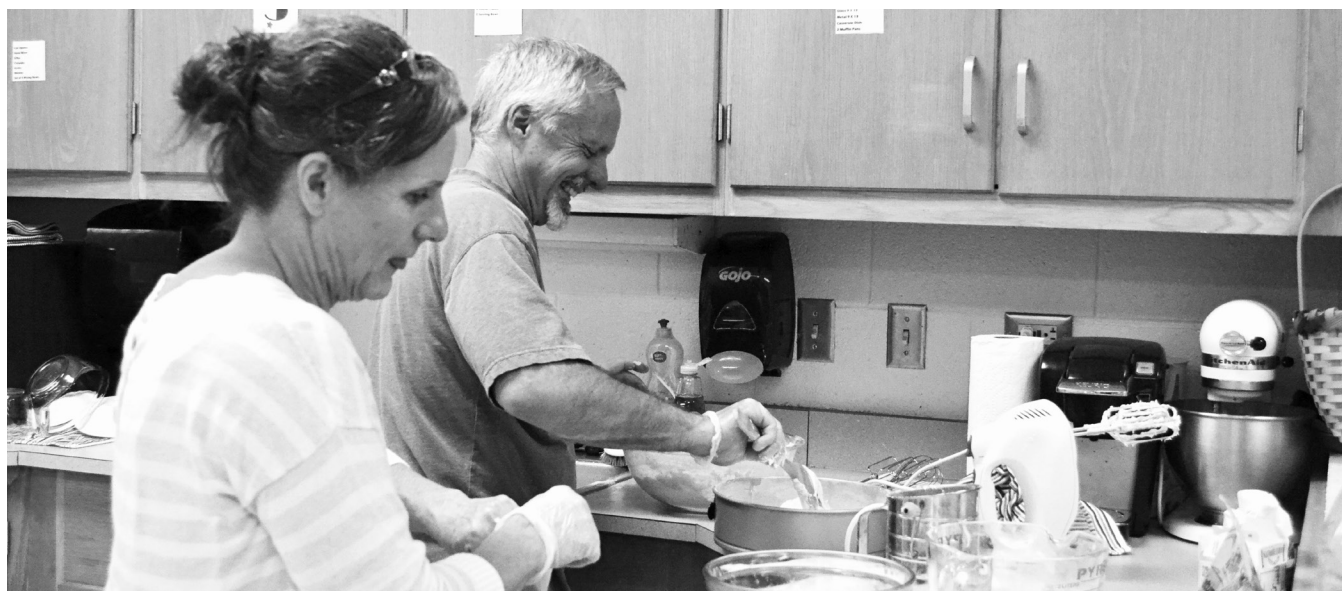
See page 63 to register online, by phone, or mail; call the Provider, Billy Morris, at 919-469-8823 for more information.

Athens Dr HS | 6:30-9:30 PM | MTh | \$290
📞 Call for dates!

What people are saying...

“I have learned so much. It was an extremely organized course.”

-Harold Jimenez
Electrical Contractor's Exam Prep



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!

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

Reedy Crk MS 6:30-9:30 PM T
163408 9/13-11/1 \$100

WT Beyond Bagels: A Class on Jewish Baking

Materials \$

Whether you are Jewish and seeking a new recipe for the next High Holiday or just someone interested in trying some of the amazing recipes that have evolved over thousands of years and from the many different cultures that have influenced Jewish cooking, then this class is your one stop resource for all things to do with Jewish baking.

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

Athens Dr HS 6:30-9:30 PM Th
163413 10/6-11/10 \$90

WT Cooking Fundamentals

Materials \$

This course introduces basic cooking concepts, skills, and techniques. Emphasis is on kitchen appliances and equipment, recipe conversion, measurements, terminology, knife skills, safe food handling, cooking methods, flavorings, seasonings, stocks/sauces/soups, and more!

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

Sanderson HS 6:30-9:30 PM T
163414 8/30-10/18 \$100

WT Cooking With Fall's Harvest

Materials \$

People often pass up opportunities to grow new or unusual fall fruits and vegetables - or to buy them from farmers' markets - 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.

Reedy Crk MS 6:30-9:30 PM M
163406 11/7-12/12 \$100

WT Hurry for Curry: Basic Indian Cooking

Materials \$

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

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

Sanderson HS 6:30-9:30 PM M
163417 9/12-10/31 \$100

WT North Carolina Cookbook

Materials \$

Prepare a selection of recipes gathered from the coast to the mountains of the Old North State, and featured in the North Carolina Cookbook. Regional favorites include recipes for sweet potatoes, corn, turkey, ham, tomatoes, and squash. Students share food costs.

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

Reedy Crk MS 6:30-9:30 PM Th
163409 9/1-10/13 \$100

WT The Food and Flavors of Greece

Materials \$

This course will teach students about the flavors, ingredients, and culinary techniques used in the kitchens of Greece. Students will learn these styles of cooking through simple, easily-duplicated recipes that are authentic and delicious.

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

Sanderson HS 6:30-9:30 PM T
163415 11/1-12/13 \$100

WT The Food and Flavors of Italy

Materials \$

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

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

Reedy Crk MS 6:30-9:30 PM M
163405 8/22-10/17 \$100

WT Weeknight Global

Materials \$

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

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

Sanderson HS 6:30-9:30 PM Th
163416 10/13-12/8 \$100





Spotlight

Dancing with Franca

LL Beginner Latin Dance

Are you tired of going out to night clubs and Salsa bars and not knowing what to do? Now is your chance to learn some basic steps, simple turns and good technique 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 63 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	M
	8/22-10/10	\$105

LL Beginner Rhythm Ballroom I and II

This class is for the beginner with 'two left feet' or some formal dance instruction. It covers the three Rhythm dances of Rumba, Cha Cha, and East Coast Swing. Learn how to use your feet and stand properly, correctly lead and follow, and employ the Cuban Motion technique. Cover essential elements to strengthen your ability to dance with various partners. This class may be the start of many fun years in dance. Visit www.francasdancestudio.com to register and check the schedule. Note: \$10 discount for couples, but no partner is required.

See page 63 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	W
	8/24-10/5	\$105

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

LL Beginner Smooth Ballroom I and II

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

See page 63 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	W
	10/12-11/23	\$105

LL Shag I

Summer is coming and people want to have fun in the sun and on the beach. Before heading out to the beach, wouldn't it be nice to learn a few dance steps in Shag? Do not worry if you have never danced shag before. This class is strictly for BEGINNERS. Come enjoy Basic Carolina Shag dance. The curriculum consists of learning the basic steps, proper form (dance position) and floor etiquette. Visit www.francasdancestudio.com to register. Come out and join the fun to learn the popular southern dance of Shag. Note: \$10 discount for couples, but no partner is required.

See page 63 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	M
	10/17-12/5	\$105





LL Appreciation of Chinese Classical Dance

This is an interactive class to learn about Chinese Classical Dance. It will provide an opportunity to learn about traditional Chinese dancing and its influence on Chinese culture. Enjoy half lecture and half dance practice. Suited for men and women, couples are welcome, but no partner is required. Relish in the joy of discovering different classical dances.

See page 63 to register online, by phone, or mail; call the Provider, Confucius Institute, NC State University, at 919-513-2732 for more information.

Sanderson HS | 6:30-8:30 PM | MTh | 9/19-10/20 | \$125

LL New Fitness Fun with Flow Arts

Do you like spinning props, silk veils, hula hoops, and dance? This is the place for you. Come have fun and get a full body workout as you spin props, dance, and whirl, just like when you were young. Recapture your inner child with this fun and energetic class involving the flow arts!

See page 63 to register online, by phone, or mail; call the Provider, KellyBuynitzky, at 919-846-0409 for more information.

Sanderson HS | 6:30-8:00 PM | Th | 9/29-11/17 | \$75



LL Be Fit Line Dance Bootcamp

Be Fit Line Dance is all about fitness and wellness through soulful line dance! Enjoy line dancing to all kinds of energetic music to shuffle, shimmy, and scoot your way to fitness. Come ready to learn new dances, sweat, and have fun while building community through line dancing. It is designed for those who are beginners with fun for even the advanced to help you get your body moving at a good flow and pace. Wear workout clothes and sneakers.

See page 63 to register online, by phone, or mail; call the Provider, Tassie Small, at 919-561-7700 for more information.

Wake Forest HS | 6:30-7:30 PM | Th | 8/18-12/15 | \$110

What people are saying...

“I feel like I can actually dance, and I’m not a dancer at all.”

-Michelle Morgan
Line Dance

Eight courses for ^{under} \$48



\$35 The Practical Approach to Creative Writing
page 20

\$35 Voice-Overs...Now Is Your Time!
page 21

\$36 Backyard Chickens
page 37

\$36 Beekeeping Basics
page 37

\$38 Scrapbooking
page 9

\$40 Voice Health for Seniors, Speakers, and Singers
page 20

\$43 Dream It See It Plan It
Vision Board Party
page 50

\$47 Enjoying Marriage with a Chronically Ill Spouse
page 41





IGNITE YOUR *future*

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

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Home Buyer Series Offers Big Giveaways



Instructor's Background

Trainer and realtor, Quanta Edwards, began her career as a policy researcher and writer for a lobbying firm. With a specialty for deciphering contracts, she saw the potential for helping buyers understand their mortgage contracts and successfully navigating the home buying process.

