

# Adult Evening EDUCATION

a publication of the Wake County Public School System



■ As seen on Shark Tank:

**Learn Spy  
Escape and  
Evasion with  
Jason Hanson.**

**page 10**

**! Protect yourself  
and your family  
in an increasingly  
dangerous world.**

■ Train in five weeks to be a certified nursing assistant.

**page 7**

■ Launch a career in voice-overs.

**page 12**

■ Create beautifully decorated cakes.

**page 21**

# 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!



**Indulge your senses in sumptuous pastries and decadent sweet treats—gluten-free!**

**page 21**



**Paint realistic landscapes and sparkling water.**

**page 5**

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## Popular Demand Classes



Create a farm in your backyard. page 32



Learn 21 things you don't know about buying real estate. page 34



Enjoy Spanish made easy for real life. page 35



Make an heirloom quilt. page 45



Prepare your teen for the SAT. page 50

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# Icon Key

LL

## Lifelong Learning

[www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)

Lifelong Learning Program  
Calendar

Fall 2014 Semester:

Monday-Thursday,  
August 18 - December 18

Holidays:

September 1 Labor Day  
November 11 Veteran's Day  
November 27 Thanksgiving Holiday

WT

## Wake Tech

<http://continue.waketech.edu>

Wake Tech Program  
Calendar

Fall 2014 Semester:

Monday-Thursday,  
August 18 - December 18

Holidays:

September 1 Labor Day  
November 11 Veteran's Day  
November 27 Thanksgiving Holiday

ICON KEY

LL

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

WT

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





## Spotlight: Painting with Marcelle

### LL **New** Classical Painting—Portraits, Pets, Still Life, and Landscapes

Immerse yourself in this comprehensive painting class in which you learn to scale and draw from a smaller photograph to a larger canvas with absolute accuracy. Mix an underpainting palette and apply the paint. If doing a portrait, learn how to mix and apply flesh color. Also included are techniques for glazing, learning to see values/shades, giving volume to objects that make them look three dimensional, making objects recede, color mixing, and much more. Marcelle Hooks is a talented instructor who will give you one-on-one attention to ensure you walk away with a painting you'll enjoy for years to come.

See page 55 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS 6:30-9:30 PM T  
9/9-10/28 \$120

### LL **New** Painting Landscapes and Sparkling Water

Cover the basic landscape techniques that include painting clouds, mixing a variety of greens to add interest to your painting, using techniques that make water sparkle, employing composition and techniques to add depth to your paintings, plus much more. Marcelle Hooks is a talented instructor who will give you one-on-one attention to ensure you walk away with a painting you'll enjoy for years to come.

See page 55 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS 6:30-9:30 PM T  
11/18-12/16 \$100

What people are saying...  
“Loved it! Marcelle is a patient, wonderful teacher.”

- Annmarie Young  
Painting Oil Portraits from Photos to Canvas

**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.



### WT Expressions in Oils

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM T  
126580 9/16-11/4 \$100

### WT Jewelry Making

Create earrings, bracelets and necklaces while learning beading techniques such as cutting, bending, straightening and looping wire. Craft tools required. Students supply all materials.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS 6:30-9:00 PM M  
126266 9/22-11/10 \$90



## Spotlight: Medical Billing with Vision Medical Billing Services

### LL Medical Billing I & II

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

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

\* No checks accepted for this course.

Millbrook HS	6:30-9:30 PM	TTh
	9/9-10/14	\$230
Millbrook HS	6:30-9:30 PM	TTh
	11/4-12/16	\$230

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

-Jaime Mitchell  
Medical Billing I & II

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

### LL New Community Leadership 101

True leaders have certain behaviors that make them consistently successful. In this class, you will examine the characteristics of an effective leader, including qualities, skills, roles, and functions required to lead and manage in a Community-based Organization (CBO). The CBO emerging trend and best practice in leadership is replacing the command and control model. This model produces an extremely effective and powerful method for the CBO and their leaders to achieve fruition of strategic goals and initiatives. The focus is on communication, problem solving, teamwork, decision making, conflict resolution, critical analysis, and ethical reasoning. Real world situations will be employed to teach concepts.

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

Millbrook HS	7:00-9:00 PM	T
	10/7	\$49



**LL New Certified Nursing Assistant Level 1**

In just five weeks, be prepared to enter an in-demand career field with limitless growth opportunities. This is a state certified program, guaranteeing eligibility level 1 certification on the North Carolina Nurse Aide Registry to all who pass the state exam. Topics covered will include the role of the CNA, communication, safety, patient rights, personal care, vital signs, elimination, nutrition, emergencies, rehabilitation and mental health. Classroom lecture instruction is three weeks at the assigned Lifelong Learning center for 27 hours of training. This will be followed by one 28-hour-week at CareOne Health for lab work. Course culminates with one 40-hour-week of clinicals at a nursing home facility. Students must complete all 95 hours of training with a 78% to be eligible for the state exam. 16+ welcome, but approval from school principal required for high schoolers. Supply list at [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu) under course title "requirements." Contact Workforce Development at 919-212-3849 ext. 249 for information regarding scholarship opportunities.

See page 55 to register online, by phone, or mail; call the Provider, CareOne Health Training Institute, at 919-773-7165 for more information.

Sanderson HS	6:30-9:30 PM 9/15-10/15	MTW \$675
Knightdale HS	6:30-9:30 PM 9/15-10/15	MTW \$675

**LL Create a Farm in Your Backyard**

See Decorating/Gardening, page 32.



**LL New Secrets to Passing the Real Estate Licensure Exam Only the Pros Know**

Demystify the three most confusing real estate concepts: HUD 1 closing transactions, agent responsibility, and real estate ownership and interest. Armed with this knowledge, you can pass your real estate exam with ease and confidently conduct real estate transactions. Receive free, supplemental online content to clarify confusing terms, rules and regulations, land planning and zoning, fair housing, and safety issues. Cynthia Manley is a highly engaging, knowledgeable agent who will keep the class fun. If you're trying to pass the exam, this is a can't miss class rich with everything you need to be a success in the real estate business.

See page 55 to register online, by phone, or mail; call the Provider, Caring Realty Partnership LLC, at 919-915-0704 for more information.

Sanderson HS	6:30-9:30 PM 11/13	Th \$89
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**LL Golden Opportunities: Bring Joy to Seniors for Fun and Profit**

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

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

Millbrook HS	6:30-9:30 PM 9/29	M \$50
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**LL How to Operate a Home-based Bakery**

See Cooking, page 20.





**LL** **New** **Servsafe Certification**

This course introduces the basic principles of sanitation and safety and their relationship to the hospitality industry. Topics include personal hygiene, sanitation and safety regulations, use and care of equipment, the principles of food-borne illness, and other related topics. Answer sheet required.

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

Millbrook HS	6:30-9:30 PM	MTW
	8/18-8/20	\$125
Athens Dr HS	6:30-9:30 PM	MTW
	8/25-8/27	\$125
Athens Dr HS	6:30-9:30 PM	MTW
	12/15-12/17	\$125

**LL** **New** **Spy Escape and Evasion**

Don't miss this one-time-only deeply discounted class! If you've ever wondered how you'd escape a home invasion or how to perform some of the CIA tricks of the trade, then go no further. This is the class for you. In this enthralling class, learn how to become a human lie detector and the simple ways you can tell if someone is being deceptive. Learn how to hotwire a car, even if you have zero mechanical skills. Escape zip ties, duct tape, rope, even handcuffs in 30 seconds or less without having to use a knife or sharp object. Figure out how to disappear without a trace. (It's a simple 3-step process). Create an Escape and Evasion Kit with the 23 critical items that need to be included. Learn lock picking secrets to quickly defeat doors and padlocks in less than 10 minutes. Discover how to use social engineering to get almost anything you want. (These are the secrets used by top intelligence agencies around the world.) Figure out the #1 way to create an improvised weapon if you don't have any other way to protect yourself during an emergency survival situation. Discover how to avoid being the victim of a deadly home invasion. (This secret takes just minutes to do but is the smartest way to stop an intruder.) Plus much, much more. You'll come to this class a typical civilian and will leave a vigilante. Register now at <https://yo169.infusionsoft.com/app/orderForms/Live-Training---Raleigh>.

See page 55 to register online, by phone, or mail; call the Provider, Spy Escape and Evasion, at 801-512-2545 for more information.

Athens Dr HS	5:30-9:30 PM	MTW
	9/29-10/1	\$597

**!** Learn the secrets used by top intelligence agencies around the world.

**LL** **The Strategic Job Search**  
See Personal Enrichment, page 42.

**LL** **New** **Wedding Planning 101**

Preparing a wedding is one of the most exhilarating experiences for the groom and bride-to-be. Have the wedding of your dreams and enjoy the process, too. In this class, for anyone involved in helping a bride and groom create a memorable and festive wedding day, learn the basics of wedding planning. You will cover ceremonies, customs, traditions, marketing, promoting, project management, wedding attire, aesthetics, floral design, and budgeting. Event planner and catering coordinator, Lisa Jacobs, will teach you everything you need to know. Don't miss this class sure to be filled with fun and wonderful ideas to make your wedding a day to remember.

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

Millbrook HS	6:30-9:30 PM	M
	9/8-10/27	\$100

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

See Communications, page 12.

**Register Now!**

## WT Auto Dealer & Repair Shop Overview

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS 126055	6:30-9:30 PM 8/25-8/30	MT \$95
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## WT New Business Etiquette Training

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS 127062	6:30-9:00 PM 9/11-10/9	Th \$95
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## WT New Commercial Driver's License Permit

Become part of the growing and exciting industry of truck driving! Trucks carry nearly all consumer goods at some point. This course covers the basics and the core competencies necessary to pass the written exam to obtain a Commercial Driver's License Permit. Explore the many industries that employ truck drivers.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS 126051	6:30-9:30 PM 9/3-11/3	MW \$205
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## WT Notary Public Education

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS 126811	6:30-9:30 PM 8/26-8/28	TTh \$95
Millbrook HS 126818	6:30-9:30 PM 9/15-9/17	MW \$95
Knightdale HS 126861	6:30-9:30 PM 10/14-10/16	TTh \$95
Knightdale HS 126952	6:30-9:30 PM 11/18-11/20	TTh \$95

## WT Special Event Planning

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS 127060	6:30-9:30 PM 9/17-10/22	W \$95
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## WT Start Your Own Wedding Consulting Business

Put your creative and business skills to work as you learn the basics of working as a wedding consultant: design invitations and programs, plan the ceremony and reception, and consult with the bridal party. Secure business licenses, work with vendors, prepare contracts, and market your business.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS 127101	6:30-9:30 PM 9/15-11/3	M \$95
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## WT New Strategies for the Professional Organizer

Professional organizers work with a wide variety of clients and spaces. Learn organizing methods and tools and how to generate plans for de-cluttering all kinds of rooms and spaces, including managing paper and electronic data. Learn the skills that will allow you to serve clients and help them create organized, useful space.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS 127073	6:30-9:00 PM 9/25-10/23	Th \$95
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## Ex-CIA Officer Reveals Spy Escape and Evasion Tactics

Spy Escape and Evasion, an ABC Shark Tank-featured business and course was created by ex-CIA officer Jason Hanson to help people learn critical survival tactics and spy techniques that can keep individuals safe in any situation and perhaps even save their lives.

