


Adult Evening EDUCATION

a publication of the Wake County Public School System



■ In just one stroke at a time, master the art of Zentangle.

page 8

■ Become a self-published author.

page 12

■ Cultivate an enterprising home-based bakery.

page 17

■ Create an edible permaculture garden.

page 26



LIFELONG LEARNING
WITH COMMUNITY SCHOOLS

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



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Welcome!

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

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

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



Preserve precious memories in Digital Photography.

page 34



Raise a small flock of chickens.

page 26



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Popular Demand Classes



Paint a summer garden on canvas. page 5



Become a wedding and event planner. page 10



Tell your story with dance improvisation. page 11



Take your singing ability to new heights. page 11



Turn your SAT score into a scholarship. page 35

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Icon Key

LL

Lifelong Learning

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

Summer 2016 Semester:
Monday-Thursday,
May 17 - July 27

Holidays:
May 30 Memorial Day
July 4 Independence Holiday

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

WT

Wake Tech

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

Summer 2016 Semester:
Monday-Thursday,
May 17 - July 27

Holidays:
May 30 Memorial Day
July 4 Independence Holiday

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





Spotlight

Painting with Marcelle

LL Classical Painting Techniques

Materials \$

Classical Painting is for anyone who wishes to learn the realistic painting techniques used by the Old Masters. This technique will teach you how to scale a smaller photo on to a larger canvas by using a different type of grid to get an absolute accurate drawing. You will learn to mix and use the different under-painting methods of the Italian and French Old Masters which gives a very realistic painting. This class covers mixing the flesh palette, painting techniques for backgrounds and clothing, glazing techniques and much more. Some oil painting experience is recommended, but you don't have to have experience in painting portraits or figures. You may choose to paint a portrait, still life, or landscape. First timers are asked to copy an Old Master painting in order to best learn the techniques. You may bring your own photo reference (8 x 10 photocopy) or chose one from the Instructor.

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

Sanderson HS 6:30-9:30 PM T
5/17-7/5 \$125



LL New Painting Flowers and Gardens of Summer on Small Canvases – Oils or Acrylics

Materials \$

Learn the principals and fundamentals of painting beautiful flowers and gardens. Instruction will cover understanding composition, using different values, handling the brush to shape petals, using dry brushing, color mixing (including mixing greens), glazing, softening edges, wet-on-wet techniques, plus much more. Bring a photo for reference or choose from photocopies. Enjoy one-on-one instruction from popular art instructor, Marcelle Hooks.

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

Sanderson HS 6:30-9:30 PM T
7/12-7/26 \$70

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

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

Calligraphy

LL Calligraphy 101

Materials \$

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

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

Sanderson HS 6:30-8:30 PM Th
6/9-7/21 \$125

LL Copperplate Calligraphy

Materials \$

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

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

Reedy Crk MS 6:30-8:30 PM T
6/7-7/26 \$125

Jewelry Making Workshops

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



LL Bangle Bracelet Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | T | 7/12 | \$63

LL Simple Loops with Beads Bracelet Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | T | 6/28 | \$63

LL Basic Stringing and Crimping Necklace Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | T | 6/14 | \$63

LL Wire Wrapping Individual and Multiple Beads Workshop
Materials \$
Athens Dr HS | 6:30-9:30 PM | T | 7/19 | \$63

LL Caged Beads Bracelet Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | T | 7/26 | \$45

LL Wrapped Loops with Beads Bracelet Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | T | 6/21 | \$63

LL New Crocheting With Wire & Beads Bracelet Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | MW | 6/6-6/8 | \$160

LL New Findings Workshop
Materials \$
Athens Dr HS | 6:30-9:00 PM | MW | 7/11-7/13 | \$115



Pottery

★ Create and take home 1-2 finished and glazed art pieces.

LL New Pottery: Beginning Hand Building
Materials \$
“There’s magic in mud!” Cover the three basic hand building techniques: slab, pinch, and coil. Also learn the process to design and create functional or non-functional pottery. Formally trained Sanderson High School art instructor, Abigail, will have lots of examples of things you can make and will provide many tips and tricks to successfully make your pottery. You will have 1-2 finished and glazed artworks by the end of the class. Supplies: \$25 materials fee due first night of class. Prepay through PayPal at tuckerabi@gmail.com. Maximum of 20 students, so register early!