"I'm doing this because a large pool of people could potentially qualify for a home if they had the right tools. They just need training. So many steps exist in the process, and buyers need to know where the home buying process starts and all the steps along the way, so they can be ready to make the transaction when everything is in order."

Buying a home is the most expensive purchase most people will ever make, so it's no wonder it is fraught with challenges and apprehension. Quanta Edwards, a licensed real estate agent, will prepare buyers to successfully purchase a home through a three-part training series. Her guest speakers will include a credit counselor, a lender, a licensed realtor, a home inspector, a new construction builder, and an attorney, who will explain the "whys" of real estate. Participants will learn the different processes for purchasing an existing home, a new construction, a short sale, and a foreclosure.



Giveaways

Fun giveaways include a free appraisal, free home inspection, and *free Home Owner Association dues for a year. Buyers will also be linked to a qualified realtor, moving and cleaning services, and credit assistance and repair.



Registration

Register now for Quanta's three-part training series. Workshops include "Save BIG as a First Time Home Buyer," "Welcome to the First Step of Homeownership," and "Are Your Ducks in a Row?" Training will help buyers land a home they love for the right price.



Turn to page 39
for course details.

*Specified builder required for free Home Owner Association dues.



The Buzz on Beekeeping: 6 Need-to-Knows to Get Started



The bee population around the world is quickly declining.

Biotechnology, chemical pesticides, and electromagnetic pollution are all contributing to this reality. Yet, our ecosystem needs bees. Bees increase pollination and biodiversity which means more flowers

and more fruit and, thereby, more food for mammals, and delicious honey for all.

To aid the bee population, more people need to keep beehives. Starting a hive is easy and fun, with the help of instructor Lucas Schvindt, who was introduced to beekeeping in his earliest years by his grandfather.



Honey is loaded with benefits to people.

- ◆ It can ward off allergies.
- ◆ Increase energy
- ◆ Aid fertility
- ◆ Slow hair loss
- ◆ Improve a number of stomach ailments
- ◆ Ease arthritis
- ◆ Soothe sore throat
- ◆ Relieve morning sickness
- ◆ Alleviate skin conditions such as eczema, diabetic ulcers, and canker sores
- ◆ Eliminate migraines and more



Space



Beekeeping calls for very limited outdoor space. It requires storage, a water source, and pollinating plants like catnip, wild flowers, sage, salvia, herbs, and other flowering plants. In fact, in many European countries, people enjoy beekeeping on small balconies with access only through an open window.

Supplies



Beekeeping will cost between \$200 and \$300 to get started. Necessary materials include a suit, veil, gloves, hive tools, smoker, beehive, bees, water, and plants.

Safety



When many think about bees, one of the first things that comes to mind is getting stung. Some are hesitant to keep them because they fear loss of enjoyment of their backyard and danger to themselves and their loved ones. Yet, bees can be bred for desirable behaviors. Lucas says, “You can breed bees for gentle behaviors. Bees might be aggressive if they are queenless or hungry. If this is the case, we help them. If this is not the case, we eliminate them through selective breeding.”



Sanction –City Ordinances and the *HOA



With so many touting the benefits, many American cities are opening the door to backyard beekeeping. However, HOAs are often less open. Lucas says, “Usually HOAs do not permit beekeeping. However, with increased focus on environmentally-friendly practices and preferences, HOAs are starting to allow hives.”

*HOA stands for homeowner’s association.

State of the Landscape



One thing to consider when deciding to keep a hive is securing compliance from surrounding neighbors as what is beneficial to bees does not align with the American preference for entire landscapes of weed-free grass. According to Lucas, “Homeowners who keep bees should avoid using pesticides and chemicals on their land and should allow some clover to grow in certain areas of the yard for the benefit of the bees.”



Sign-up

Lucas encourages all interested persons to give beekeeping a try. “Beekeeping gets people closer to their food source. Through my class, they will have all necessary information to get started and will know what to expect the first year to bottle their first jar of honey.”

Turn to page 37 to learn more about this fun class!





True Color Love Marriage Enrichment Training

Could your marriage use a tune-up? Do you and your spouse struggle to communicate, feeling frustrated again and again?

Many couples find that while they love each other, achieving oneness is challenging, even impossible. Happily married couple Vernita Griffith and Dauv Evans believe there is hope. Their mission for the past ten years is to help save relationships and families one couple at a time.

Searching for an Answer

Vernita and her husband, Dauv, began marriage enrichment training to address challenges in their own marriage.

Vernita says, “After seven years of marriage, my husband and I began to have relationship challenges that seemed insurmountable. I knew that we needed help, so I began to look. We attended a retreat, and then another, and the next thing we knew we signed up for a 40-hour marriage leader training. What I learned during that process is while we thought we were being intentional, and both of us had done this marriage thing before, there were some basic foundational things we were missing.”



Discovering the Problem

Vernita found communication is the greatest challenge facing married couples. It’s the missing link. True Color Love meets that challenge, and many others, head on, so couples can develop a loving and fun plan to enjoy a happy marriage.

“True Color Love gives couples a shared language,” says Vernita, “that will enhance their communication and understanding. Couples learn the distinctive ways in which different personalities approach communication for successful relationships. It helps to promote open, honest communication by understanding and appreciating different communication styles and approaches.”

Healing the Heart

Vernita recalls one couple in crisis who resurrected their love with the tools available through True Color Love.

“This couple attended the workshop because they were headed for divorce. The husband basically attended because his wife kept asking, and he ran out of excuses. He really didn’t participate in the ice breaker, and this obviously frustrated his wife. His interest was peaked after I explained the inventory. After they did the card sort and discovered their color and what attributes were assigned to each, he began to ask questions. As it turned out, this couple combined the most challenging color combination. In the end, we shared ideas and developed a process toggle. Today, this couple is still together, and in follow-up conversations, they highlight the True Color attributes as life changing. They embrace the “team” attitude and practice how to esteem each other. They have learned to be intentional about their relationship and dare not put it on auto pilot ever again.”



Couples looking for an affordable, informative, fun, and effective way to improve their marriage are encouraged to attend this workshop. It will provide a variety of tools to make marriage a blessing, not a burden. All of this, and it’s fun!

Turn to page 21 for course details.



What does extraordinary look like?

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

This is nothing less than extraordinary.

NC State. Think and Do.

College of Education Educate. Innovate. Inspire.

Learn more at ced.ncsu.edu/nc-teach
Email acwinzel@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.



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 areas:

- Mystery Shopping
- Basic Baking/Cooking
- Woodworking
- Stained Glass
- Car/Home Repair
- Bridge/Poker/Rummy

Qualifications

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

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



LL Backyard Chickens

Learn the basics of keeping chickens in this two-hour seminar. The class will focus on raising a small flock of hens in a suburban setting. Learn the many benefits, besides fresh eggs, of having chickens on your property. This will include heritage breeds, initial cost, regulations, basic lifecycle and biology, care and maintenance, government regulations, and the best way to get started.

See page 63 to register online, by phone, or mail; call the Provider, Samantha Gasson at 919-477-6684 for more information.

Reedy Crk MS 6:30-8:30 PM M
10/10 \$36



LL New Beekeeping Basics

Hobby beekeeping is a growing interest in our community. It's an exciting journey, discovering how to care for these important organisms. In this 2-hour seminar, learn the very basics of beekeeping. Topics will include basic bee biology and life cycle, hive set up, care and maintenance, bee nutrition and health, among others. Additional resources will be provided for further individual study. Instructor Lucas Schvindt hopes to inspire more to try this amazing hobby, which brings us closer to nature and fosters appreciation for local food production.

See page 63 to register online, by phone, or mail; call the Provider, Steve Andrijew at 919-749-8822 for more information.

Sanderson HS 6:30-8:30 PM T
9/27 \$36

Holly Springs HS 6:30-8:30 PM T
10/25 \$36

LL New Holiday Decorating on a Budget

Are you tired of the same old boring look in your home during the holidays? Do you have to be pumped up to get in the holiday spirit every year? Want to spruce up your decor but can't because you've blown the majority of your budget buying gifts for others? If your answer is yes to these questions, you should join this class. You will learn how to decorate your home for the holidays, whether fall, Thanksgiving, or Christmas, without spending a fortune. You'll get tips on how to use basic household items, thrift store finds, and dollar store items, to create simple, but eye catching and elegant decorations. After this class, you will be eager to invite guests to your home for any occasion.

See page 63 to register online, by phone, or mail; call the Provider, Sonya Hawkins at 919-656-2899 for more information.