“What Jason Hanson has done with Spy Escape and Evasion is create a jam-packed course of survival and spy tactics that most people never even knew were possible. These tactics can mean the difference between safety and harm and even life and death,” says Michaels, a course reviewer.

Jason Hanson created the Spy Escape and Evasion course to empower everyday Americans with the knowledge and survival skills he learned during his time as a CIA officer. The course teaches hundreds of practical tips and strategies to avoid and escape dangerous people and situations, learn how to read body language, and how to become a human lie detector.

A few of the practical survival skills taught in the course include how to escape from zip ties, how to hotwire a car, secrets to picking locks, how to disappear without a trace, how to create an Escape and Evasion kit, how to avoid becoming a victim of a home invasion, and much more. As a limited-time offer, Jason Hanson is offering his

course for just \$597, which is a fraction of the \$2,500 that he regularly charges for information included in the course.

“The information in this course is applicable to virtually everyone in any life circumstance,” says Michaels. “It’s not just for people who deal with high-risk situations on a daily basis. From stay-at-home moms who want to be prepared in case of a home invasion, or international businessmen who want to stay safe from pickpockets and muggers abroad, they’ll find empowering, practical strategies in this course.”

The personal success stories are endless, and more people each day are discovering how they can feel safe, calm, and empowered in any circumstance with the skills and knowledge Jason Hanson has given them.

### Survival Skills

	Pick a lock		Avoid being the victim of a deadly home invasion
	Escape zip ties, duct tape, rope, and handcuffs		Create an Escape and Evasion kit
	Become a human lie detector		and so much more!

**Sign up today!**

**Turn to page 8 to view the course details.**

Some details reprinted with permission from [www.broadwayworld.com](http://www.broadwayworld.com).

# Have a service, product, skill or talent?



## Become a Provider



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

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

- ASVAB Test Prep
- Calligraphy
- Japanese Cooking
- Soap Making
- Graceful Aging
- Bridge/Poker/Rummy

## Qualifications

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

Visit us at [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)



## Spotlight: Voice-overs with Bill

### LL Voice-overs...Now Is Your Time

YOU'VE HEARD BILL BROOKS ON TV AND RADIO COMMERCIALS! Now hear Bill LIVE as he illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Bill will show you a unique, outside 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! Bill's voice can be heard on commercials and narrations for such clients as American Airlines, Taco Bell, City of Ft. Worth and United States Army.

See page 55 to register online, by phone, or mail; call the Provider, Such A Voice, at 802-275-0153 for more information.

Athens Dr HS	6:30-8:30 PM	W
	11/5	\$36

“What people are saying... Fun! Completely informative, far exceeded any expectations. Worth many times the cost and FUN!”

- Dennis Osborne

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

At the age of 15, while recording a radio commercial for one of his concerts, **Bill Brooks** realized an interest in broadcasting. Soon after a local radio station offered him a job as an announcer. During a span of six consecutive years Bill was voted Entertainer of the Year in Texas by the Country Music Revue Association. Bill holds a Doctorate of Theology and is a published author. A lifelong voice-over producer, he loves sharing his passion for the business with interested students. Join him for this high-energy, informative class.



### LL **New** Community Leadership 101

See Career Skills, page 6.



### LL **New** Express Yourself Through Song

Learn the basics of communicating your feelings through the creative art of songwriting.

See page 55 to register online, by phone, or mail; call the Provider, Wendy Elston-Davis, at 919-649-3697 for more information.

Knightdale HS	6:30-8:00 PM	M
	9/8-9/22	\$50

### LL **New** The Strategic Job Search

See Personal Enrichment, page 42.

## WT Accent Reduction Advanced

This course will help students further develop the pronunciation patterns of American English, focusing on intonation practice, pitch change, and honing troublesome vowel and consonant sounds. Students will be able to put into practice what they learned in the beginning accent reduction course.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS 127084	6:30-9:30 PM 10/22-12/10	W \$95
Millbrook HS 127106	6:30-9:30 PM 11/3-12/15	M \$95

## WT Accent Reduction Training

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS 127014	6:30-9:30 PM 9/3-10/15	W \$95
Millbrook HS 127051	6:30-9:30 PM 9/15-10/27	M \$95

## WT Advanced Public Speaking

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS 127083	6:30-9:30 PM 10/16-11/20	Th \$95
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## WT Beyond the Basics: Effective Business Communication for Non-Native Speakers of English

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS 126604	6:30-9:30 PM 10/13-12/1	M \$95
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## WT Communication: The Essential Workplace Skill

Effective communication is essential to progress and personal well-being in the workplace. This course will help you understand various modes of communication, improve communication skills, and identify communication barriers in any work environment.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS 127067	6:30-9:30 PM 9/23-10/28	T \$95
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## WT New Confidence in Public Speaking

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS 127020	6:30-9:30 PM 9/4-10/9	Th \$95
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“What people are saying...  
Dr. Corbet is an exceptional teacher and creates a fun and supportive culture among students.”

-Reginald Buie  
Advanced Public Speaking



## WT Fiction Writing for Beginners

Turn your experience and imagination into marketable fiction. Learn tricks for overcoming writer's block, creating characters and plots, and finding out what editors want. Students discuss and critique writing samples.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Leesville HS	6:30-9:30 PM	W
127035	9/10-10/29	\$95

## WT Introduction to Directing

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

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Knightdale HS	6:30-8:30 PM	W
125783	9/10-10/15	\$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.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Athens Dr HS	7:00-9:30 PM	W
126449	9/10-11/12	\$95

“What people are saying...  
Mike is quite knowledgeable about screenwriting and the process necessary to achieve success in the field. He is entertaining and witty.”

-Barbara Modinos-Capps  
Introduction to Screenwriting

## WT Introductory Voice Lessons

Raise your voice in song! Participate in group activities to improve vocal quality, explore rhythm, learn strategies to read music, and find your repertoire. Practice breathing techniques and working with a pianist. Learn to squelch anxiety and increase vocal performance. Sing some new tunes together in a supportive environment. Text: "The Basics of Singing" 4th Edition by Jan Schmidt, ISBN: 9780028647456, available at Wake Tech Bookstore.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Sanderson HS	6:30-8:30 PM	T
125780	9/23-12/2	\$90

## WT Storytelling for Everyone

Build your storytelling skills and help others see things from new perspectives! Storytellers work in libraries, senior care and childcare centers, colleges, churches, corporations, and the media. This class will offer you lots of practice along with ideas about where to market your skills. Increase your income and share stories with family and friends.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Sanderson HS	6:30-9:30 PM	W
127072	9/24-11/12	\$95

## WT **New** TeamWord: A Group Fiction Writing Experience

Are you a creative, imaginative person, able to create characters and give them life - yet somehow unable to finish that short story or novel? Here is your chance to complete what you've started! You'll share ideas with others; polish writing skills; and learn about plot, setting, theme, and characterization. The entire class will work together to craft a story; each week, participants will build on the original scenario and develop the story through discussion and review. Participants will contribute individually and in small groups. Enjoy collaborating with other writers and learn how to complete your work of fiction for possible publication.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Athens Dr HS	6:30-9:30 PM	T
127043	9/9-11/18	\$95

## WT Technical Writing Skills

Learn the concepts and principles necessary for effectively communicating technical material in writing. Use the rules for business grammar, styles, editing, and avoiding biases. Outline and research documents, develop a technical writing style, and use appropriate graphics to produce technical reports. Acquire technical writing tools that add to your professional skill set.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Reedy Crk MS	6:30-9:30 PM	T
127074	10/7-12/2	\$95

## WT The Basics of Film Production

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

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS 125786	6:30-8:30 PM 10/20-11/24	M \$95
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## WT The Business of Writing for Children

Develop and begin writing a manuscript for a children's book. Learn about the components of a submission packet, which you can use as a blueprint for submitting a manuscript to an actual publisher. Class discussion will focus on the business of writing for children, including how to identify publishers, write a query and synopsis, and market the product.

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more

information.

Athens Dr HS 127081	6:30-9:30 PM 10/15-12/3	W \$95
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## WT New The Power of the Written Word

Learn from a published writer who has written successful grant proposals, website content, and business communications. Practice a variety of writing styles in a supportive but challenging environment. Harness the power of writing! Improve business skills; develop proposals for grants, monetary awards, or new jobs; examine the parts of procedures manuals; and learn how to write nonfiction journals and background research for business. Participate in weekly writing workshops to develop your unique writing style for work or pleasure.

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

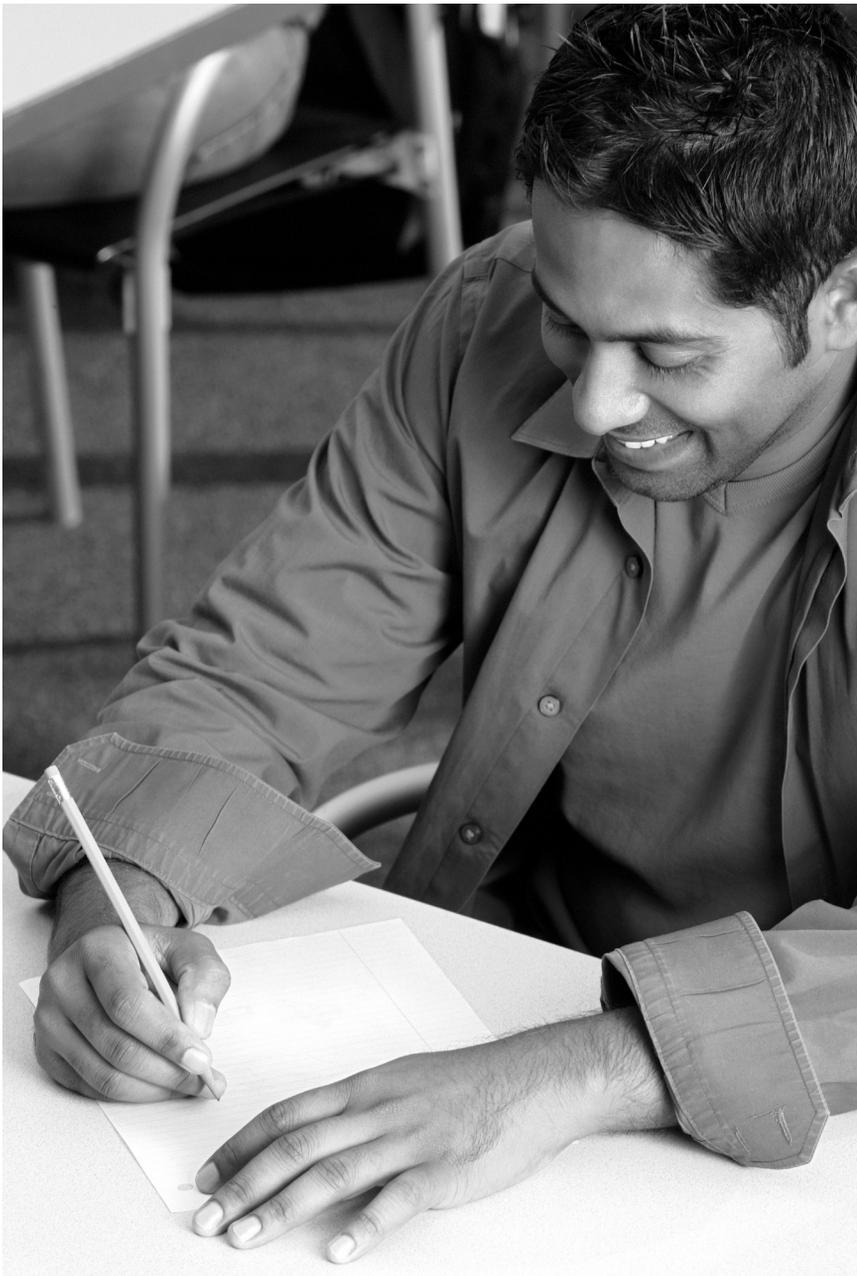
Athens Dr HS 127015	6:30-9:30 PM 9/3-10/8	W \$95
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## WT Write Right!