See page 39 to register online, by phone, or mail; call the Provider, Abigail Tucker Gravatt at 919- 819-3213 for more information.

Sanderson HS | 6:30-9:30 PM | T | 5/31-7/5 | \$120

Limited seating; prepay through Paypal at tuckerabi@gmail.com.



Scrapbooking

LL Finish that Scrapbook!

Materials \$

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

See page 39 to register online, by phone, or mail; call the Provider, Hanna Lyons at 919-772-1521 for more information.

Athens Dr HS | 6:30-8:30 PM | T | 5/24 | \$28

Athens Dr HS | 6:30-8:30 PM | T | 6/7 | \$28

Athens Dr HS | 6:30-8:30 PM | T | 7/12 | \$28



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

Materials \$

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

See page 39 to register online, by phone, or mail; call the Provider, Hanna Lyons at 919-772-1521 for more information.

Athens Dr HS | 6:30-9:00 PM | T | 6/21 | \$38

Athens Dr HS | 6:30-9:00 PM | T | 6/28 | \$38

Athens Dr HS | 6:30-9:00 PM | T | 7/19 | \$38

Candle Making

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

Free booklet to keep

LL Beginners Cupcake Candles

Materials \$



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

See page 39 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Reedy Crk MS | 7:30-9:30 PM | W | 6/1 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 6/15 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 6/29 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 7/13 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 7/27 | \$53

LL Ice Cream Sundae Candles

Materials \$



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

See page 39 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Reedy Crk MS | 7:30-9:30 PM | W | 5/25 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 6/8 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 6/22 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 7/6 | \$53

Reedy Crk MS | 7:30-9:30 PM | W | 7/20 | \$53



Learn over
50
tangles.

LL Introduction to Zentangle

Materials \$

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

See page 39 to register online, by phone, or mail; call the Provider, Cathy Boytos at 336-847-4303 for more information.

Sanderson HS | 6:30-9:00 PM | T | 6/7-7/12 | \$90



WT Expressions in Oils

Materials \$

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

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

Athens Dr HS 6:30-9:30 PM T
157043 5/24-7/12 \$100



LL New The Art of Collage

Materials \$

SoulCollage is a gentle, yet deep self-care art form that reveals your intuitive nature. A natural and enjoyable healing pathway, this SoulCollage class will give you the opportunity to create your first card. Facilitated by workshop leader, Rechel Harris, this is an opportunity to make your SoulCollage card with others, in a supportive and creative environment. Cards are made from either your own art and magazines or from images Instructor Rechel found in magazines, calendars, and more! \$2 materials fee collected first night of class.

See page 39 to register online, by phone, or mail; call the Provider, Rechel Harris at 919-805-9333 for more information.

Millbrook HS | 6:30-9:00 PM | W | 6/1 | \$50



**Register
Now!**



Spotlight

Medical Billing with Vision Medical Billing Services

LL Medical Billing I & II

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

See page 39 to register online, by phone, or mail; call the Provider, Vision Medical Billing Services, at 919-521-6480 for more information.

Millbrook HS	6:30-9:00 PM	TTh
	5/17-6/20	\$230



What people are saying...

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

-Betty Parham
Medical Billing I and II

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

LL Be Your Own Boss— Business Development 101

You can do it. Be your own boss. Thousands of businesses are available for you to start, with more emerging daily, thanks to new technology and good old-fashioned ingenuity. Yet, despite the vast universe of possibilities, there are a few essential steps you need to take before starting any business. In this innovative class, taught by influential business owner, Shiron Vick, learn business development essentials including start up, payroll, taxes and hiring of employees.

See page 39 to register online, by phone, or mail; call the Provider, The Vick Companies, LLC, Inc., at 347-465-4684 for more information.

Sanderson HS	6:30-8:00 PM	MT
	6/6-7/11	\$125

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 at <http://www.seniorplaylist.com/lifelong-learning>.

See page 39 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
	5/23	\$65
Millbrook HS	6:30-9:30 PM	M
	6/13	\$65

LL Direct Sales Fundamentals

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

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

See page 39 to register online, by phone, or mail; call the Provider, Sheila Tolbert at 919-271-0799 for more information.