Holly Springs HS 6:30-8:30 PM W
9/15-10/6 \$75

LL New Interior Decorating

Long time, popular event and party planner, Lechelle Evans, has an eye for design. Let her help you discover what your space should be and transform it into a welcoming oasis. In this course, you will learn that great design is neither intimidating nor unattainable. Learn the basics of home decorating and where to find ideas. Study design principles, design terms, and quick decorating tips. Enjoy discussions concerning buying guides, decorating styles, creating a budget, and answering decorating challenges. This class is great for the DIY homeowner, home stagers, real estate agents, and anyone interested in mastering the art of home décor.

See page 63 to register online, by phone, or mail; call the Provider, Lechelle Evans at 919-987-0646 for more information.

Wake Forest HS 6:30-9:30 PM T
9/13-11/1 \$125

WT Interior Design

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

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

Sanderson HS 6:30-9:30 PM T
163420 9/27-11/15 \$90



LL Accent Reduction and English Pronunciation

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

See page 63 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS	7:00-9:00 PM	T
	8/23-9/27	\$125
Sanderson HS	7:00-9:00 PM	Th
	9/1-10/6	\$125

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.

Reedy Crk MS	6:30-9:30 PM	MTWTh
	8/29-12/8	\$0

*Registrations on 8/29, 8/30, 9/19, 10/10, 10/24

Athens Dr HS	6:30-9:30 PM	MTWTh
	9/6-12/7	\$0

*Registrations on 9/6, 9/7, 9/8, 9/26, 10/10

Millbrook HS	6:30-9:30 PM	MTWTh
	9/6-12/8	\$0

*Registrations on 9/6, 9/7, 9/8, 9/19, 10/10

There is no charge for most ESL classes.

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

WT ESL/ABE Expanding Reading and Vocabulary

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
	9/6-12/7	\$0

*Registrations on 9/6, 9/7, 9/8, 9/26, 10/10



Home Buyers Series



Part 1 **LL** **New** Save BIG as a First Time Home Buyer



Rates are still historically low, and now is a great time to become a home owner. Completing this homebuyer education class prepares you to make the right decisions. Learn what really happens in a real estate deal from a credit counselor, a lender, a licensed REALTOR, a home inspector, a new construction builder, and an attorney. Get firsthand knowledge from these industry experts to successfully navigate this huge process and the purchase of what will likely be your most expensive investment. Upon successful completion of this four-week course, you are guaranteed at least a \$250 item towards the purchase of a home (pending guidelines).

See page 63 to register online, by phone, or mail; call the Provider, Quanta Edwards, at 919-413-1990 for more information.

Millbrook HS | 6:30-8:30 PM | M | 8/22-9/19 | \$50

Part 2 **LL** **New** Welcome to the First Step of Homeownership



Purchase a home in 90 days or less! Learn how to buy a home step-by-step from a credit counselor, a mortgage loan officer, a licensed REALTOR, a local builder, and an attorney. Learn the different processes for buying an existing home, a new construction, a short sale, and a foreclosure. Upon successful completion of this four-week course, you are guaranteed at least a \$250 item towards the purchase of a home (pending guidelines).

See page 63 to register online, by phone, or mail; call the Provider, Quanta Edwards, at 919-413-1990 for more information.

Millbrook HS | 6:30-8:30 PM | M | 9/26-10/17 | \$50

Part 3 **LL** **New** Are Your Ducks in a Row?



Do you want to be picture perfect for buying your home? This course unveils what a lender is looking for when approving your home loan and exposes what a buyer or a seller is responsible for paying when buying a home. Understand all the "whys" of real estate. Get your questions answered, so you can have your ducks in a row before going under contract for a home. Upon successful completion of this four-week course, you are guaranteed at least a \$250 item towards the purchase of a home (pending guidelines).

See page 63 to register online, by phone, or mail; call the Provider, Quanta Edwards, at 919-413-1990 for more information.

Millbrook HS | 6:30-8:30 PM | M | 10/24-11/14 | \$50

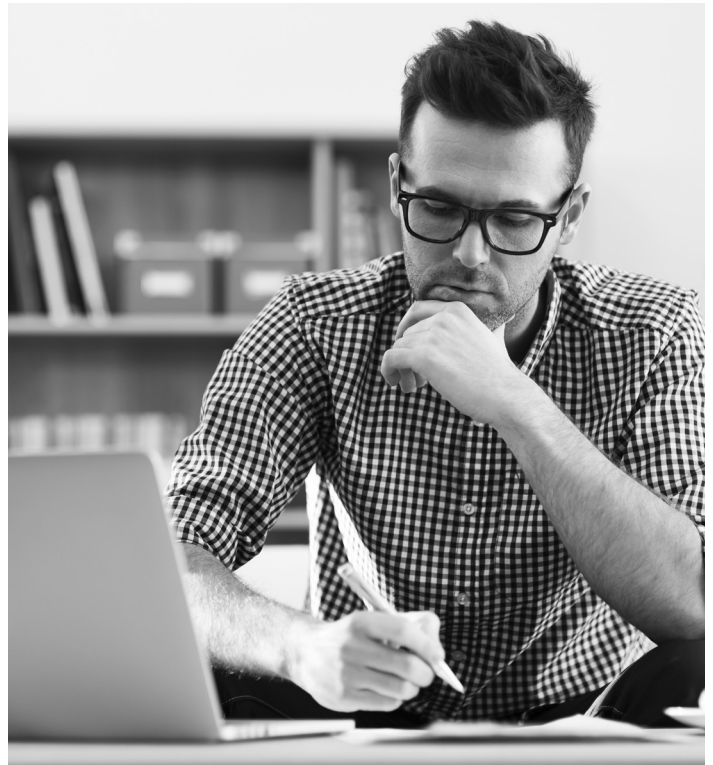


5 Simple Secrets to Award Winning Grant Writing

In this course, Derrick Drakeford, Ph.D. and CEO of Drakeford, Scott, & Associates LLC will walk you through five simple secrets to award winning grants. The Drakeford, Scott, & Associates team has won over \$45,000,000 in grants. Enjoy a free book with registration along with powerful information on how to impact the world through grants.

See page 63 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Leesville HS | 7:30-8:30 PM | M | 9/19 | \$99



Download your free credit report.



Finance and Tax Strategies Workshop: Your Keys to a Prosperous Life

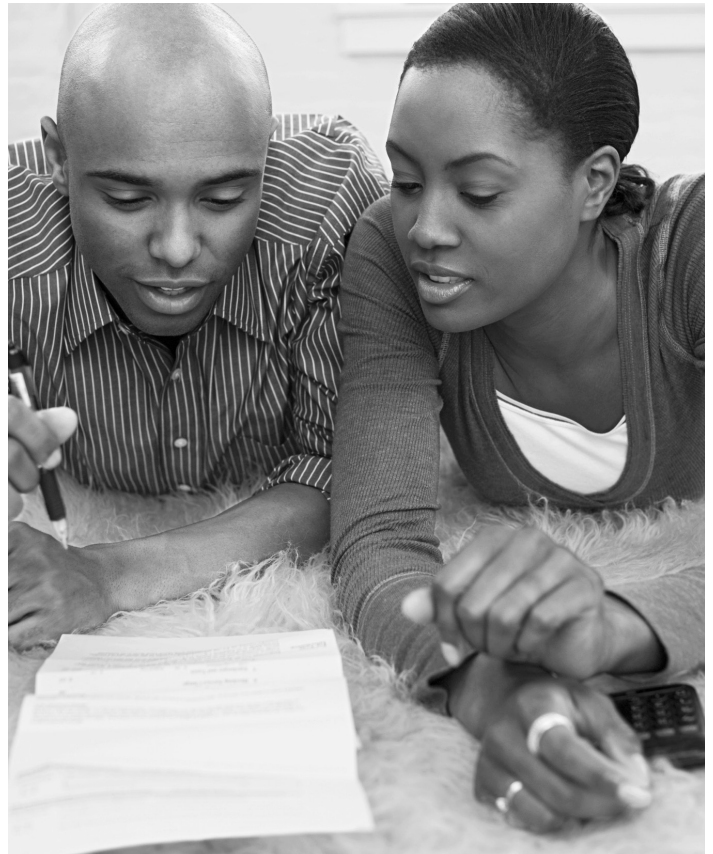
Need financial help with investments, insurance, budgets, and wealth building? Want to make sure you don't miss out on a single tax credit to which you're entitled? Count on tax and finance consultant Jason Amen Hetep. He assists individuals and small business owners through individualized consultation that's perfect for your special circumstance.

In this hands-on class, get help to save for retirement or an emergency fund. Learn sure-fire methods to start a stream of income in a crisis. Find out all you need to know about IRAs, mutual funds, investments and more. Make sound financial choices and expertly navigate company annual reports to know what would be a sound investment. Interested in a career in finance? Get information on becoming a tax preparer or financial advisor. Culminate the class with tax preparation help. Expect savings worth more than \$300 over what you could generate with your typical tax software.

Bring your device: laptop, tablet, or cell phone. Get on the road to financial success. Register today.

See page 63 to register online, by phone, or mail; call the Provider, Black Diamond Financial Group, at 919-633-2125 for more information.