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

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS 127104	6:30-9:30 PM 10/22-12/17	W \$95
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## LL Apple 101

Materials \$

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

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

Sanderson HS	6:30-8:30 PM	MW
	10/20-11/3	\$85

## LL Basic Computer Security 101

Materials \$

Identity theft is big business. Hackers have created more than 130,000,000 malicious programs that quietly attack your computer data and siphon it for sale, affecting 94% of users. So what are you to do? Firewalls, antivirus, and the like are good, but you need to take real counter measures. In this class taught by computer expert Christopher Wager, you will learn exactly what you need to do to prevent access to your data. Learn how hackers gain access. Discover how to create a password. See how you can secure your system through updates and hardening. Find out if your system is already infected and what you can do about it. Recognize the symptoms of key loggers, malware, spyware, and viruses. Learn the differences in various third party security software programs. Get into the habit of doing back-ups and creating safe restore points. Learn about email safety. Register now. Don't risk being a victim of identity theft. CEUs=0.6

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

Millbrook HS	7:00-9:30 PM	W
	12/3-12/17	\$85

## LL Digital Photos and Your Computer

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	7:00-9:30 PM	W
	12/3-12/17	\$85

## LL Excel Introduction for Teachers

See Teacher CEU/Parenting, page 47.

What people are saying...

“This course has effectively opened my eyes to the various security systems and how they function.”

- Pete Barnwell

Basic Computer Security 101

# Register Now!



## LL PowerPoint Introduction

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Athens Dr HS	6:45-9:15 PM	T
	8/19-9/9	\$85
Millbrook HS	7:00-9:30 PM	W
	10/22-11/12	\$85

## LL Simple Web Page Design

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	7:00-9:30 PM	T
	9/23-10/7	\$85
Athens Dr HS	6:30-9:30 PM	Th
	12/4-12/18	\$85

## LL Facets of Facebook

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	6:30-9:30 PM	M
	11/3	\$40

“What people are saying...  
“The three hours passed so quickly. Julie did an excellent job in teaching.”

- Dr. Richard Reid  
Simple Web Page Design

## LL Personal Computer & Windows Introduction

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	7:00-9:30 PM	W
	8/20-9/10	\$85
Athens Dr HS	6:45-9:15 PM	T
	10/21-11/11	\$85



### Word for Windows Intro

Materials \$

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

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

Millbrook HS	7:00-9:30 PM	Th
	8/21-9/11	\$85
Athens Dr HS	6:45-9:15 PM	T
	11/25-12/16	\$85



### Computer Basics

This course teaches basic computer concepts and vocabulary for those unfamiliar with computers. Learn file management, get an understanding of the Windows operating system, and review the basic Microsoft Office software and the Internet, including the use of social media and email. This hands-on approach will give you the confidence to explore new programs and technologies.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS	6:30-9:30 PM	TWTh
126853	9/2-9/17	\$105



### Microsoft Excel 2010 Basics

This course provides basic training to familiarize students with spreadsheets, tabs and ribbons, editing, working with formulas, formatting cells, managing worksheets, creating charts, applying layout and styles to a chart, and associated tasks. This course is supported with examples and hands-on exercises to ensure that students master the critical thinking skills to handle most Excel tasks.

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS	6:30-9:30 PM	TWTh
126862	10/28-11/13	\$105



### Microsoft Excel 2010 Intermediate

This course familiarizes students with working with large worksheets, managing multiple-sheet workbooks, creating tables and outlines, adding graphics to worksheets, using templates, and protecting workbooks. The course is supported with examples and hands-on exercises to ensure that students master the critical thinking skills to succeed in today's world.

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS	6:30-9:30 PM	TWTh
126873	12/2-12/17	\$105



### Microsoft Word 2010 Basics

Learn how to create, edit, and format documents that you can use at work, home, or school. Learn basic techniques for proofing documents, working with tables, and using document layout styles. Create tables, newsletters, research papers, brochures, and templates.

To register visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Knightdale HS	6:30-9:30 PM	TWTh
126859	9/30-10/15	\$105

# Register Now!





## LL Electrical Contractor's Exam Preparation

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

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

Athens Dr HS	6:30-9:30 PM	MTh
	8/18-12/18	\$290

## WT Construction Management 101

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	MW
116506	10/8-11/17	\$150

## WT Green Building Fundamentals

The course is designed to give students a fundamental understanding of sustainable concepts, designs, and construction. Leadership in Energy and Environmental Design (LEED) Green Building, and Rating System Professional Accreditation will also be covered.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	MW
116515	9/3-10/6	\$150

## WT NC Commercial Contractor's Exam Prep

This class is a review of the laws, codes, and procedures covered by the NC General Contractor's License Examination for commercial structures.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	TTh
116503	10/16-11/25	\$150

## WT OSHA 30-Hour Construction Industry

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS	6:30-9:30 PM	TTh
126052	8/26-9/30	\$150

## WT Residential Contractor's Exam Prep

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	TTh
116151	9/4-10/14	\$150

## WT Residential Landscaping for Beginners

Landscaping can raise the value of your property. Create a beautiful, eco-friendly yard by learning about the plants that flourish in our soils and climate. Find out about planting and maintenance methods that conserve water and reduce external energy use.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:00 PM	W
127017	9/10-10/8	\$95

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

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



## Spotlight: Home-based Bakery with Jackie Green

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

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

marketing, and advertising. Jackie Green, who successfully launched her home-based business into an incredible store front, will prove to you that you can own your own home-based bakery.

**See page 55 to register online, by phone, or mail; call the Provider, Jackie Green, at 919-303-9305 for more information.**

Reedy Crk MS	6:30-8:30 PM	T
	9/9-9/30	\$200



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

-Jacquelyn Danner  
 How to Operate a Home-Based Bakery



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

# Spotlight: Cooking with Cherisse

## LL **New** Gluten-free Fall Baking

Miss those freshly baked, sumptuous pastries and decadent sweet treats that fill the house with the most comforting aromas? Well get ready to indulge your tastebuds again, but this time gluten-free. Prepare delicious baked goods with various gluten-free flours. Menu: cranberry orange oatmeal cookies, acorn squash cake with maple buttercream, buttermilk biscuits with pan-fried ham and honey butter, and pecan caramel bars.

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

Sanderson HS	6:30-9:30 PM	M
	10/6	\$55

## WT **New** Cooking with G.R.I.T.S (Girls Raised in the South)

Bored with southern food? Pecans and sweet potatoes are not for pies only! Can't seem to master your favorite southern dish? You don't have to be a southern grandma to cook well! Learn from a North Carolina native how to prepare popular favorites and use southern staples in new and exciting ways.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
125767	8/26-10/21	\$100

## WT **Global Street Food**

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	W
125766	8/20-10/15	\$100



# Spotlight: Baking with Wynton

## LL **Basics of Cooking I**

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

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

Athens Dr HS	6:30-9:00 PM	M
	11/17-12/8	\$115

## LL **Cake Decorating for Beginners I**

This first part of a three-course series prepares you for all aspects of cake decorating — personal pleasure, the workplace, or business. Learn the perfect techniques in creating beautiful flowers using royal icing. Learn new techniques in piping and using piping gel in transferring patterns. Gather basic tips the experts use to create beautiful cakes. You'll get the individual attention you need to be successful. Student supplies estimate around \$100.

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

Athens Dr HS	6:30-9:00 PM	M
	9/22-10/27	\$125

## LL **Cake Decorating for Beginners II**

Pre-Req

This course is a continuation of Cake Decorating for Beginners I. Learn the perfect techniques in creating beautiful flowers using royal icing. Learn new techniques in piping and using piping gel in transferring patterns. Gather basic tips the experts use to create beautiful cakes. You'll get the individual attention you need to be successful.

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

Athens Dr HS	6:30-9:00 PM	M
	11/3-12/8	\$125

# Spotlight: Cooking with Wynton

## LL Knife Skills I

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

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

Athens Dr HS	6:30-9:00 PM	M
	10/6	\$40
Reedy Crk MS	6:30-9:00 PM	W
	11/19	\$40

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

-Amy Duffus  
 My Mediterranean

## Register Now!

## LL **New** Pastry 101

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

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

Leesville HS	6:30-9:00 PM	W
	9/24	\$40
Athens Dr HS	6:30-9:00 PM	M
	9/29	\$40

## LL Salute to Sushi

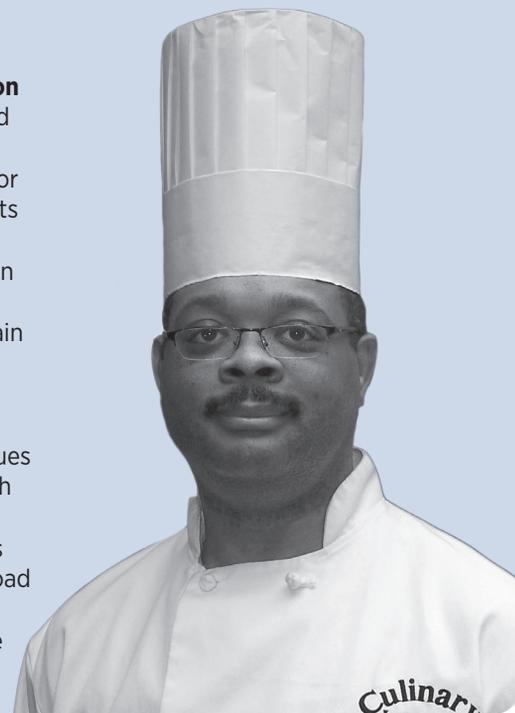
Learn the secret techniques of making traditional and creative Japanese sushi in one lesson, including California roll and rainbow roll, miso soup, vegetable dishes and more.