Millbrook HS	6:30-9:30 PM	T
	5/24	\$50
Millbrook HS	6:30-9:30 PM	Th
	6/9	\$50
Sanderson HS	6:30-9:30 PM	T
	6/28	\$50

LL New Event Planning for Beginners

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

See page 39 to register online, by phone, or mail; call the Provider, Sonya Hawkins at 919-656-2899 for more information.

Reedy Crk MS	6:30-9:00 PM	M
	5/23-6/27	\$125

LL New Learn To Sell on eBay The Right Way!

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

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

Millbrook HS	6:30-9:00 PM	T
	6/14	\$98
Sanderson HS	6:30-9:00 PM	Th
	6/23	\$98
Reedy Crk MS	6:30-9:00 PM	T
	7/12	\$98
Reedy Crk MS	6:30-9:00 PM	Th
	7/21	\$98

LL Wedding and Event Planning 101

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

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

Millbrook HS	6:30-9:00 PM	M
	5/23-6/27	\$125

LL New Finding The Brighter Side Of Caregiving

See Health and Wellness, page 29.

LL How to Operate a Home-based Bakery

See Cooking, page 16.

LL New Intensive Eight-Week Vocal Workshop

See Communications, page 11.

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

See Communications, page 12.

Start Making \$\$\$ Now!



Communications

LL Accent Reduction and English Pronunciation

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

See page 39 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS 7:00-8:30 PM T
6/7-6/28 \$85

LL New English Movie Club! Learn Pronunciation through Film

Studies show that watching a movie in a different language with subtitles, greatly enhances the listeners ability to speak in the new language. In this class, you will look at popular American movies and see what pronunciation and song patterns help you learn everyday English. You'll also discover culture and customs in a way not usually taught in a classroom. Enjoy discussions on idioms and slang used in the movies and practice speaking like the film actors do. Come join this fun class!

See page 39 to register online, by phone, or mail; call the Provider, Cary Tutor at 919-798-6493 for more information.

Reedy Crk MS 7:00-9:00 PM Th
6/9-6/30 \$85

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

Your life is an incredible story worthy to be shared. VAMP on your personal story using improvisation with voice, acting, movement, and performing. Then combine these into a short presentation. No experience needed, and no story required prior to class. Instructor Sandi will help you start your story, nurture your story, and express your story through a movement theme. Each night, you will focus on different themes to create the presentation. Themes with movement include sharp and smooth dynamics, fast and slow timing, among others. Different types of music will be explored in solo, partner, and group work to express your story individually and collectively as a group. Opportunities will exist to show your work throughout the workshop.

See page 39 to register online, by phone, or mail; call the Provider, Sandi Walker, at 218-259-7624 for more information.

Reedy Crk MS 7:00-8:30 PM W
6/1-7/20 \$115

LL Designing Multi-Sensory Presentations

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

See page 39 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

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



LL New Intensive Eight-Week Vocal Workshop

During this intensive vocal workshop, conducted by Rozlyn Sorrell, founder of Vocal Precision Studio, you will overcome many of the typical challenges singers experience. This course is geared for those serious about moving to the next level in vocal performance and comfortable learning in a group atmosphere. PLEASE NOTE: The initial class, June 6th (a Monday night), will coincide with the same course offered on Wednesday night. Both classes will combine again on July 6th (Wednesday) due to the July 4th holiday.

See page 39 to register online, by phone, or mail; call the Provider, Vocal Precision Studio, at 919-234-5903 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 6/6-7/27 | \$325

Athens Dr HS | 6:30-8:30 PM | M | 6/6-7/25 | \$325

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

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

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

Millbrook HS 8:30-9:30 PM W
5/18-7/27 \$185

LL **I Want to Publish a Book**

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

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

Millbrook HS 6:30-8:30 PM W
5/18-7/27 \$185

Leave the
class with a
published
book.

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

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

See page 39 to register online, by phone, or mail; call the Provider, The Scott Training Group, at 919-538-7541 for more information.

Millbrook HS 6:30-8:00 PM T
5/24-7/26 \$175

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

See Health and Wellness, page 30.



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

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

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

Athens Dr HS | 7:00-9:00 PM | M | 6/13 | \$35

WT **New Basic Fiction Writing Part 1**

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

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

Millbrook HS	6:30-9:30 PM	T
156889	5/17-6/7	\$90

WT **New Basic Fiction Writing Part 2**

Pre-Req
This course will help you finish your story! We all start projects that we don't complete. Building on the skills learned in Basic Fiction Writing Part 1, this course will help you polish your writing and complete your story or novel.