Millbrook HS | 6:30-8:00 PM | Th | 10/13-10/27 | \$120



Learn To Sell on eBay The Right Way!

See Career Skills, page 13.

Register Now!



Spotlight

Caregiving with Chloe

LL **New** Finding The Brighter Side Of Caregiving

This course is designed to introduce first-time care partners, dementia-friendly business owners and employee(s) to the Sensory System. This course is also designed for adult children with social media background. Understanding the basic Sensory System—comprised of sight, hearing, taste, smell and touch—will generate safe compassion and care to help a person with special needs. Plus, be the first to receive five Memory Lapse Reminder ID wristbands.

See page 63 to register online, by phone, or mail; call the Provider, MLR Designs, LLC, at 919-665-7043 for more information.

Athens Dr HS 6:30-8:30 PM Th
 10/6-10/27 \$85



Chloe is a 10-year veteran volunteer and entrepreneur. In January 2007, she received a certificate of registration from the United States Patent Trademark Office for the Memory Lapse Reminder®. A caregiver to her ailing mother for 15 years, she used her trademark awareness brand to educate caregivers on special needs and memory loss. Chloe is passionate about helping caregivers and their loved ones and is an advocate for Dementia-Friendly America.

LL **Enjoying Marriage with a Chronically Ill Spouse**

During your wonderful marriage nuptials, you promise to love and cherish in sickness and in health. These vows are made with genuine heartfelt intentions. Yet, the magnitude of concerns that will arise from a spouse with a chronic illness, can't be fathomed by newlyweds since, often during that time, the spouse is healthy.

According to Focus on the Family, this is a common challenge. "Nearly half of all Americans live with a spouse that has a chronic illness. These illnesses include cancer, diabetes, heart disease, chronic fatigue syndrome, Crohn's disease, arthritis, lupus, sickle cell anemia and others." What's more, 75% of these marriages end in divorce.

What do you do? This class will focus on how to enjoy marriage even when your spouse has a chronic illness. You will learn practical steps to effectively communicate and physically adapt in your marriage.

See page 63 to register online, by phone, or mail; call the Provider, Betty Umstead Consulting, at 919-760-0713 for more information.

Reedy Crk MS 6:30-9:00 PM T
 9/6-9/13 \$47

LL **New** Personal and Professional Development Training

See Personal Enrichment, page 51.

One-night course

\$20



Refresh your senses.

LL Essential Oils

DoTerra Essential Oils of Mauka Makai Ventures offers comprehensive education on essential oils characterizations, usages, production, and recipes according to the topic(s) selected for the class. You are given the opportunity to try the oils topically and aromatically. Enjoy discussions on the history of essential oils around the world. Discover the current supplements market under which the FDA regulates oils. See the science to take control of your health! The goal is to provide knowledge of the natural resources available for maintaining a hearty lifestyle. Note: Upon registering, contact the provider to share specific concerns to help tailor fit the class to your specific needs and interests. Please bring \$20 in cash instead of payment by check.

See page 63 to register online, by phone, or mail; call the Provider, MaukaMakai Ventures, LLC, at 919-656-0963 for more information.

Athens Dr HS | 6:45-8:15 PM | T | 8/23 | \$20
 Holly Springs HS | 6:45-8:15 PM | T | 9/27 | \$20
 Athens Dr HS | 6:45-8:15 PM | Th | 9/29 | \$20
 Athens Dr HS | 6:45-8:15 PM | T | 10/25 | \$20
 Holly Springs HS | 6:45-8:15 PM | Th | 11/3 | \$20

What people are saying...

“I liked being able to smell the various oils and learn and see some of the properties.”

-Betsy Gillespie
Essential Oils

LL **New** The Freedom of Forgiveness

“To have someone do something to hurt you, and then to pray for them and bless them, that’s tremendous warrior strength” (Groeschild 2016). There is no justice for the unforgivable that can heal the wound. The only path to complete healing is forgiveness. Without it, you can suffer from crippling bitterness that undermines your self-esteem, relationships, work, and sense of reality. This course will discuss the choice to forgive and regain your freedom, so you can move forward, no longer shackled to the pain.

See page 63 to register online, by phone, or mail; call the Provider, Savai Smith Enterprises, at 919-672-9819 for more information.

Millbrook HS 6:30-7:30 PM Th
9/1 \$96

LL **New** Introduction to Aromatherapy

This class presents an exciting opportunity to learn the basics of Aromatherapy. It is the beginning of a fascinating journey into the world of essential oils. Learn what is aromatherapy, the history, safe application, routes of absorption, GC/MS reporting, chemical family properties, and practical applications.

See page 63 to register online, by phone, or mail; call the Provider, Harmony Life, at 919-469-1505 for more information.

Reedy Crk MS 6:30-7:30 PM M
9/19 \$53

LL **New** Kidney Health

The Kidney Health Educator Program aims to educate and train individuals interested in improving their community’s health and well-being. Students will be armed with the information to educate their communities, spreading the word about kidney disease and how it can be prevented and managed.

See page 63 to register online, by phone, or mail; call the Provider, Dolby and Dolby Advocacy, at 919-671-3788 for more information.

Millbrook HS 8:00-8:45 PM W
9/21-11/16 \$45



LL Thriving Beyond Breast Cancer

The diagnosis and treatment of breast cancer may leave women in a state of uncertainty and dismay. In order to move forward, survivors must be able to identify the emotional stages, process their physical and mental responses to the experience, and make a decision to move beyond merely 'surviving' and into a state of "thriving." Betty Umstead, 10-year cancer survivor, author, life coach and counselor, will take you through the 7 Emotional Stages of a Breast Cancer Diagnosis and Treatment. Let's thrive!

See page 63 to register online, by phone, or mail; call the Provider, Betty Umstead Consulting, at 919-760-0713 for more information.

Athens Dr HS	6:30-9:00 PM	T
	10/4-10/11	\$47



LL **New** Voice Health for Seniors: Keeping Your Voice Healthy and Young

Baby-boomers—You spend time and money taking care of your physical body, but have you given much time to keeping a strong, youthful voice? Aging can bring negative changes to the voice because the muscles weaken and shrink. A lost voice cannot be replaced. Learn strategies to strengthen the voice and keep it healthy at any age because a healthy voice is a worthwhile investment. Class is taught by a licensed speech pathologist.

See page 63 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Wake Forest HS	6:45-7:45 PM	T
	8/23	\$25
Millbrook HS	6:30-8:30 PM	T
	8/30	\$40
Reedy Crk MS	6:30-8:30 PM	Th
	10/20	\$40
Sanderson HS	6:30-8:30 PM	T
	10/25	\$40

LL **New** Voice Health for Speakers and Singers

See Communications, page 20.



9 Different Languages to Explore!

- Arabic
- Chinese
- Esperanto
- French
- Italian
- Korean
- Russian
- Sign Language
- Spanish

Arabic

WT Arabic Foundations

This general, basic course in the Arabic language sets students on the right track toward reading, writing, and speaking Arabic. It will address Arabic grammar, vocabulary, and basic rules for communication in Arabic culture in an immersion environment.

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

162884 | Millbrook HS | 6:30-9:30 PM | T | 9/13-11/1 | \$95



Chinese

LL Introduction to Chinese Language and Culture

Materials \$

This course is a beginning level course of Mandarin Chinese language and culture designed for students without any Chinese Language background. This class will provide you with a rudimentary knowledge of the Mandarin phonetic system (Pinyin), pronunciation, tones, the writing system, daily vocabulary, and basic sentence structure. Interesting aspects of Chinese culture will also be added into the course as language and culture are best learned together.

See page 39 to register online, by phone, or mail; call the Provider, Confucius Institute, NC State University, at 919-513-2732 for more information.

Sanderson HS | 6:30-8:30 PM | MTh | 9/12-10/20 | \$125

WT Chinese Beginning Part 1

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.

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

162957 | Reedy Crk MS | 6:30-9:00 PM | T | 9/13-11/29 | \$175

Check out
Appreciation of
Chinese Classical
Dance on page 28.



Esperanto

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 the global culture. Play games, sing, and surprise yourself with how quickly you start communicating in meaningful ways.

See page 63 to register online, by phone, or mail; call the Provider, Charles Mays, at 919-744-8003 for more information.

Athens Dr HS | 6:30-9:00 PM | Th | 8/25-11/3 | \$100



French

WT

French Foundations 1a

Materials \$

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

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

162962 | Sanderson HS | 6:30-9:00 PM | Th | 8/18-9/29 | \$145

162889 | Millbrook HS | 6:30-9:00 PM | T | 10/4-11/22 | \$145

WT

French Foundations 1b

Materials \$ / Pre-Req

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

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

162869 | Millbrook HS | 6:30-9:00 PM | W | 8/31-10/12 | \$145

WT

French Foundations 2A

Materials \$ / Pre-Req

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

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

162891 | Millbrook HS | 6:30-9:00 PM | W | 10/19-11/30 | \$125

WT

French for Travel

Materials \$

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

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

162876 | Athens Dr HS | 6:30-9:00 PM | Th | 9/1-10/20 | \$150

What people are saying...