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

Athens Dr HS	6:30-9:00 PM	M
	11/3	\$40
Reedy Crk MS	6:30-9:00 PM	T
	11/25	\$40



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



# Spotlight: Parent and Teen Night Out with Wynton

## LL **New Parent & Teen Night Out: Cupcake Confidential**

Create five sensational cupcakes: 1) dark chocolate s'more cupcakes with marshmallow frosting topped with a Hershey square, 2) coconut cupcakes with coconut cream cheese frosting, 3) poached pear cupcakes with a white chocolate frosting, 4) carrot cupcakes with cream cheese frosting. We'll culminate the class with a three milks cupcake with whipped cream frosting. *One parent admitted free with each teen registration.*

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

Athens Dr HS	6:30-8:30 PM	W
	12/3	\$58

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

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

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

Athens Dr HS	6:30-8:30 PM	M
	9/15	\$58
Reedy Crk MS	6:30-8:30 PM	W
	12/10	\$58

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

-Amy Duffus  
 My Mediterranean

## LL **New Parent & Teen Night Out: The French Connection**

We will make classic French crepes filled with various ingredients, baked french fries and Crème Brulee as our dessert. *One parent admitted free with each teen registration.*

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

Reedy Crk MS	6:30-8:30 PM	W
	9/3	\$65

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

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

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

Athens Dr HS	6:30-8:30 PM	Th
	8/28	\$58

# 14+ welcome

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



# Spotlight: Teen Cooking with Wynton



## LL **New Teen: Gourmet Cooking**

This class is for serious gourmands who are beyond cooking kiddie-foods! Take advantage of flavorful fresh ingredients while you prepare: Pomegranate Glazed Chicken; Herb Roasted Potatoes; Maple Glazed Roasted Carrots; Creamy Butternut Squash Bisque; Sweet Pumpkin Fritters; Mixed Green Salad with Shaved Parmesan and a Champagne Vinaigrette; and finish with Madeleine Cookies.

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

Athens Dr HS 6:30-9:00 PM W  
10/1 \$40

## LL **New Teen: Hello Little Sushi**

Come and learn the art of making futomaki (large rolls), hosomaki (small rolls), uramaki (inside-out rolls) and temaki, hand rolls. We'll show you how to make the sushi rice, and all the other tricks to have your own sushi party at home.

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

Athens Dr HS 6:30-8:00 PM W  
11/5 \$35

## LL **New Teen: Knife Skills**

A great place to start for teens getting their first experience in the kitchen, our knife skills class teaches young people how to handle a knife safely and confidently, while giving them the chance to learn about and practice different cuts (chop, slice, dice, mince, julienne).

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

Athens Dr HS 6:30-8:00 PM W  
10/8 \$35

## LL **New Teen: Who's a Chocoholic**

Join Chef Wynton and learn about the different types of chocolate, how they taste, look and are used. Each student will make a chocolate lava cake, be enchanted with a decadent chocolate mousse and much more.

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

Athens Dr HS 6:30-8:00 PM W  
10/29 \$35

## LL **New Servsafe Certification**

See Career Skills, page 8.

## WT **A Career in Cake Decorating: Beginner**

Materials \$

Learn the fundamentals of cake decorating - including borders, flowers, scroll imprints, and writing - and become familiar with essential equipment and sanitation regulations. You'll learn about job opportunities in the field as well as ways to present yourself effectively and meet industry-level expectations. Students supply all materials (estimated cost over \$100).

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM T  
125777 9/9-10/28 \$95

Millbrook HS 6:30-9:30 PM W  
126267 9/17-11/5 \$95

## WT **A Career in Cake Decorating: Intermediate**

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM Th  
125778 10/16-12/11 \$95



## WT A Cook's Tour of Latin America and the Caribbean

Materials \$

Take a cook's tour of Central and South America with a side trip to the Caribbean. The variety of spices, tropical fruits and vegetables, and international influences makes cooking the food of each country unique and flavorful. Prepare and sample dishes such as Jamaican jerk chicken, Cuban beef and plantain pie, Panamanian arroz con pollo, and Peruvian fish ceviche. Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Sanderson HS	6:30-9:30 PM	W
125774	10/22-12/17	\$100

## WT A Taste of Southern Cuisine

Materials \$

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

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Knightdale HS	6:30-9:30 PM	T
125773	9/30-11/18	\$100

## WT American Regional Cooking: From North to South

Materials \$

Share stories, laugh at stereotypes, and enjoy cooking delicious foods in this celebration of American cuisine! Learn about Southern adaptations of "Yankee" dishes and "Yankee" versions of Dixie recipes — and cook some classics as well! Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Sanderson HS	6:30-9:30 PM	T
125776	11/4-12/16	\$100

## WT **New** 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! Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Leesville HS	6:30-9:30 PM	M
125771	9/15-10/20	\$100

## 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! Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Sanderson HS	6:30-9:30 PM	T
125768	9/9-10/28	\$100

## WT European Cuisine

Materials \$

Experience the tastes of Europe without leaving the Triangle! Explore the culture and cuisine of Ireland, Sweden, France, Germany, Poland, Italy, Portugal, and Greece, along with other traditional recipes as time allows. The instructor will demonstrate each dish before the class cooks it together. Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Knightdale HS	6:30-9:30 PM	W
126510	9/10-10/29	\$100

## WT Italian Cooking

Materials \$

In this culinary tour of Italy, classic regional specialties are prepared with a lighter touch, emphasizing fresh vegetables and herbs, whole wheat grains, beans, and lower-fat dairy products. Recipes may include chicken, pork, beef, shrimp, eggs, and nuts. Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Reedy Crk MS	6:30-9:30 PM	W
125772	9/17-11/5	\$100

## WT Mediterranean Cooking

Materials \$

Explore Mediterranean cooking through the foods of Greece, Lebanon, Morocco, and Turkey, with an emphasis on vegetables, beans, yogurt, nuts and fruits, and various spice and herb combinations. The use of olive oil, garlic, beans, and grains make the Mediterranean's various cuisines a healthier choice for today's lifestyle. Students share food costs.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Reedy Crk MS	6:30-9:30 PM	M
125770	9/15-11/3	\$100

## WT **New** The Food and Flavors of Italy

Materials \$

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

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Leesville HS	6:30-9:30 PM	M
125775	10/27-12/15	\$100

## Spotlight: Ballroom Dancing with Franca

### **LL** Ballroom Dancing

This class is for the beginner with "two left feet" or no formal dance instruction. It covers Waltz, Foxtrot, Tango, Rumba, Cha Cha, and East Coast Swing. Learn how to use your feet and stand properly, how to use correct leading and following techniques, covering essential elements to strengthen your ability to dance with various partners. This is great for building confidence, getting exercise, making friends, and staying in time with the music while having fun! 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.

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

Athens Dr HS    7:30-8:30 PM    T  
8/26-11/4                    \$100

### **LL** **New** Beginner Latin Dance

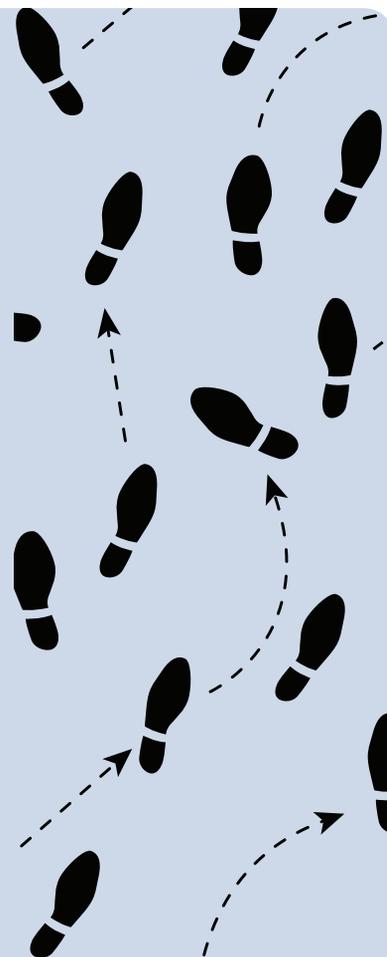
Are you tired of going out to Night Clubs and Salsa Bars and not knowing what to do? Now is your chance to learn some basic steps, simple turns and good technique and have fun doing it! This class will teach you the basic steps in Salsa, Merengue and Bachata. Come out, learn and have some fun dancing! Please make sure to dress in comfortable clothes and shoes that you can easily turn in that are less than 2 inches. Note: \$10 discount for couples, but no partner is required.

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

Athens Dr HS    7:30-9:00 PM    M  
9/8-10/20                    \$100

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





## How Jackie Green Went From Home-based Baker to Store Owner



Visionary Jackie Green is the owner of Sweet Cheeks, Inc., “Heavenly Baked Goods™.” Because she is passionate about baking the highest quality, deliciously moist, baked goods, her products are free of preservatives, hydrogenated oils, fillers, and shortcut ingredients. Jackie bakes specialty cakes, southern style pies, and mouth-watering pastries reminiscent of her youth, just like her grandma used to make: from scratch, with love!

She started her business right in her personal North Carolina kitchen as a ServSafe Certified, licensed, at-home baker. Yet, she learned the art of southern baking while growing up in South Carolina.

At the tender age of seven, her mother passed away, so she was raised by her grandmother and aunts who healed her broken heart through a love of baking. She spent hours in the kitchen, under their tutelage, learning old-fashioned baking techniques and specialties.

Once an adult, however, she built a successful career in management. Then, in the turmoil of a lay-off, she reconnected with her childhood passion: baking. Praying and pondering her next steps, Jackie’s love of baking and her grandmother’s recipes were the makings of Sweet Cheeks, Inc., “Heavenly Baked Goods™.”

Since the humble beginnings of Sweet Cheeks Bakery, Jackie has opened a store front, added services, and launched distribution of her products to local grocers, like Whole Foods Market.

Join Jackie in “How to Operate a Home-Based Bakery” and get started in your own home-baking career. Meanwhile, stop by Sweet Cheeks and try out Jackie’s famous butter pound cake. With each bite, you will be hooked on her fresh-baked goodness.



Turn to page 20 to view the course details.

FEATURES



## The Adiel Martinez Story: From Fast Food Worker to Medical Biller

### The Struggle

When Adiel Martinez registered for Medical Billing I and II, he was a fast food restaurant worker. Having begun his fast food job at just 16, he worked his way up to assistant manager by age 21. Yet, his pay was barely enough to provide for himself, much less his wife and infant son.