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

Millbrook HS	6:30-9:30 PM	T
157015	6/21-7/12	\$90

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

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

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

Millbrook HS	6:30-9:30 PM	T
157028	5/31-7/26	\$95

Reedy Crk MS	6:30-9:30 PM	Th
157029	6/2-7/21	\$95

Sharpen your public speaking skills

WT **Confidence in Public Speaking**

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

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

Sanderson HS	6:30-9:30 PM	T
157011	5/24-6/28	\$95

WT **Advanced Public Speaking**

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

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

Athens Dr HS	6:30-9:30 PM	Th
156999	5/19-6/23	\$95



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

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

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

Millbrook HS	6:30-8:30 PM	Th
157026	5/19-7/21	\$95

WT **Business Etiquette Training**

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

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

Athens Dr HS	6:30-9:00 PM	T
157003	5/24-6/14	\$95

Register Now!

Computers



LL **New** Access 2013 for Teachers

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

CEUs=0.9

See page 39 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Sanderson HS 6:30-9:30 PM MTW
7/11-7/13 \$125

LL **New** Intro to Computers and MS Office Suite

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

See page 39 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Sanderson HS 6:30-9:30 PM M
6/6-6/13 \$115

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

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

See page 39 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Sanderson HS 6:30-9:30 PM MTW
6/20-6/22 \$125

LL **New** Digital Photography Using Adobe Lightroom

See Photography, page 34.

LL **New** Excel 2013 for Teachers CEU=0.9

See Teacher CEU/Parent, page 35.



View more computer courses online at wcpss.net/adult-edu.



Become an Electrician!

This class has nearly 100% exam pass rates.



LL Electrical Contractor's Exam Preparation

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

See page 39 to register online, by phone, or mail; call the Provider, Billy Morris, at 919-469-8823 for more information.

Athens Dr HS | 6:30-9:00 PM | MTh | 5/19-7/25 | \$290

What people are saying...

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

-Harold Jimenez

Electrical Contractor's Exam Prep



WT **New** **A Taste of Summer Series: Latin Flavors using NC Harvest**

Materials \$

Summer is around the corner and you will soon be eager to fire up the grill! After several rounds of burgers and hot dogs, your rotation will eventually need a boost. Participants will explore the lively flavors of Latin American cuisine which will be right on time for the North Carolina summer. The variety of spices, tropical fruits and vegetables, and international influences makes cooking Latin American inspired dishes delicious and great for entertaining!

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

Sanderson HS	6:30-9:30 PM	W
157257	6/1-7/20	\$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!

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

Sanderson HS	6:30-9:30 PM	T
157058	5/17-6/21	\$100



WT **New** **Beyond Bagels: A Class on Jewish Baking**

Materials \$

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

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

Sanderson HS	6:30-9:30 PM	Th
157258	6/20-6/30	\$90

WT **Cooking With Summer's Bounty**

Materials \$

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

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

Reedy Crk MS	6:30-9:30 PM	Th
157053	5/19-6/23	\$100

WT **New** **Sticky Fingers: Making & Canning Homemade Jams, Jellies, and Applesauce**

Materials \$

Canning is back in style! You'll learn tools and tricks to preserve summer in a jar. Each participant gets a jar of handmade jam to take home with them, along with recipes and tips to try at home. We will peel, chop and dice fresh and in season fruits and vegetables and learn how to turn them into jam. We will then learn how to can in a water bath to safely preserve your bounty for up to a year. After class, equipped with your newly-found knowledge, you'll be well on your way to experimenting at home with other fruits.

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

Sanderson HS	6:30-9:30 PM	W
	7/6-7/27	\$90

Cultivate an enterprising 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 39 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 | 6/21-7/12 | \$200

In the kitchen with Chef Cherisse



LL **New** Basic Knife Skills

Materials \$

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

See page 39 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS | 6:30-9:30 PM | M | 7/25 | \$39



WT **New** A Taste of Summer: Summer Fun in the Bake Shop

Materials \$

Summer will be here before you know it and so will your excitement to make use of its produce! Do you have a desire to make simple yet delicious baked dishes beyond the standard crisps and cobblers? Each week is devoted to a tasty category. Participants will prepare cakes, pies, cookies, and custards as well as savory treats using basic pastry and baking techniques with a special emphasis on seasonal ingredients. Minimal equipment required!