I thought this was an excellent class. Very effective instructor! I will be back!

-Robert Powell

French Foundations 1a

WT

French Conversation

Materials \$

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

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

162966 | Sanderson HS | 6:30-9:00 PM | W | 9/14-12/7 | \$150

Italian

WT Italian Beginning Part 2

Materials \$ / Pre-Req

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

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

162967 | Sanderson HS | 6:30-9:00 PM | W | 9/14-11/16 | \$150

WT Italian Beginning Part 3

Materials \$ / Pre-Req

Take your conversational skills further by adding vocabulary and practicing grammar. Build language skills that can be used in travel and business while learning more about Italian culture.

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

162968 | Sanderson HS | 6:30-9:00 PM | M | 9/12-11/14 | \$150

Korean

WT Introduction to Korean

Materials \$

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

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

162970 | Reedy Crk MS | 6:30-9:00 PM | M | 9/12-11/14 | \$145

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 Korean people.

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

162971 | Reedy Crk MS | 6:30-9:00 PM | T | 9/6-11/8 | \$145

WT Introduction to Korean III

Materials \$ / Pre-Req

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

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

162972 | Reedy Crk MS | 6:30-9:00 PM | Th | 8/18-9/29 | \$85

WT Introduction to Korean IV

Materials \$ / Pre-Req

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

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

162973 | Reedy Crk MS | 6:30-9:00 PM | Th | 10/6-11/17 | \$75

WT Korean Conversation

Materials \$ / Pre-Req

This interactive course includes lessons on speaking, reading, writing, and listening with guidance from the textbook and from Korean films and dramas. The emphasis is on practical, everyday Korean language. Students will be required to listen actively and participate in class discussion and activities.

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

162969 | Reedy Crk MS | 6:30-9:00 PM | Th | 9/8-10/27 | \$145

What people are saying...

“I am amazed by the knowledge of language and culture I obtained in this class. It has opened up a new world and allowed me to communicate and understand others.”

-LaToya Cooper

Introduction to Korean Pt II

Russian

WT Basic Russian

Materials \$

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

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

162886 | Millbrook HS | 6:30-9:00 PM | T | 9/13-11/15 | \$150

What people are saying...

“The course instructor was friendly and informative. I would certainly recommend it to a friend.”

-John Faly
Basic Russian

Sign Language

WT Sign Language I Part A

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

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

162874 | Athens Dr HS | 6:30-9:30 PM | T | 8/30-10/18 | \$95



WT Sign Language I Part B

Pre-Req

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

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

162892 | Athens Dr HS | 6:30-9:30 PM | T | 10/25-12/13 | \$95

WT Sign Language I Part C

Pre-Req

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

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

162870 | Athens Dr HS | 6:30-9:30 PM | Th | 8/18-10/6 | \$95

Spanish: Beginning

LL Spanish for Educators Part 1

Materials \$

This Spanish course helps principals, teachers, bus drivers, cafeteria workers, custodians, and parent volunteers to learn thematically related vocabulary, grammar, and culture with real-world language for a school setting. Students that go through the entire course and textbook will learn more than 3000 keywords, phrases, and questions useful for any K-12 situation. No prior Spanish knowledge is needed to be successful in this course. **CEUs=3.0**

See page 63 to register online, by phone, or mail; call the Provider, Paulina Rodriguez-Ortega, at 919-630-5810 for more information.

Sanderson HS | 6:30-9:00 PM | Th | 9/13-11/29 | \$185

Millbrook HS | 6:30-9:00 PM | T | 9/22-12/15 | \$185

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.

162887 | Athens Dr HS | 6:30-9:00 PM | T | 9/13-11/15 | \$95

162974 | Reedy Crk MS | 6:30-9:00 PM | T | 9/13-11/15 | \$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.

162872 | Athens Dr HS | 6:30-9:00 PM | Th | 8/18-10/20 | \$95

162975 | Reedy Crk MS | 6:30-9:00 PM | Th | 8/25-10/27 | \$95



Spotlight

Free Vacations with Gina



LL Travel Free and Get Paid to Do It

Don't Wait. This class is offered just one time this year! If you're nearly retired, retired, a career switcher, or a student, learn hundreds of practical ways to travel free, take fun work vacations, and get paid travel opportunities. Instructor Gina Henry will share her personal experiences as a successful career traveler. She teaches in 90 cities nationwide and will show you how she affords to travel 12 months a year visiting over 89 countries and 48 states for 25 years now. Earn FREE airline tickets, hotel nights, cruises, tours, car rentals, meals, and more in the USA and worldwide. Maximize frequent flyer miles and reward points. Get bumped and fly free. Volunteer and enjoy paid, worldwide seasonal jobs. Get free resort stays. Be a tour director or organize your own trips and go free. Get paid to mystery shop on vacation. If you speak English, teach conversational English to earn a free trip or even

get paid. Get paid to drive. Import, start your own business, write articles, shoot photos. Learn about money-saving travel websites and smart phone apps. Get the scoop on packing light, solo travel, safety, and health. Avoid scams, get negotiation tips, and discover the top 50 words to know in any language to travel anywhere. Registration fee includes Gina's 120 page travel book (retailing for \$39.95) of contacts' names, phone numbers and websites you need to travel free! Check out www.goglobalinc.com for instructor information and to read student testimonials.

See page 63 to register online, by phone, or mail; call the Provider, Gina Henry, at 512-751-5096 for more information.

Athens Dr HS 6:00-9:30 PM T
10/18 \$48



Gina Henry is a nationally recognized travel expert, author, writer, and professional speaker. The owner of Go Global, Inc., a company designed to help people find affordable ways to travel, she has been taking vacations for FREE for over twenty-five years. Previously a successful advertising executive, she gave up a successful—and stressful—career in New York City to pursue her travel passion. Check out her many travel publications, DVD's, & audio CD's. Visit www.goglobalinc.com for more instructor information and to listen to her radio/TV interviews.



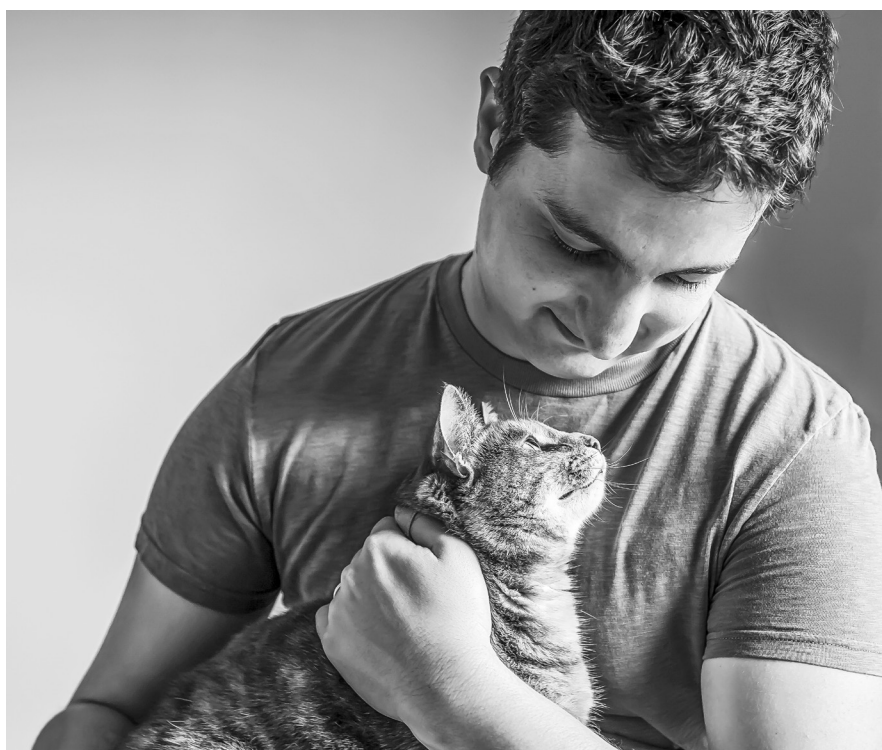
Register Now!

LL Amplify Your Life: Stop Playing Small

Do you know that your life matters? Your personality and your unique talents work together to make you the best fit to fulfill your life's purpose. Change your self-image and release wrong perceptions and limitations with the help of life coach, Terrence Perry. In this dynamic class, unlock the door to change management; self-reinvention; relationship success; and release your cause, mission, and life's purpose. You don't want to miss this incredible class sure to renew your self-worth and send you on an energizing journey to your ultimate destiny! Free book and workbook included in the course cost.

See page 63 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS 6:30-9:00 PM M
9/19-10/10 \$50



LL Astrology: Key to Self-Awareness

Learn about the basics of astrology for self-awareness and personal growth. Use your birth chart to study your personality and identity for your whole lifetime.

See page 63 to register online, by phone, or mail; call the Provider, Randy Wasserstrom, at 919-467-4043 for more information.