### First Efforts

"I was working long, odd hours. I didn't see my family very much."

Realizing he needed a fresh start in a more lucrative career, he registered for a medical assistants program at a local community college, but the lengthy, expensive program was plagued with scheduling conflicts that made it impossible to complete.

### A Program that Worked

Upon finding the Medical Billing I and II program available through Vision Medical Billing Services, his hope was renewed. "I was very happy about the class schedule because I could fit it in," say Adiel. "The program was shorter and less expensive."

"Within a couple of weeks of entering her class, I updated my resume with the expected completion of the training on it, and started sending it out," says Adiel. Just six weeks into Medical Billing I and II, he landed a medical billing job!

**“My son is my inspiration. Looking at him just makes me want to do better.”**



**“I love my new profession. I no longer work at such a rushed pace..”**

## Mentorship After Course Completion

Since completing Medical Billing I and II, Adiel has found instructor Gwen Thompson to be a caring mentor. "Three weeks after starting my job, I ran into an issue in medical billing. I called Ms. Gwen for help and she walked me through what to do. She wants students to be knowledgeable, not clueless."

## His Life and Career Today

Today, Adiel enjoys the perks of white collar work. "I love my new profession. I no longer work at such a rushed pace. Instead, the atmosphere is calmer, and the standards of excellence are higher. Plus with much better pay, improved benefits, and an 8-5 schedule, I have more time for my son and can give him a richer quality life."

The stress of marrying young and struggling financially led to the dissolution of his marriage, but Adiel enjoys an amicable relationship with his ex-wife and is now able to offer her more financial security in rearing their child. "My son is my inspiration. Looking at him just makes me want to do better."

## Register Now!

If you're interested in launching a medical billing career, register now for Medical Billing I and II. Seats fill up fast, so don't delay.



## What people are saying...

"I looked forward to each class knowing I would come away with needed information taught in a very enjoyable format. Miss Thompson's teaching ability assured me that I was given the skills and information needed for the next step in my career."

- Ann Steitz  
Medical Billing I & II

"Previously, I had taken a similar course. It gave book knowledge, but I needed more. Ms. Gwen exceeded in helping with everyday knowledge in the office."

- Deborah Henley  
Medical Billing I & II

"It was great. In fact, because of this class, I am in the process of opening my own business."

- Bryan Derelco Paul Smith  
Medical Billing I & II

Turn to page 6 to view the course details.



# Karate or TaeKwonDo

## —Which One is Right for You?

Martial arts classes offer excellent fitness opportunities for adults, improving flexibility, strength, and balance. They teach self-defense, build confidence, and encourage respect and discipline.

Both **Karate** and **TaeKwonDo** art forms are desirable, but selecting which one is right for you depends on what you hope to achieve.

### Beginnings

**Karate** began in Okinawa in 1609. When the Japanese invaded Okinawa, they confiscated all weapons, so Okinawans developed a self-defense strategy focused on striking, blocking, and kicking. With time, the fighting format was crafted into an art now recognized as Karate. It means “empty hand” which can be translated as fighting without weapons.

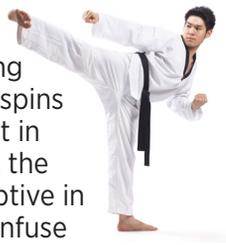
**TaeKwonDo** dates back to the 6th century when Korean hwarang warriors used the art form in hand-to-hand combat training. It was officially recognized in 1955 and means “way of the foot and fist.” In TaeKwonDo, kicks are paramount.



### Kicking

**Karate** uses both kicks and strikes, with a balanced incorporation of both. The focus is on self-defense as opposed to tournament fighting encouraged in TaeKwonDo.

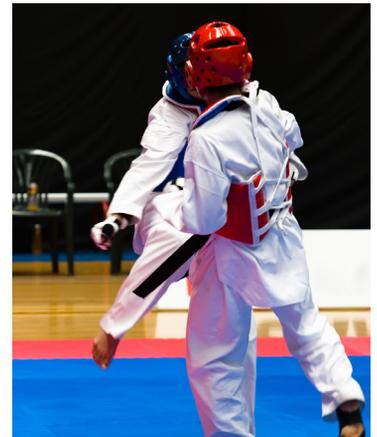
Several kicks involving the incorporation of spins and jumps are taught in **TaeKwonDo**. As well, the kicks are often deceptive in nature in order to confuse the opponent and leave him or her open to an attack.



### Weapons

**Karate** introduces some weapons, such as nonchaku and bo staff.

**TaeKwonDo** involves few, if any, weapons. In fact, the inclusion of weapons often is a rarer specialty component of the curriculum.



### Tournaments

**Karate** includes tournaments, but the focus is on street self-defense.

**TaeKwonDo** is an Olympic sport, so there may be more formality because students are encouraged to spar based on Olympic rules.



### Karate

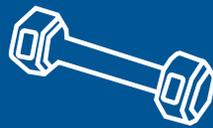
Uniform=gi  
School=dojo

### TaeKwonDo

Uniform=dobok  
School=dojang

### Register Now!

Your Lifelong Learning with Community Schools Program has two providers ready to offer these classes. Check out Karate on page 31 and TaeKwonDo on page 31. Register before it's too late.



## Spotlight: Karate with Trey

### LL **New Adult Kicks**

Join the American Karate program for adults with a focus on technique, conditioning, and self-defense. The program is designed for you to get exactly what you want out of it: 1) training in the art of karate for the exercise and sport of it, 2) discipline of karate for stronger focus, 3) training towards a black belt and participation in tournaments, or 4) incorporation of Karate as a lifestyle. The choice is yours. The program encompasses personal, cognitive, social, and physical components that will teach, challenge, and encourage you. Discipline, fun, and confidence is where it's at with 4 Kicks Martial Arts. One-time \$35 fee for uniform.

Visit [www.4kicksma.com](http://www.4kicksma.com) to learn more and register. 14+ Welcome

See page 55 to register online, by phone, or mail; call the Provider, 4 Kicks Martial Arts, at 919-985-9757 for more information.

Reedy Crk MS	7:00-8:30 PM	M
	9/15-11/17	\$70
Athens Dr HS	7:00-8:30 PM	T
	9/16-11/18	\$70



### LL **New Women's Self-Defense**

This seminar focuses on basic "release and run" techniques. You learn how to neutralize the attacker and create time to get away from the situation. You also incorporate techniques taught by police and military personnel. In the process, you will have a lot of fun and at the end, get to beat up the infamous "red man" attacker!

See page 55 to register online, by phone, or mail; call the Provider, 4 Kicks Martial Arts, at 919-985-9757 for more information.

Athens Dr HS	6:30-9:30 PM	M
	12/1	\$35
Reedy Crk MS	6:30-9:30 PM	T
	12/2	\$35
Knightdale HS	6:30-9:30 PM	W
	12/3	\$35

## Spotlight: TaeKwonDo with Abigail

### LL **New TaeKwonDo/Self-Defense**

Learn basic self-defense techniques and traditional TaeKwonDo forms within a calorie-burning, cardiovascular workout. You will be given the opportunity to earn a belt that is accredited with TaeKwonDo America. Price of course includes a full TaeKwonDo uniform and white belt. New rank testings are optional but highly encouraged. The testing fee is \$45, and two testing events will be held off-campus.

See page 55 to register online, by phone, or mail; call the Provider, Abigail Chopel, at 919-469-1639 for more information.

Sanderson HS	6:30-7:30 PM	TTh
	9/2-12/4	\$175

Raleigh Native, **Abigail Chopel** is a 10-year 4th Degree Black Belt, tournament judge, and Senior Certified instructor in TaeKwonDo America. She trained for ten years under Ms. Julee Peck, a 7th Degree Black Belt and the President of TaeKwonDo America. She hopes to one day own her own school as her passion is teaching children and adult students. Her specialties are child 'stranger danger,' women's self-defense, and martial arts camps and parties. She has also taught for Step Up: a community outreach program that makes TaeKwonDo available

to underprivileged children. Abigail says, 'TaeKwonDo is much more than self-defense. It offers children and adults confidence, integrity, and better quality life.'



# Decorating and Gardening



## LL **New** Beginning Floral Design

Explore floral design with Cher Kolesnik, an instructor with 30+ years experience in floral arranging, party planning, and making gift baskets. In this class, you will learn artistic floral design, the history of floral design, color coordination, design construction techniques, and floral design nomenclature. You'll also cover the construction of basic geometric designs, corsage construction, accessory usage, container selection, the proper use and maintenance of tools of the trade, and the skills necessary to select and use quality materials in design construction. Hands-on demonstration and labs included!

See page 55 to register online, by phone, or mail; call the Provider, Designs By Cher, at 919-426-9956 for more information.

Sanderson HS	6:30-8:30 PM	Th
	9/25-10/30	\$90

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

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

See page 55 to register online, by phone, or mail; call the Provider, Tim Sexton, at 919-815-6601 for more information.

Millbrook HS	7:00-9:00 PM	M
	10/6-10/27	\$100

## LL **New** Wedding Planning 101

See Career Skills, page 8.

## WT Floral Design Beginning

Discover the basic floral design techniques of form, balance, color, and style while creating a variety of floral designs. Learn wiring and taping, bow making, and how to create centerpieces, wreaths, and swags using silk and fresh flowers.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:30 PM	Th
126575	9/11-10/30	\$90



## 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, touch up and experiment with paint techniques. This class is for do-it-yourself homeowners and those who want to know more before hiring a professional, as well as those interested in the profession.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	T
127037	9/9-10/28	\$90





## LL TOEFL Preparation

Intermediate or advanced students interested in pursuing college/ university studies elsewhere in the United States can take advantage of our course designed specifically to prepare you to take the Test of English as a Foreign Language (TOEFL).

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

Millbrook HS 6:30-8:30 PM M  
9/15-11/17 \$135

## WT ESL

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

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

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/18-12/4 \$0  
Athens Dr HS 6:30-9:30 PM MTWTh  
8/19-12/4 \$0  
Millbrook HS 6:30-9:15 PM MTWTh  
9/2-12/4 \$0

## WT The Road to TOEFL iBT

Pre-Req

ERV level D proficiency recommended. You'll improve your speaking and writing competencies and complete exercises to sharpen the note-taking, summarizing, paraphrasing, outlining, and synthesizing skills necessary to get better scores on the TOEFL.

Suggested text: *LONGMAN Preparation Course for the TOEFL TEST iBT 2.0* By Deborah Phillips, 2012 ISBN-13: 978-0-13-324800-5

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

Millbrook HS 6:30-9:00 PM T  
126730 9/2-11/4 \$150

**There is no charge for ESL Classes.**

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

## WT Expanding Reading and Vocabulary

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

Athens Dr HS 6:30-9:30 PM MTWTh  
8/18-12/4 \$0

“What people are saying... I recommend this course because it is a good way to improve your speaking, writing, and reading skills in English. If you're trying to do the TOEFL test, it's an excellent course to prepare you for that.”