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

Reedy Crk MS | 6:30-9:30 PM | T | 157255 | 5/17-7/5 | \$100



IGNITE YOUR *future*

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

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- General K-12 Curriculum and Instruction
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- Rural Education
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- Urban Education
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- Executive Leadership
- Potential Bridge to EdD Program in Executive Leadership

DOCTORAL PROGRAMS *(Complete coursework in six semesters)*

- EdD in Curriculum and Instruction
- EdD in Educational Leadership
- EdD in Organizational Leadership *(Complete in nine semesters)*



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800.956.8481

gardner-webb.edu/raleigh



Gardening the Easy and Healthy Way



Edible Gardening is fun! It relieves stress, provides some exercise, and generates healthy food. You may think that if you want a garden without hours of intensive labor, you have to use pesticides, but not so. You can have an abundant, organic garden that you can maintain in your spare time through permaculture!

Permaculture is a means of gardening that involves using the natural ecosystem to provide adequate water, fend off predators, and nourish the soil. You don't have to spend hours struggling with weeds, fighting with bugs, and chemically fertilizing. Through natural means, you can create an environment in which what you want grows and thrives and what you don't want shrivels and dies.

So what's involved in permaculture gardening?



Raised Bed Gardening

Raised beds allow you to blend various types of plants in a very small space.



Vertical Gardening

Many gardeners will grow food on hanging baskets and trellises.



Companion Planting

Grow similar foods together. Grow food that needs the same soil pH together. Grow foods together that you eat most often. Grow different plants in a series that will nourish the soil as needed.



Greenhouse Gardening

Greenhouse gardening is a way of impacting the temperature and amount of light for year-round enjoyment.



Perennial Gardening

Growing perennials is ideal to prevent the need to reseed annually. Plus, with their deep root structures, they can reach moisture far below the ground, requiring less water than annuals.



Produce a thriving permaculture garden. Register now for "Create Edible Permaculture Gardens in Your Backyard." You'll develop an appreciation for your food, knowing it is chemical-free and environmentally-friendly.



Lasagna Gardening

Layering is a great way to prevent the need to dig deep into and till the soil. Through layers of newspaper, mulch, soil, and other means, you can plant right away and allow the layers you've placed to decompose, nourish the plants, and naturally root into the ground.



Composting

Through composting of a variety of items, such as leaves and leftover fruit, you can encourage earthworms to move in and breakdown the various layers. Earthworms and other beneficial bugs are essential to healthy soil.