Reedy Crk MS 7:00-8:30 PM T
9/6-10/4 \$50

LL **New** Astronomy: A Guide to Holistic Living

Navigate to holistic living through the influence of astrophysics. Receive practical tips and tools to support the development of healthy outcomes including personal empowerment, life purpose, and goal attainment.

See page 63 to register online, by phone, or mail; call the Provider, Avery T Gillespie, at 919-339-1519 for more information.

Leesville HS 6:30-8:30 PM MTh
9/1-10/11 \$225

LL Bring Joy to Seniors for Fun and Profit

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

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

See page 63 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:30 PM 9/13	T \$65
Millbrook HS	6:30-9:30 PM 10/4	T \$65
Millbrook HS	6:30-9:30 PM 11/1	T \$65

LL Cats 101: Decoding the Fabulous, Fickle Feline

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

See page 63 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:30 PM 10/27	Th \$50
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One-night course



Make your dreams a reality.

LL Dream It See It Plan It Vision Board Party

Materials \$

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

See page 63 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS | 6:30-8:30 PM | Th | 12/15 | \$43

LL **New** Dating Decorum

You've been dreaming about the man or woman of your dreams, but when will you ever meet? This class will put you on the path to dating success in four weeks. Cover the history of dating, discover why you want to date, determine what it takes for an excellent first impression, work through engaging conversation strategies, and learn about dining etiquette. Grab the know-how you need to be your best! This class is superb for those re-entering the dating scene or just starting out.

See page 63 to register online, by phone, or mail; call the Provider, A Cultured Alliance, LLC, at 919-824-1565 for more information.

Millbrook HS	7:15-8:30 PM	T
	10/4-10/25	\$100

LL DISC Profile: Discover What Drives You

Know the holdbacks to your success and how to align with your true personality traits for achievement and fulfillment. More than two million people have taken the DISC test to better understand their behavioral styles and personality types: both organizations that want to best integrate high-performance teams, and individuals who want to maximize their personal strengths. Most successful people share the common trait of self-awareness. They recognize the situations that will make them successful, and this makes it easy for them to find ways of achieving objectives that fit their behavioral style. They also understand their limitations and where they are not effective, and this helps them understand where not to go or how not to be. Those who understand their natural behavioral preferences are far more likely to pursue the right opportunities, in the right way, at the right time, and get the results they desire. Why not you, too?

See page 63 to register online, by phone, or mail; call the Provider, Dr. Larry Woods, at 919-523-5759 for more information.

Athens Dr HS	6:30-8:30 PM	T
	9/20	\$219
Athens Dr HS	6:30-8:30 PM	Th
	10/6	\$219



LL Finding Your Purpose in 15 Minutes

Everything about you is unique. From your one-of-a-kind fingerprint, to your upbringing, race, gender, and personality, you are exclusively made to give the world something that no one else can. Your life has purpose. Your destiny matters. Yet, you're mired in other things. Maybe it's sitting in a cubicle for endless hours on end, punching away at a keyboard. Maybe it's navigating through the rat race just trying to stay one paycheck ahead of the bill collectors. Or maybe you have it all: the career, the family, the popularity, and fortune, and yet you're still empty. This workshop will walk you through an interactive activity to find your purpose in life. The first part of a three-part series, the ultimate goal is to ensure that you realize every dream that's been birthed in your heart. Don't delay. Register for this class because you deserve to be who you were meant to be, and the world needs the gifts and talents that only you can bring.

See page 63 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Leesville HS 6:30-7:30 PM M
9/19 \$120

LL New Intro to Guitar

If you've always wanted to play guitar, register now for this fun class. You'll be playing songs the very first night! Learn how to hold, tune, and play simple songs on the guitar. By the end of the class, you'll have the ability to play a few fun songs of your own choosing! Bring your guitar and get ready to have some fun!

See page 63 to register online, by phone, or mail; call the Provider, Geoffrey Thomas, at 734-502-4351 for more information.

Holly Springs HS 7:00-8:00 PM T
10/4-11/1 \$60

LL New Journey to Self

Practice tools and strategies for transforming your interactions with self and others. Define your self-image, increase confidence, and decrease stress. You will go through four modules and receive a workbook with the course that accompanies each module.

See page 63 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS 7:00-9:00 PM T
9/6-9/27 \$175

LL New Lemons to Lemonade - Overcoming Life's Obstacles

We all encounter life's obstacles, i.e., job loss, disappointments, grief. It is our individual responses to these 'lemons' that makes the difference. This course will empower participants with strategies to manage and overcome the 'lemons' that are handed to us, thus turning them into 'lemonade'.

See page 63 to register online, by phone, or mail; call the Provider, Savai Smith Enterprises, at 919-672-9819 for more information.

Millbrook HS 6:30-7:30 PM T
8/30 \$96



LL New Mind-Shift: Get Rid of the Clutter

Shift your perception and foster positivity in your life. Experience unique and practical ways to make every day of your life filled with more joy, peace, and relaxation no matter where you are. Instantly feel your mind and body combine in harmony. Perception is real, and it starts with who and what you choose to see. Learn to control your perceptions for optimal results.

See page 63 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS 6:30-8:30 PM Th
10/6 \$68



LL New Personal and Professional Development Training

Minorities already have a unique set of challenges to manage regardless of social status. Those challenges are compounded significantly when they also have to struggle with the devastation that comes with incarceration and economic struggles. This coaching program is designed to help receptive participants experience the level of personal empowerment needed to confront and overcome most barriers that stand between them and the life they want. Successful completion of this program will be demonstrated through the development of a Wellness Recovery Action Plan (WARP). At the conclusion of the series, graduates will receive a certificate of completion and will be recognized for their achievement.

See page 63 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS 6:30-9:00 PM M
10/17-11/7 \$50

LL New The Freedom of Forgiveness

“To have someone do something to hurt you, and then to pray for them and bless them, that’s tremendous warrior strength” (Groschild 2016). There is no justice for the unforgivable that can heal the wound. The only path to complete healing is forgiveness. Without it, you can suffer from crippling bitterness that undermines your self-esteem, relationships, work, and sense of reality. This course will discuss the choice to forgive and regain your freedom, so you can move forward, no longer shackled to the pain.

See page 63 to register online, by phone, or mail; call the Provider, Savai Smith Enterprises, at 919-672-9819 for more information.

Millbrook HS 6:30-7:30 PM Th
9/1 \$96

LL New Understanding the Criminal Justice System

Gain more knowledge of the law, learn how law is enforced, and gain confidence in abiding by the law. Receive tools and strategies you can use to develop self mastery of the law, legal clarity, and enforcement. Understand how laws are made. Use your people power, city council, general assembly, and social activists for change.

See page 63 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS 6:30-9:00 PM Th
9/8-9/29 \$50

LL New Wrapping Wednesday-Get Your Wrap On

Discover the art of headwraps. Learn how to turn a scarf, t-shirt, or piece of fabric into a beautiful accessory headwrap.

See page 63 to register online, by phone, or mail; call the Provider, Acquilla Faye McCoy, at 336-926-2914 for more information.

Athens Dr HS 7:00-8:30 PM W
11/2 \$83

Register Now!

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

See Communications, page 21.



Spotlight

Photography with AI

LL Black and White Photography

Materials \$

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

See page 63 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS 6:30-9:30 PM M
9/12-10/31 \$125

LL Flash Photography

Materials \$

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

See page 63 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS 6:30-9:30 PM W
9/14-11/2 \$125

What people are saying...

“Literature brief and simple, but topics in class could be as deep as you wanted.”

-Robert Overby
Black and White
Photography



Al Gorham has over 30 years experience in photography. Mainly self-taught, he acquired a passion in childhood while working in a darkroom with his father.

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

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

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



LL **New Basic Sewing Skills I**
Materials \$

Basic sewing skills I is a four-session course designed to get you familiar with a sewing machine and teach you pattern layout, fabric cutting, essential construction skills and finishing techniques. Leave this fun class with a completed project of your choice!

See page 63 to register online, by phone, or mail; call the Provider, Kiyana Thomas, at 919-559-5058 for more information.

Wake Forest HS 6:30-9:30 PM TTh
9/13-9/29 \$75

WT **New Basic Alterations I**
Materials \$

This class is designed to instruct students how to make corrections to the fit and design of a premade garment. It's a great class for students that have experience with basic sewing and are looking to learn the skill of altering a garment. In this class students will learn how to make basic alterations on ready made clothing.

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

Sanderson HS 6:30-9:30 PM Th
163419 9/22-11/17 \$95

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 6:30-9:30 PM M
163410 9/12-10/31 \$95

WT **New Sewing: Decorative (Home Décor) Pillows**
Materials \$

This class is designed to instruct students how to make pillows to be used in the home or work place suitable for decoration. These pillows will have at least one application of embellishment, example piping, cording or fringe.