- Rebeca Ker de Souza  
The Road to TOEFL iBT







## Spotlight: Spanish with Paulina

### LL Basic Spanish Made Easy for Real Life Part 1

Materials \$

As Spanish becomes more and more indispensable in daily life, Basic Spanish Made Easy for Real Life is an excellent course that facilitates your immersion in the Spanish language and that also helps you connect to Hispanic people. This course will prepare you to use Spanish in a variety of real-world settings at work, while traveling abroad, or when doing volunteer service in Hispanic communities. Part 1 covers chapters 1-3 in your textbook. Vocabulary topics in this part of the course include greetings, describing yourself to others, words and phrases useful for communicating in a classroom setting, numbers, and vocabulary for describing family activities and relationships. Grammar topics include nouns, pronouns, definite and indefinite articles, adjectives, regular and irregular verbs in the present tense.

See page 55 to register online, by phone, or mail; call the Provider, Paulina Rodriguez-Ortega, at 919-630-5810 for more information.

Leesville HS	6:30-9:00 PM	W	
	9/3-11/19		\$145
Millbrook HS	6:30-9:00 PM	M	
	9/8-11/24		\$145

### LL Comunidades: Mas alla del aula

Materials \$

Comunidades is a Spanish conversation course that seeks to improve your language fluency and to broaden your knowledge of the cultural diversity of the Spanish speaking world. This course will open doors for you. With the help and encouragement of your instructor, you will be challenged to find opportunities to work in the Hispanic community. Many Raleigh-Triangle organizations desperately need bilingual Spanish-speaking persons to help as volunteers or to serve in internship positions. When you accept work in the Hispanic community, you will have opportunities to develop your teamwork and leadership skills. You also likely will be rewarded with many chances to start lifelong friendships. Comunidades is the perfect course to put into use everything that you have learned in your study of Spanish.

See page 55 to register online, by phone, or mail; call the Provider, Paulina Rodriguez-Ortega, at 919-630-5810 for more information.

Sanderson HS	6:30-9:30 PM	Th	
	8/28-11/20		\$181

### LL New Spanish Short Stories

Materials \$

In this course you will read and discuss selected literary classic short stories from prominent writers from Spain. The selections are presented in chronological order and include writings from the medieval tales of the 14th century to stories that were later written in the 20th century. The course uses a dual-language textbook that shows the stories in parallel in both English and Spanish on adjacent book pages. This special feature makes the reading assignments more enjoyable and easier to understand. In this course, you will learn about the lives of different writers, talk about the traits of main characters, discuss each story's setting and plot, and then explore the theme(s), and principle ideas in the stories. This course is recommended for intermediate and advanced learners.

See page 55 to register online, by phone, or mail; call the Provider, Paulina Rodriguez-Ortega, at 919-630-5810 for more information.

Reedy Crk MS	6:30-8:30 PM	Th	
	8/28-11/20		\$121

**Paulina Rodriguez-Ortega** received her B.A. in Social Sciences from Universidad Pedagógica Nacional and later an attorney degree from Universidad Autonoma. In Bogotá, Columbia, she worked as a high school teacher, an attorney, and a judge. In the United States, Paulina is a part-time Spanish instructor at Wake Tech and is a licensed NC K-12 Spanish and social studies instructor. She is also owner and director of the Instituto Latinoamericano, providing Spanish instruction in Wake County Public Schools, area businesses, and local churches.



**LL Basic Conversational Italian I**

In this course you will learn the fundamentals of the language, develop your oral and written communication, and become acquainted with the Italian culture and etiquette while participating in interactive class activities and projects.

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

Leesville HS	6:30-9:00 PM	W
	9/17-11/19	\$135

**LL Basic Conversational Spanish I**

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

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

Millbrook HS	6:30-9:00 PM	M
	9/15-11/17	\$125
Athens Dr HS	6:30-9:00 PM	T
	9/16-11/18	\$125
Reedy Crk MS	6:30-9:00 PM	T
	9/16-11/18	\$125
Leesville HS	6:30-9:00 PM	W
	9/17-11/19	\$125

What people are saying...  
 “Señora Nurinda is a wonderful professor, and I have enjoyed every minute of her class.”

- Tracy Franklin  
 Basic Conversational Spanish I

**LL Esperanto Language and Culture Pt 1**

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Charles Mays, at 919-744-8003 for more information.

Athens Dr HS	6:30-9:00 PM	T
	9/9-11/18	\$60

**WT Arabic Beginning Part 1**

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:00 PM	Th
126735	9/4-11/20	\$180

**WT Arabic Part 2**

This is a beginner's continuation course in the Arabic language in which students will further their vocabulary and understanding of the language and culture. The course focuses on how to read and write the language, grammar and syntax, and communication in Arabic.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:00 PM	W
126751	9/10-12/3	\$180

# Register Now!

**WT Basic Russian**

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM	Th
126734	9/4-11/6	\$150

## WT Chinese Beginning Part 1

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS 6:30-9:00 PM W  
126749 9/10-12/3 \$180

## WT French Beginning Part 1

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS 6:30-9:00 PM M  
126725 8/18-11/10 \$180

## WT French Beginning Part 2

Materials \$ / Pre-Req

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS 6:30-9:00 PM Th  
126738 9/4-11/20 \$180

## WT French Beginning Part 3

Materials \$ / Pre-Req

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:00 PM Th  
126731 9/2-11/25 \$180

## WT French Conversation

Materials \$ / Pre-Req

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

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS 6:30-9:00 PM T  
126748 9/9-12/2 \$150

## WT New 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.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS 6:30-8:30 PM W  
126746 9/10-11/12 \$140



### WT Introduction to Korean

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:00 PM	Th
126733	9/4-11/6	\$150

### WT Introduction to Korean Part 2

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:00 PM	M
126739	9/8-11/10	\$150

### WT Italian Beginning Part 1

Materials \$

Italian Culture, vocabulary, structure, and grammar rules will be covered. Text: *Italian Now*.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM	M
126742	9/8-11/10	\$150

### WT New Italian for Travel

Materials \$

This course provides practical information for people traveling in Italy, such as itineraries and sights, Italian culture and customs, and basic formulas for common social situations. It is designed for travelers who want to interact effectively with Italian people and complete basic tasks such as reading a menu, ordering a coffee, understanding directions, and more.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-8:30 PM	W
126744	9/10-11/12	\$135

### WT Japanese Beginning

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM	T
126728	9/2-11/25	\$200

### WT Sign Language I Part A

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
127099	8/19-10/7	\$95

Knightdale HS	6:30-9:30 PM	W
127011	8/20-10/8	\$95

### WT Sign Language I Part B

Pre-Req

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
127102	10/14-12/9	\$95

Knightdale HS	6:30-9:30 PM	W
127076	10/15-12/10	\$95

“What people are saying...  
 “The instructor was absolutely amazing, and the course was close to my home. The Lifelong Learning courses are a great opportunity to expand one's knowledge.”

- Daiysha Smith  
 Sign Language I Part B

### WT Sign Language I Part C

Pre-Req

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
127098	8/19-10/7	\$95

### WT Sign Language I Part D

Pre-Req

Continue to learn ASL and apply the skills learned in Parts A, B, and C. Expand your vocabulary of signs, learn how to develop longer sentences, and learn more about deaf culture. Prerequisites: Sign Language I Parts A, B and C.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
127103	10/14-12/9	\$95

### WT Spanish for Beginners

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM	M
126726	8/25-11/3	\$95
Knightdale HS	6:30-9:00 PM	W
126727	8/27-10/29	\$95
Athens Dr HS	6:30-9:00 PM	T
126729	9/2-11/4	\$95
Leesville HS	6:30-9:00 PM	M
126741	9/8-11/10	\$95
Millbrook HS	6:30-9:00 PM	W
126754	10/1-12/10	\$95

### WT Spanish for Health Professions Certificate Prep

Materials \$

This intermediate-level course will increase knowledge and competence for health-related professions. Emphasis is placed on communication, vocabulary, grammar, culture, and skills for language acquisition. Upon completion, students should be able to identify and apply grammar concepts, display cultural awareness, communicate in Spanish, and take the Spanish for Health Professions exam. Vocabulary and reading related to the medical field in addition to grammar and cultural notes will be covered. Participation requires a minimum of three hours translation at a Saturday clinic, health fair, hospital or clinic of your choice, or another approved venue affiliated with public health.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM	T
127247	8/19-12/9	\$150

## Which Spanish Course is Right for Me?

**For beginners with little experience of Spanish or knowledge of other Romance Languages:**

- Basic Conversational Spanish I, page 36
- Basic Spanish Made Easy for Real Life Part I, page 35
- Spanish for Beginners, page 39

**For intermediate to advanced students:**

- Comunidades: Mas alla del aula, page 35
- Spanish Short Stories, page 35





## Spotlight: Fun and Profit with Karen

### LL **New Cats 101: Decoding the Fabulous, Fickle Feline**

Cats have befuddled mere mortals for centuries. But unlike some puzzlers that may always persist, others do have an explanation. Like why they often head straight for that one guest who hates cats. (There is a reason!) Or why they drink from one bowl but not another. Need to coax a shy cat from a hiding place? Find out how, and learn why cat interaction benefits humans. Plus, hear about amazing, true stories of heroic cats and a real-life furry reaper. Karen Raines, lifelong cat owner and advocate, offers a glimpse at what goes on behind cats' luminous eyes. Gain a deeper understanding of cats from her lifetime of cat ownership, pet sitting, managing a visiting cat program, and caretaking of nursing home cats. Missing out on this fun foray into feline foibles would be purrfectly cat-astrophic! Register today!

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

Millbrook HS	6:30-9:30 PM	M
	10/27	\$35



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

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

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

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

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

### LL **New Guitar Made Fun and Easy**

Join this song-based course where you play the songs you want to know. You will be exploring and expanding your playing skills and your knowledge of music theory along the way. Bring requests and get ready for a fun class! Bring a three-ring binder or three-prong folder and pen or pencil. Instructor Mike Sedito is an engaging, high-energy, ten-year guitar teacher who will have you playing on the first night!

See page 55 to register online, by phone, or mail; call the Provider, Mike Sedito, at 919-889-8570 for more information.

Athens Dr HS	6:30-9:30 PM	M
	9/15-10/6	\$65
Athens Dr HS	6:30-9:30 PM	M
	10/13-11/3	\$65
Athens Dr HS	6:30-9:30 PM	M
	11/10-12/1	\$65





**LL New Planning for a Fun and Fulfilling Retirement**

“Winging it” in retirement takes away much of your power and puts you in a constant state of reaction. It also causes a lot of unnecessary stress. The alternative, however, is to be intentional and deliberate about your life beyond retirement. In this workshop, Life Coach Karin Cross guides you through various aspects of retirement life so that you can begin to clarify what you want and what actions can be taken now to move you in that direction. Retirement planning is much more than just financial planning. Retirement is a whole life experience. Join this workshop to learn how to define and create the life you want to live after you retire. Included is a simple tool that you’ll take home to continue your deliberate creating process.