Natural Fertilizers and Mulching

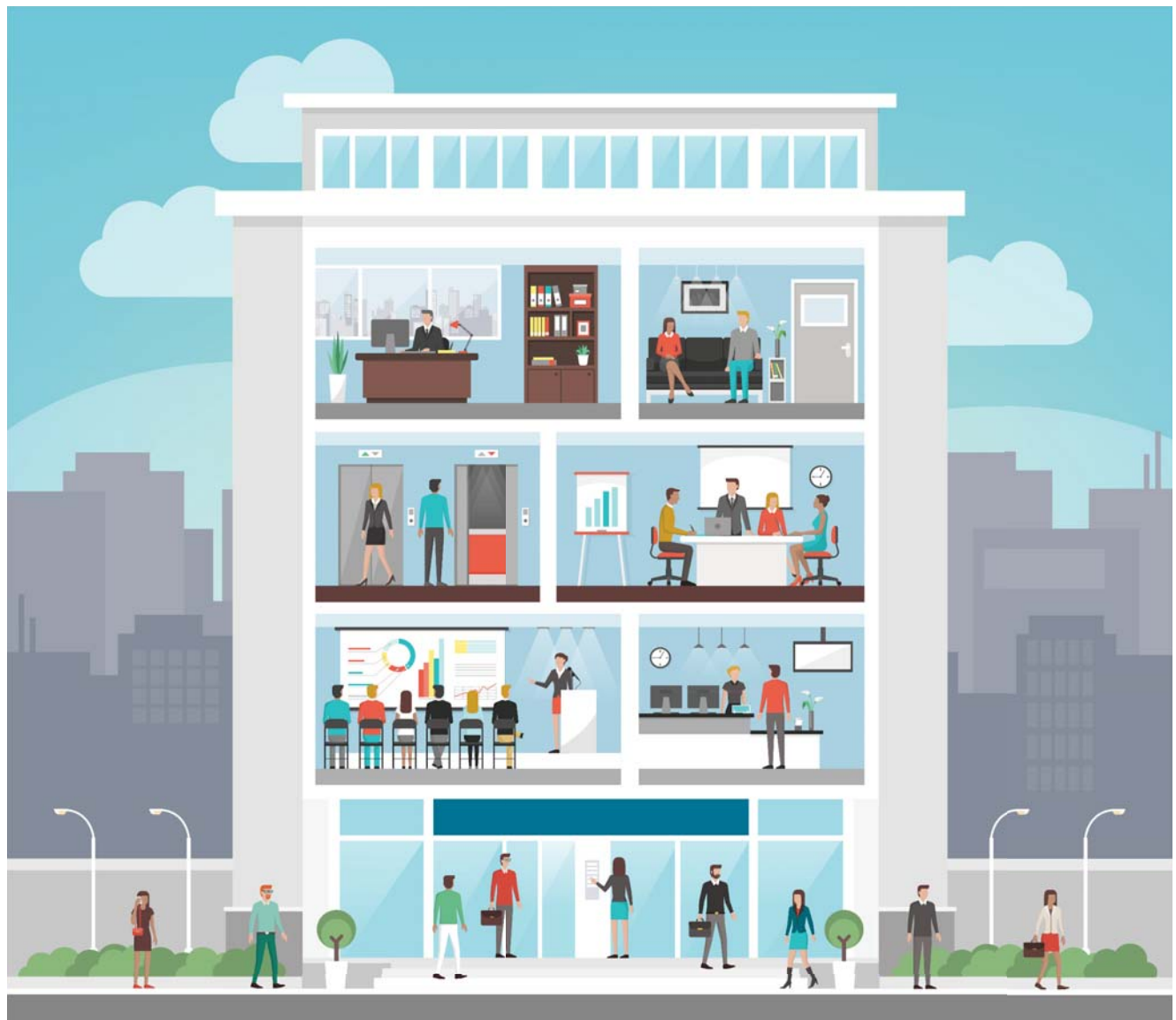
Straw is an excellent means to preserve water to keep plants moist longer. Newspaper and cardboard layers help smother weeds. All of these natural items eventually enrich the soil as they break down.



Preserving Water

Rain catchers and irrigation methods will mean that you can use existing water to feed your plants to save energy cost and eliminate water run-off.

Turn to page 26 for course details.



Emotional Intelligence:

The Way to Successfully Manage Challenging Personalities at Work

Want to rise to the top in your profession? Then you must have strong emotional intelligence. This is the ability to manage relationships with people in a way that makes you more likable, productive, and positive. While some are born with high emotional intelligence, this is a skill, and it can be learned.

Know that at the heart of a personality with high emotional intelligence is someone committed to living a happy and contented life. They surround themselves with positive people, focus on what's right in the world, seek opportunities to bring joy to others, assert themselves and share their true opinions, see themselves as lifelong learners, and refrain from getting stuck in a cycle of negativity. Ultimately, they don't get entrapped in the nonsense of difficult personalities. Instead, they manage these folks without them even realizing it.

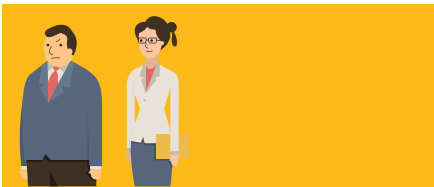
Check out these tips for managing challenging personalities with emotional intelligence.



Dishonest Personalities

Gossips, backstabbers, hypocrites, and more will say most anything to make a situation personally beneficial. They try to rationalize their actions to others and create expensive, sometimes catastrophic, errors.

★ Response: When approaching dishonest people, have your facts in order. Ask specific and probing questions about dates, times, places and circumstances. Because they generally do not think their lies through, they will be caught in their own inconsistencies. Point out how what they've said conflicts with prior information they provided and tell them what will be the next steps.