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

Sanderson HS 6:30-9:30 PM T
163418 8/23-9/27 \$95

WT **Sewing Intermediate: Fashion Apparel**
Materials \$ / Pre-Req

In this course students will explore the fashion industry. This course entails learning the design process, how to develop mood boards, apply elements and principles of design, methods of engineering patterns, darts, pleats, facings, waistbands, sleeves, pockets, and zipper application. Students will walk away with a design notebook with samples, a mood board, and a finished garment.

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

Athens Dr HS 6:30-9:30 PM W
163411 10/12-12/7 \$95

What people are saying...

“The teacher was very clear and helped with explanations. Machines were excellent.”

-Maria Cortes

Sewing: Beginning I





Diverse subjects to enhance your learning



STEM



Communications



Special Education

STEM

LL **New** Access 2013 for Teachers

Access is an amazing program for entering form data, creating forms, running reports and queries, creating tables and so much more. In this hands-on, instructor-led class, start with the basics of Access to add and delete records to your database. Then, learn to create desktop databases and apps for multiple users before diving into importing data from other sources. Build forms to capture information online. Implement pre-designed templates that track project, employee, issue, or task details. Each table template comes with fields, views, relationships, and data-integrity rules, so with the help of Instructor Blount, you can take advantage of all the great features of Access 2013 with a single click. It's easy to combine different table templates into a single app or tweak an existing table by adding or removing fields. Classes held at Leesville are conducted in the computer lab. Laptops are required at all other facilities. \$10 discount for WCPSS staff. **CEUs=1.0**

See page 63 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Leesville HS 6:30-9:00 PM MTh
8/29-9/8 \$125

LL **New** Japanese Abacus Math Made Easy

Teachers, parents, and math students can learn how to implement the traditional Japanese abacus (soroban) into their mathematics education with this authentic, easy, and fun course. The abacus can be used for almost any type of calculation, from addition and subtraction to multiplication, division, and even square roots. Soroban calculation is especially helpful for grades K - 3 and helping children learn that math is a fun and very visual, hands-on, and engaging activity.

See page 63 to register online, by phone, or mail; call the Provider, Ashley Vernon Hedrick, at 252-572-2356 for more information.

Wake Forest HS 7:00-8:00 PM Th
9/15-12/8 \$68



LL **New** STEM for Adults: Hands-On Adventures for Anyone

It's never too late to become an innovator, educator, researcher, or leader who wants to explore and engage the world in a new way. This course will help give adults the confidence to participate in the excitement around STEM- Science, Technology, Engineering, and Math. Each lesson will revolve around a hands-on, team-based project that will provide the student with knowledge and skills in each STEM discipline.

Exercises and projects include the following: 1) Exploring your iPhone, iPad, and laptop 2) Basic Computer Programming & Coding 3) Physics behind Bridges, Buildings, and more 4) Website Building 5) Engineering Process 6) Programming Robots 7) Photoshop & Photo Editing. Supplies you will need: laptop. **CEUs=2.4**

See page 63 to register online, by phone, or mail; call the Provider, Brookshire Consulting, at 919-247-6021 for more information.

Millbrook HS 6:30-9:30 PM Th
9/15-11/3 \$225

Millbrook HS 6:30-9:30 PM M
10/24-12/12 \$225



Communications

LL

Designing Multi-Sensory Presentations

It's a fact: the more senses are engaged, the more likely an audience will be interested in a topic, receptive toward its message, and remember what's conveyed. Whether you're speaking to young children, library patrons, convalescent-ward patients, or seniors (both of the high school variety and the other!), your ability to involve multiple senses in a program or presentation can mean the difference between an audience that's wide-eyed or glassy-eyed, and your being booked or overlooked. Here you will learn techniques for engaging an audience's senses and participation, to ensure you deliver a dynamic presentation that is focused, yet multifaceted and always memorable. **CEU=0.25**

See page 63 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-903-3487 for more information.

Millbrook HS	6:30-9:00 PM	Th	
	8/25		\$60
Millbrook HS	6:30-9:00 PM	Th	
	9/29		\$60
Millbrook HS	6:30-9:00 PM	Th	
	11/3		\$60



LL

Spanish for Educators Part I

Materials \$

This Spanish course helps principals, teachers, bus drivers, cafeteria workers, custodians, and parent volunteers to learn thematically related vocabulary, grammar, and culture with real-world language for a school setting. Students that go through the entire course and textbook will learn more than 3000 keywords, phrases, and questions useful for any K-12 situation. No prior Spanish knowledge is needed to be successful in this course. **CEUs=3.0**

See page 63 to register online, by phone, or mail; call the Provider, Paulina Rodriguez-Ortega, at 919-630-5810 for more information.

Millbrook HS	6:30-9:00 PM	T	
	9/13-11/29		\$185
Sanderson HS	6:30-9:00 PM	Th	
	9/22-12/15		\$185



Special Education

LL

Teaching Students with Autism in the Inclusion Classroom

Materials \$

Just 20 years ago, we didn't see students with autism in our classrooms. But today, we teach children with high-functioning autism and Asperger's Syndrome right alongside their neurotypical peers. Reaching and teaching these students requires a delicate balancing act: understanding how their brains are wired, helping them turn challenges into opportunities, and learning to enjoy the rich perspective they bring to the classroom. **CEUs=1.0**

See page 63 to register online, by phone, or mail; call the Provider, Dymna Duckworth, at 919-426-5579 for more information.

Athens Dr HS	6:30-9:00 PM	Th	
	8/25-9/15		\$125



Develop your college preparation strategy.

LL

New College Preparedness 101

See Teens, page 58.



One-Night Workshops for Parents

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

LL A Great Start for Your Kindergartener

Holly Springs HS | 6:30-8:00 PM | T | 9/20 | \$0.00

LL Connecting Your Child to College and Beyond Using College Foundation of NC (CFNC)

Reedy Crk MS | 6:30-8:00 PM | W | 11/9 | \$0.00

LL Developing Good Homework Habits

Reedy Crk MS | 6:30-8:00 PM | W | 9/14 | \$0.00

LL Digging Deeper into Elementary Assessments

Holly Springs HS | 6:30-8:00 PM | T | 10/18 | \$0.00

LL **New** Supporting Adolescent Literacy: Activities to Build College-Level Reading Skills

Holly Springs HS | 6:30-8:00 PM | T | 11/15 | \$0.00

LL Transitioning to High School

Reedy Crk MS | 6:30-8:00 PM | W | 10/12 | \$0.00

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

FAMILY
ACADEMY
Academia Familiar



LL ACT Prep: Score Higher for College Admissions and Scholarships

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

See page 63 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS	6:30-8:30 PM	MTh
	8/22-9/8	\$350

LL New College Preparedness 101

Designed to remove the stress of college entrance from the parent and student, this course will provide simple techniques to increase your college acceptance to universities across the nation. You will receive instructions on preparing college applications, completing the Free Application for Federal Student Aid (FAFSA), writing college essays, prepping scholarship packets and searches, and training for the SAT and ACT. You will also receive an "off to college checklist" that all freshmen need. What's more, College Preparedness 101 provides information on how to register a student athlete for the NCAA Clearinghouse now called the NCAA Eligibility Center.

See page 63 to register online, by phone, or mail; call the Provider, Valerie Frazier, at 919-771-6729 for more information.

Leesville HS	6:30-9:30 PM	M
	9/19	\$110
Millbrook HS	6:30-9:30 PM	T
	10/4	\$110
Wake Forest HS	6:30-9:30 PM	T
	11/8	\$110

LL New Dating Decorum

You've been dreaming about the man or woman of your dreams, but when will you ever meet? This class will put you on the path to dating success in four weeks. Cover the history of dating, discover why you want to date, determine what it takes for an excellent first impression, work through engaging conversation strategies, and learn about dining etiquette. Grab the know-how you need to be your best! This class is superb for those re-entering the dating scene or just starting out.

See page 63 to register online, by phone, or mail; call the Provider, A Cultured Alliance, LLC, at 919-824-1565 for more information.

Millbrook HS	7:15-8:30 PM	T
	10/4-10/25	\$100

LL New Getting the Most Out of Your Calculator on the ACT

To score well on the ACT math section, you need to solve problems at a sizzling pace! Learn how to make your calculator work for you to save time and increase your accuracy. Test prep book and a Casio calculator FREE with registration (a \$60 value). Bring a TI-83 or TI-94 calculator with you.

See page 63 to register online, by phone, or mail; call the Provider, Cynthia Hemminger, at 919-846-8891 for more information.

Athens Dr HS	6:30-9:30 PM	MTh
	8/22-8/25	\$120
Millbrook HS	6:30-9:30 PM	MTh
	8/29-9/1	\$120
Athens Dr HS	6:30-9:30 PM	MTh
	10/17-10/20	\$120

Register Now!



LL SAT and ACT Preparation Program

Educational Services Center's test preparation program divides each three-hour class into math and verbal sessions. The math section reviews basic mathematical concepts and basic and advanced algebra and geometry. The verbal review includes evidence-based reading, writing (grammar, punctuation, structure, and style), and essay writing. Students are taught to work strategically, effectively eliminating wrong answer choices, and fully understanding the patterns of both the SAT and ACT exams, so it is advantageous for them.