See page 55 to register online, by phone, or mail; call the Provider, Karin Cross, at 919-397-2475 for more information.

Sanderson HS	6:30-9:30 PM	Th
	9/4	\$49
Leesville HS	6:30-9:30 PM	M
	12/1	\$49

**LL New Inspiration for the Pursuit of Your Purpose in Life**

All this talk about purpose and passion these days has many people re-thinking what they are doing now and what they want to do next. Discovering your purpose is a matter of understanding your strengths and passions and how they can be combined to create meaning for you and impact for others. In this workshop, Life Coach Karin Cross guides your exploration of your passions and strengths and uses the power of “group-think” to help you then gain insight into how they can be combined to reveal your unique purpose in this life. This workshop is great for anyone seeking more meaning in their lives, a better sense of direction or simply insight into their life’s purpose. It is also great for anyone in the midst of job search or a career transition.

See page 55 to register online, by phone, or mail; call the Provider, Karin Cross, at 919-397-2475 for more information.

Sanderson HS	6:30-9:30 PM	M
	9/22	\$49
Leesville HS	6:30-9:30 PM	M
	11/17	\$49

**LL New Living in the Flow**

Ever feel like you’re paddling your canoe upstream? Imagine instead, a day in the flow, a day in which life is joyful, productive, rewarding and...easy. Joy and ease are your birth right, and you already have the power within you to create a life that far exceeds your wildest dreams. You just need some guidance and an understanding of the Seven Essential Universal Laws, which make easy living effortless. In this 4-session workshop, Life Coach Karin Cross teaches the Seven Essential Universal Laws: the Law of Attraction, the Law of Deliberate Creation, the Law of Allowing, the Law of Sufficiency & Abundance, the Law of Pure Potentiality, the Law of Detachment, and the Law of Polarity. Then, through discussion and exercises, she helps you integrate these Laws into your own life so that you can begin to experience “living in the flow” even before the last class.

See page 55 to register online, by phone, or mail; call the Provider, Karin Cross, at 919-397-2475 for more information.

Sanderson HS	6:30-9:30 PM	T
	9/30-10/21	\$125

**Register Now!**



## LL **New** The Food You Eat

You already know that eating fast and processed foods can leave the body missing vital nutrients, but how do you know what is truly healthy? Marketing experts use buzz words to make consumers think food is "all natural," but is it? In this exciting and informative seminar offered by fitness coach, Michael Davis, learn the key words and ingredients to watch out for on food labels. Identify ingredients that are not natural or healthy. Walk away understanding how good and bad foods fuel your body.

See page 55 to register online, by phone, or mail; call the Provider, Michael Davis, at 919-833-2931 for more information.

Knightdale HS	6:30-9:30 PM	T
	11/4	\$43

## LL **New** The Happiness Formula

In this class, you will explore why so many people are on the pursuit of happiness, but often have trouble achieving it. You will learn how to turn all that around, finding out what could be standing in your way, and how to start working toward living a truly happy life.

See page 55 to register online, by phone, or mail; call the Provider, Amanda DeSimone-Shabrack, at 203-982-8826 for more information.

Millbrook HS	6:30-9:30 PM	M
	11/10	\$45

## LL **New** Travel Cheaper

Learn money-saving techniques, tips, and strategies for using online tools (including Priceline) to research, book, and plan your travel. Bob Lisson, an experienced traveler who's saved thousands in travel, will make frequent use of "real time" online demonstrations to prove his concepts. Your participant travel ideas will be incorporated.

See page 55 to register online, by phone, or mail; call the Provider, Robert Lisson, at 919-264-1887 for more information.

Sanderson HS	6:30-9:30 PM	Th
	9/18-9/25	\$65

## LL **New** Who Are You? A Fun Self-Exploration to Find Your Career Path

Enjoy this fun-filled, colorful series of workshops that will help you discover your skills and talents.

See page 55 to register online, by phone, or mail; call the Provider, Wendy Elston-Davis, at 919-649-3697 for more information.

Knightdale HS	7:00-9:00 PM	M
	8/18-8/25	\$50

## LL **New** The Strategic Job Search

For many, job search is an incredibly grueling and personally de-motivating experience. If you are feeling frustration, confusion, indecision, anger, blame, depression or despair over your job search results, then you may be ready for a different kind of job search experience - one that is productive and rewarding. In this workshop, Karin Cross, the HR Professional turned Life Coach, shares her "insider's" perspective on recruiting and hiring and how to leverage this knowledge in your job search activities. From resumes and cover letters to networking and interviewing, Karin shows you how to get great results and have incredible fun doing it. Reclaim your sanity! Join Karin to turn your ordinary job search into an enlightening journey of personal growth and discovery.

See page 55 to register online, by phone, or mail; call the Provider, Karin Cross, at 919-397-2475 for more information.

Sanderson HS	6:30-9:30 PM	M
	9/8	\$49

Leesville HS	6:30-9:30 PM	M
	11/10	\$49

## WT **Beginning Guitar**

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	M
127059	9/15-11/3	\$95



## Spotlight: Photography with AI



### WT Basic Digital Photography

Materials \$

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

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Leesville HS	6:30-9:30 PM	M
126444	8/25-10/20	\$90

### WT Creative Camera

Materials \$

A new world opens up when you take your camera off auto and start using the manual controls! This class, for students with a more than basic familiarity with photography, will show you how to use filters and other settings to capture images as you envision them.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Leesville HS	6:30-9:30 PM	W
126592	9/24-11/12	\$90

What people are saying...  
“AI is amazing! I take a better photo now than I did before and have learned how to be more creative! I look forward to the next class. :-)”

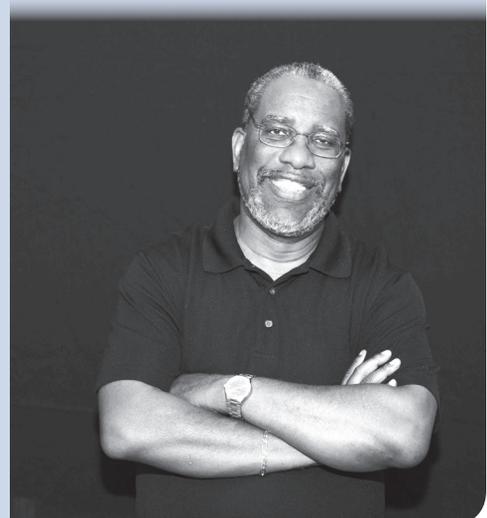
- Karen Reynolds  
Creative Camera I

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

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

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

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



**LL Digital Photos and Your Computer**

See Computers, page 16.

**WT Basic Digital Photography**

Materials \$

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

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Millbrook HS 126445	6:30-9:30 PM 9/2-10/21	T \$90
Knightdale HS 126599	6:30-9:30 PM 10/6-11/24	M \$90

**WT Creative Camera**

Materials \$

A new world opens up when you take your camera off auto and start using the manual controls! This class, for students with a more than basic familiarity with photography, will show you how to use filters and other settings to capture images as you envision them.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Millbrook HS 126606	6:30-9:30 PM 10/20-12/8	M \$90
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**WT Creative Camera: Intermediate**

Materials \$ / Pre-Req

This course begins where basic photography courses end. It will help you prepare to take professional appearing photographs by focusing on lenses, filters, flashes, lighting, and accessories. Discover how your photography skills can enhance your employability. Students should have knowledge of camera controls. For additional information about this instructor, please visit [www.WinnPortraitStudio.com](http://www.WinnPortraitStudio.com).

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Knightdale HS 126578	6:30-9:30 PM 9/11-10/30	Th \$95
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“What people are saying...  
Great hands-on experience! Helped take what we learned in Creative Camera I (nuts and bolts) and put into real world practice. My shots have improved dramatically.”

- Lisa Jensen

Creative Camera: Intermediate

**WT Creative Camera IV: Photographic Lighting**

Materials \$ / Pre-Req

Continue to prepare for a career as a professional photographer or to hone your personal photography skills. Part IV of the Creative Camera series covers the use of natural and artificial light sources to capture photographic images, photography using available light, and the use of external flash or reflectors to soften or eliminate shadows. You'll also learn about using different types of studio lighting, using handheld meters to get the correct exposure, and lighting set-up. For additional information about this instructor, please visit [www.WinnPortraitStudio.com](http://www.WinnPortraitStudio.com).

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Millbrook HS 126605	6:30-9:30 PM 10/14-12/9	T \$95
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**WT New Event Photography**

Materials \$

You've been asked to photograph your niece's wedding or your sister's anniversary party—yikes! This course will show you how to take memorable photographs and share your talent with others.

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Millbrook HS 126594	6:30-9:30 PM 10/1-10/22	W \$75
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**WT Taking Photography on Location**

Materials \$

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

**To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.**

Knightdale HS 126446	6:30-9:30 PM 9/3-10/22	W \$95
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## WT Beginning Quilting

Materials \$

Create a quilt! Learn the basics of pattern selection, fabric layout, and assembly; attach borders and appliques. Learn with others in a group atmosphere, and design a beautiful quilt for your home or to give as a unique gift. Students supply materials.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	Th
127019	9/18-11/6	\$95

## WT New Hand Sewing and Repairing

Materials \$

This course provides an understanding of the basics of garment construction, with regard to mending and repair work. The course covers hems, zippers, buttons, snaps, and hook-and-eye closures. Repairs of home decor items will also be discussed. Students supply materials.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Millbrook HS	6:30-9:30 PM	T
126607	9/16-11/4	\$100

## WT New Sewing Decorator Touches

Materials \$

Expand your sewing skills and create decorator touches for all areas of your home - and beyond! Learn how to make custom pillows, duvet covers, curtains, and other items to add a personal touch to your living space. Students supply materials.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	Th
126586	9/18-11/6	\$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.

To register, visit [continue.waketech.edu](http://continue.waketech.edu); call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	M
126588	9/22-11/10	\$95
Knightdale HS	6:30-9:30 PM	T
127380	9/23-11/11	\$95

# Register Now!



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

-Sarah Leigh  
Sewing: Beginning I

# TEACH TODAY TO CHANGE TOMORROW

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- Master of Arts | Executive Leadership Studies
- School Administration Add-On Licensure



**GARDNER-WEBB UNIVERSITY**  
**GRADUATE STUDIES**



## LL Basic Computer Security 101

CEUs=0.6  
See Computers, page 16.

## LL Excel Introduction for Teachers

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Athens Dr HS	6:45-9:15 PM	W
	9/24-10/15	\$85
Millbrook HS	7:00-9:30 PM	M
	11/24-12/15	\$85

## LL For Parents—The Big Picture of ADHD

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

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Sanderson HS	6:30-9:30 PM	T
	11/4	\$67

## LL **New** Internet Resources for Teachers

Explore, review, and critique Internet resources invaluable for early childhood educators. Detailed lesson plans, grade appropriate listings, and parent information are often included on the sites. Save yourself endless hours of searching on your own for fun and interesting classroom activities. This is a hands-on, instructor-led class. Text provided. Bring flash drive for data. CEUs=0.9

See page 55 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-601-8182 for more information.

Millbrook HS	6:30-9:30 PM	Th
	9/25-10/9	\$130

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

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

See page 55 to register online, by phone, or mail; call the Provider, Karen Parker, at 919-424-6339 for more information.

Knightdale HS	6:30-8:30 PM	Th
	9/18	\$35
Sanderson HS	6:30-8:30 PM	T
	9/23	\$35
Millbrook HS	6:30-8:30 PM	W
	9/24	\$35
Leesville HS	6:30-8:30 PM	W
	10/1	\$35
Reedy Crk MS	6:30-8:30 PM	Th
	10/2	\$35



“What people are saying...  
“The individual attention of being in a small class was great!”

- Carolyn Cobb  
Excel Introduction  
for Teachers



## Spanish for School Personnel (Lessons 0-6)

Spanish for School Personnel 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. This portion of the course includes 39 hours of in classroom instruction. Students are given a number of opportunities to practice while in class. The first portion of the course covers topics about the alphabet, greetings, numbers, days of the week, calendar, and the time of day. Some grammar topics covered are: articles, nouns, regular and irregular verbs in the present tense, adjectives, comparisons, commands, and indirect and direct objects. No previous Spanish knowledge is needed to take this course. The course is open to all interested persons. CEUs=3.9

See page 55 to register online, by phone, or mail; call the Provider, Paulina Rodriguez-Ortega, at 919-630-5810 for more information.

Leesville HS	6:30-9:30 PM	M
	8/25-11/24	\$162
Athens Dr HS	6:30-9:30 PM	T
	8/26-11/25	\$162
Millbrook HS	6:30-9:30 PM	W
	8/27-11/19	\$162



What people are saying...  
“Senora Rodriguez is a delight. She makes the class enjoyable and comfortable.”

- Linda Lenzmeier  
Spanish for School  
Personnel Part 1



## Free Parent Academy workshops are available through your Wake County Public Schools.

Register online at [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu).



## 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/idea/nc-teach](http://ced.ncsu.edu/idea/nc-teach)  
[alternative\\_licensure@ncsu.edu](mailto:alternative_licensure@ncsu.edu)  
919.513.2802

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



## LL SAT Prep

Enjoy dynamic instruction for 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.

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

Leesville HS	6:30-8:30 PM	MW
	9/22-10/8	\$295
Leesville HS	6:30-8:30 PM	MW
	10/20-11/5	\$295

## LL SAT Preparation

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

See page 55 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	T
	9/9-10/28	\$395
Millbrook HS	6:30-9:30 PM	W
	9/10-10/29	\$395

## LL New ACT Prep: Score Higher for College Admissions and Scholarships

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

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

Leesville HS	6:30-8:30 PM	MW
	9/3-9/10	\$180

“What people are saying...  
I would recommend this course/program to others because it helped me learn/review math.”

- Blake Johnson  
SAT Prep

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

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

See page 55 to register online, by phone, or mail; call the Provider, Cynthia Hemminger, at 919-846-8891 for more information.

Sanderson HS	6:30-9:30 PM	TTh
	9/2-9/4	\$100
Sanderson HS	6:30-9:30 PM	TTh
	10/14-10/16	\$100
Sanderson HS	6:30-9:30 PM	TTh
	12/2-12/4	\$100



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

- Cupcake Confidential
- Mama Mia
- The French Connection
- Viva Latin America!

See Cooking, page 23.



## LL **New** Teen:

- Hello Little Sushi
- Knife Skills
- Who's a Chocoholic

See Cooking, page 24.



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

See Teacher CEU/Parenting, page 47.

## LL Triangle Youth Orchestra (Grades 4-12)

This course is open to school age musicians, grades 4 - 12, who play orchestral instruments at an intermediate level. After selection by auditions held the week of August 18, 2014, participants rehearse orchestral literature culminating in a performance November 25, 2014. Participants must be available for weekly Monday rehearsals, the dress rehearsal November 24, 2014 and the concert on Tuesday, November 25, 2014.

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

Leesville HS	6:30-8:15 PM	M
	9/8-11/17	\$145

## LL Triangle Youth Philharmonic (Grades 4-12)

This course is open to school age musicians, grades 4 - 12, who play orchestral instruments at a very advanced level. After selection by auditions held the week of August 18, 2014, participants rehearse orchestral literature culminating in a performances November 23, 2014 in Meymandi Concert Hall. Participants must be available for Tuesday rehearsals, the dress rehearsal on November 18, 2014, and the concert.

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

Athens Dr HS	6:30-8:30 PM	T
	9/9-12/9	\$150

## LL Triangle Youth String Sinfonia (Grades 4-12)

This course is open to school age musicians, grades 7 - 12, who play violin, viola, cello or bass. Members should be able to perform the Sinfonia Skill Sheets, posted on-line at [www.philharmonic-association.org](http://www.philharmonic-association.org), at a proficient level. The requirement for membership is also a strong commitment to preparing for and attending weekly rehearsals and performing community outreach concerts as scheduled.

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

Reedy Crk MS	6:30-8:30 PM	Th
	9/4-11/20	\$128

## LL Triangle Youth Symphony (Grades 4-12)

This course is open to school age musicians, grades 4 - 12, who play orchestral instruments at an advanced-intermediate level. After selection by auditions held the week of August 18, 2014, participants rehearse orchestral literature culminating in a performance November 25, 2014. Participants must be available for weekly Monday rehearsals, the dress rehearsal November 24, 2014 and the concert on Tuesday, November 25, 2014.

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

Athens Dr HS	6:30-8:30 PM	M
	9/8-11/17	\$147.50



# Sites and Directions



## Athens Drive High School

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

### Directions from North

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

### Directions from Cary:

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



## Knightdale High School

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

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

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



## Leesville High School

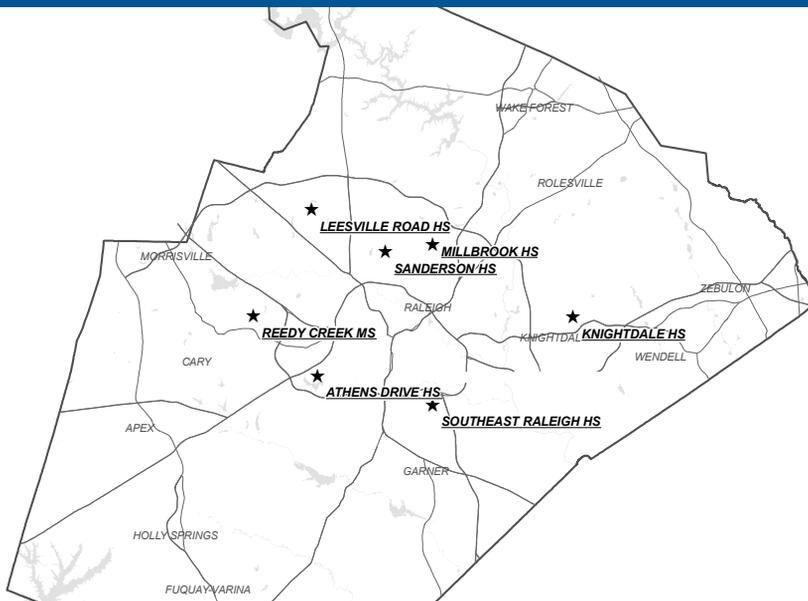
8410 Pride Way  
Raleigh, NC 27613  
Site Coordinator:  
Andy Hunt  
Hours: 6:30-9:30 PM  
Days: Monday and Wednesday  
Phone: 919-870-4300  
Email: dahunt@wcpss.net

**Directions from Beltline:** 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/Outer Loop:

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 Coordinator:  
Renee Patterson and Teresa Cronin  
Hours: 6:30-9:30 PM  
Days: Monday - Thursday  
Phone: 919-850-8787  
Evening: 919-850-8804  
Email: lpatterson@wcpss.net  
tcronin@wcpss.net  
Fax: 919-850-8803

#### Directions from I-440:

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

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



### Reedy Creek Middle School

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

#### Directions from Cary:

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

### What is Community Schools?

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



### Sanderson High School

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

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

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

### Community Schools Staff Linda Willcox

Director  
Community Services

**Natasha Moore**  
Lifelong Learning  
Senior Administrator  
Lifelong Learning with  
Community Schools

**Jenny McAllister**  
Community Schools Technician  
Lifelong Learning with  
Community Schools

**Jan Ruede**  
Contractor  
Lifelong Learning with  
Community Schools

# FAQS ?



## Where is my class?

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

## What is the age for attendees?

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

## Is childcare provided?

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

## Are Teacher Continuing Education Units (CEUs) available?

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



## Where do I park?

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

## Is smoking allowed on campus?

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

## What if my class is canceled?

### How do I get my refund?

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

If the telephone number listed below the course description is not Wake Tech, it is up to the provider as to whether there are enough students to hold the class. If the 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 919-431-7593 or send an email to [lifelonglearning@wcpss.net](mailto: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](mailto:nmoore3@wcpss.net) or call 919-431-7594.

## Can I register by 'walk-in' registration?

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

# How to Register for Lifelong Learning Courses

# How to Register for Wake Tech Courses

LL

WT

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

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

## Register Online

- Go to [www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu).
- Click the course category of interest.

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

You must register directly with Wake Technical Community College.

## Call

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

Use one of these methods to register:

## Email

- Email [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net)

## Pay with Credit Card

- Register online at [continue.waketech.edu](http://continue.waketech.edu)
- Fax credit card form to 919-773-4788

## Walk-in

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

## Mail Check

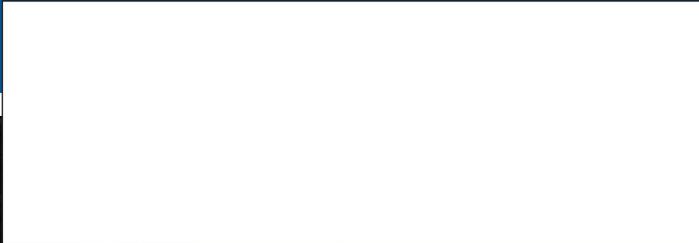
Wake Tech Community College  
Continuing Education  
9101 Fayetteville Rd  
Raleigh NC 27603

## 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.





■ Hone your **knife skills** to julienne, chiffonade, and slice to perfection. **page 22**

■ Get paid to entertain senior living residents. **page 40**

■ Learn money-saving techniques to travel cheaper. **page 42**

■ Decode the behavior of the fabulous, fickle feline. **page 40**