See page 63 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Sanderson HS	6:30-9:30 PM 9/6-9/29	TTh \$395
Holly Spring HS	6:30-9:30 PM 9/13-11/1	T \$395
Wake Forest HS	6:30-9:30 PM 9/15-11/3	Th \$395

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

Leesville HS	6:30-8:30 PM 9/12-9/26	MTh \$350
Leesville HS	6:30-8:30 PM 10/17-10/31	MTh \$350



LL New Japanese Abacus Math Made Easy

See Teacher CEU/Parenting, page 55.

Play Music

See page 63 to register online, by phone, or mail; call the Provider, Philharmonic Association, at 919-645-8434 for more information.



LL Triangle Youth Orchestra
Leesville HS | 6:30-8:15 PM | M | 9/12-11/14 | \$165

LL Triangle Youth Philharmonic
Athens Dr HS | 6:30-8:30 PM | T | 9/13-12/6 | \$165

LL Triangle Youth String Orchestra - Raleigh
Sanderson HS | 6:30-8:00 PM | Th | 9/8-11/3 | \$145

LL Triangle Youth String Sinfonia
Reedy Crk MS | 6:45-8:30 PM | Th | 9/8-12/8 | \$145

LL Triangle Youth Symphony
Athens Dr HS | 6:30-8:30 PM | M | 9/12-11/14 | \$165

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 1-440 to Melbourne exit. Turn left onto Melbourne from the exit. Turn right onto Kaplan Drive. Turn left onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot.

Directions from Cary:

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



Leesville High School

8410 Pride Way
Raleigh, NC 27613
Site Coordinator:
Christie Dobbin and Kathy Flor
Hours: 6:30-9:30 PM
Days: Monday and Thursday
Phone: 919-870-4250
Email: cdobbin@wcpss.net
kflor@wcpss.net

Directions from I-440:

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

Directions from I-540:

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

Note: This is a new address, and GPS units may not accurately reflect the location of the school.



Millbrook High School

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

Directions from I-440:

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

Directions from I-540:

Take exit 16 for US-1 S toward Raleigh. Turn right onto U.S. 1 S/Capital Boulevard (0.2mi). Take the 1st right onto Old Wake Forest Road (1.1mi). Continue onto Dixie Forest Road (0.2 mi). Turn right (0.2mi). Turn right (95ft). Millbrook High School is on your left. In the main parking lot. Take the walk through to the Wildcat Academy Building and enter through the double doors.



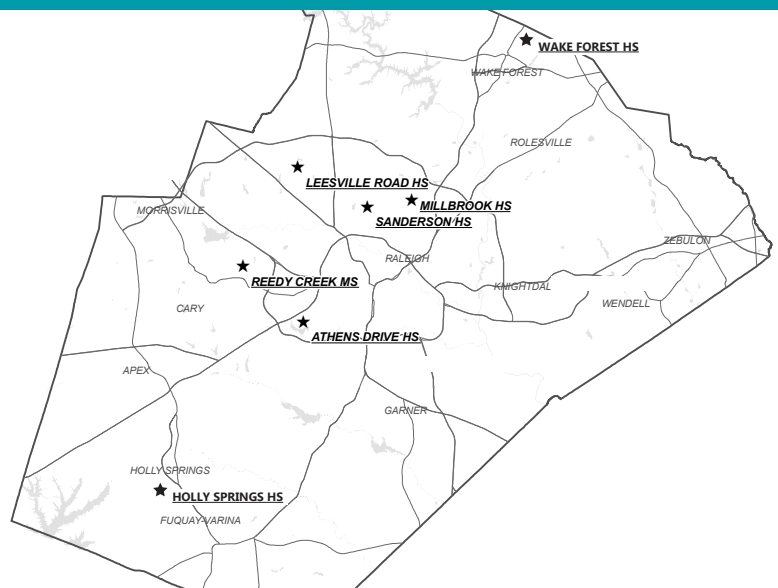
Holly Springs High School

5329 Cass Holt Road
Holly Springs, NC 27540
Hours: 6:30-9:30 PM
Site Coordinator:
Beverly McGill
Days: Tuesday and Thursday
Phone: 919-577-1444
Email: bmcgill@wcpss.net

New Site!

Directions from US-1 S:

Follow US-1 S to NC-55 E in Apex. Take exit 95 from US-1 S. Merge onto I-440 W/US-1 S. Keep left to continue on US-1 S. Take exit 95 for N Carolina 55 toward Apex/Holly Springs/Fuquay-Varina. Continue on NC-55 E to your destination in Holly Springs. Use the left 2 lanes to turn left onto NC-55 E (signs for North Carolina 55 E). Continue onto NC-55 Bypass E. Turn right onto Avent Ferry Rd. Turn left onto Cass Holt Rd. Turn left into the main school parking lot. Enter at the front entrance.





Reedy Creek Middle School

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

Directions from Cary:

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



Sanderson High School

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

Directions from I-440:

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

Directions from I-540:

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



Wake Forest High School

420 West Stadium Drive
 Wake Forest, NC 27587
 Site Coordinators:
 Rafael Roman
 Hours: 6:30-9:30 PM
 Days: Tuesday and Thursday
 Phone: 919-554-8464
 Email: rroman@wcpss.net



Directions from I-440:

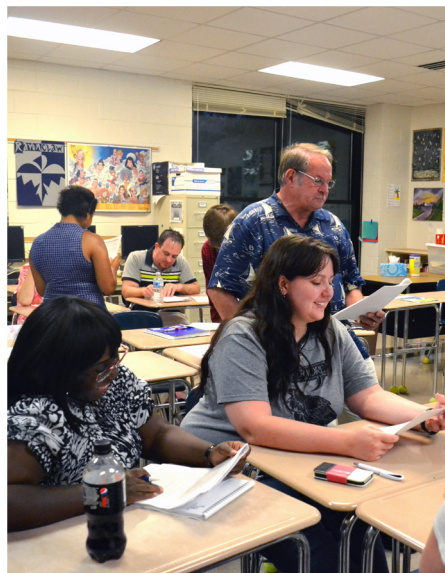
Take Exit 11 for US-1 N/US-401 N/ Capital Boulevard from I-440. In 13.5 miles, turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.

Directions from I-540:

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

What is Community Schools?

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



Community Schools Staff

Linda Willcox

Director
 Community Services

Natasha Moore

Senior Administrator
 Lifelong Learning with
 Community Schools

Jan Ruede

Lifelong Learning Coordinator
 Lifelong Learning with
 Community Schools

Jenny McAllister

Community Schools Technician
 Lifelong Learning with
 Community Schools

FAQS ?



Where is my class?

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

What is the age for attendees?

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

Is childcare provided?

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

Are Teacher Continuing Education Units (CEUs) available?

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

Where do I park?

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



Is smoking allowed on campus?

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

What if my class is canceled?

How do I get my refund?

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

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



What about inclement weather?

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

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

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

Can I teach a course through Lifelong Learning?

Yes! We look for providers three times per year for fall, spring, and summer. Providers create their own courses and teach them. The provider decides the schools, dates, times, and fees for the class. For more information, send an email to nmoore3@wcpss.net or call 919-694-0557.

Can I register by 'walk-in' registration?

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

How to Register for Lifelong Learning Courses



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



Online

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



Call

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



Email

- Email lifelonglearning@wcpss.net



Walk-in

- Call Jan Ruede at 919-694-0559 to ensure the class will run.

Important

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

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

How to Register for Lifelong Learning Courses



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



Online

- Go to ceregistration.waketech.edu.



Mail

- Mail registration form and *payment.

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

**Check or money order only. To protect your personal information, do not submit credit card information with your registration form.*



In Person

Bring registration form and payment to a Workforce Continuing Education (WCE) office. Payment can be made by *credit card, cash, check, or money order.



**Credit card and cash payments are accepted only at Health Sciences, Main, Northern Wake, Public Safety Education, and Western Wake campuses when cashier services are available.*





WAKE COUNTY
PUBLIC SCHOOL SYSTEM

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

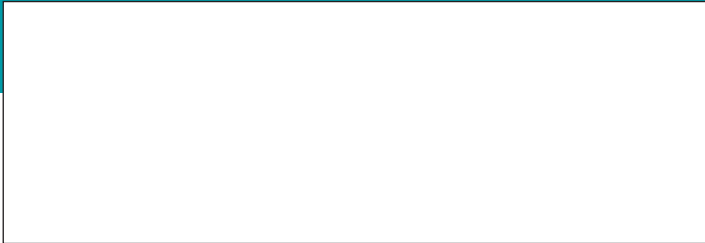
NON-PROFIT ORG.

US POSTAGE

PAID

RALEIGH, NC

PERMIT NO. 2498



■ Turn your love for
**wedding and event
planning into a career.**

page 14



■ Discover the 5 simple secrets to award winning grants.

page 40

■ Use Microsoft Access to create databases and apps.

page 55

■ Go from marital misfits to marital bliss.

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919-694-0559

@WCPSSAdultEdu