Hostile Personalities

These folks enjoy dominating others to get their way. Through menacing, argumentative, and overbearing tactics, they manipulate a situation to their advantage.

★ Response: When speaking with them, maintain a calm, low-key voice. Be friendly and positive to start. Get to the point of the communication and keep it focused. Be in charge. Don't let them digress to another topic as this is a common tactic they use to catch you off guard and attack.



Arrogant Personalities

These folks see themselves with grandeur. They feel they are the most important, most capable, and most educated in the group. Always ready to give their opinion, they are prone to come up with solutions that are in their best interest, even if they could hurt others.

★ Response: Chat with them from their vantage point. Assert your goal and help them see how it will greatly benefit them.



Reserved Personalities

These folks prefer not to get involved in communication. They may want to work alone and keep their opinions to themselves. Because you don't know what they are thinking, when they are upset, they are prone to passive-aggressiveness which only makes matters worse.

★ Response: When desiring insight on any particular concern, respectfully chat one-on-one and ask open-ended questions. Wait for a response. They will feel that their opinions are important to you, and you will have a better idea of how to work effectively with them.



Procrastinating Personalities

Perfectionists, over-committed, and indecisive people often procrastinate. They miss deadlines and delay progress with requests for more information, more time, more resources, and just more, more, more! Unwilling to take responsibility, they prefer to blame others for their inability to get things done.

★ Response: Figure out why the person is a procrastinator and then help him/her create a strategy for success. Perhaps a calendar, step-by-step, pre-evaluation of needs, or a timeline is just what's needed. Plus, knowing that you cared enough to help, will make them more eager not to let you down.



For more tips on growing your communication skills, check out our Communications section which starts on page 11-13.

Reference
"Strategies and Tools for Effective Communication with Adults." (March 2016) Project Enlightenment Workshop.



14 Reasons You Need to Zentangle

Zentangle is so simple, even in all its intricacy. It provides a calming way to unwind and be present, relishing the moment. Anyone can create a Zentangle masterpiece carefully crafted in just one stroke at a time. Yet, the focus is not on the ultimate creation, but on the joy of the artistic journey. So here are 14 reasons you need to

“Keep Calm and Get Your Zentangle On.”

1

Channel Reflective Thoughts

2

Create Art

3

Enjoy Simplicity

4

Feel Therapeutic Benefits

5

Refine Fine Motor Coordination

6

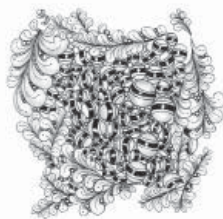
Improve Sleep Rhythms



Download the video about this class on wcpss.net/adult-edu.

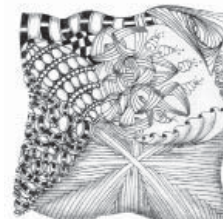
7

Find Design Inspiration



8

Reinforce Mindfulness



9

Turn Mistakes Into Beauty



10

Increase Self-Esteem



11

Improve Group Focus



12

Increase Attention Span



13

Develop Hidden Creative Abilities



14

Relieve Stress

Turn to page 8 for course details.



**This Summer,
Explore the
Mandarin Chinese
Language and
Culture.**

Appreciation of
Chinese Classical Dance

This is an interactive class to learn about Chinese Classical Dance. Enjoy half lecture and half dance practice. Relish in the joy of discovering different classical dances.

Sanderson HS | 6:30-8:30 PM | TTh | 5/31-6/30 | \$125

Introduction to
Chinese Language and Culture

This is a beginning level course of Mandarin Chinese language and culture designed for students without any Chinese language background.

Sanderson HS | 6:30-8:30 PM | TTh | 5/24-6/30 | \$125



Turn to page 25
and page 31 for
course details.

Have a service, product, skill or talent?



Become a Provider

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

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

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- Bee Keeping
- Woodworking
- Stained Glass
- Car/Home Repair
- Bridge/Poker/Rummy

Qualifications

Strong marketing skills

Expertise in your area of teaching interest

An entrepreneurial spirit

A student-centered teaching approach

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



Spotlight

Dancing with Franca

LL Beginner Ballroom Dance

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

See page 39 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS 7:00-8:30 PM T
6/14-7/19 \$100

LL Beginner Latin Dance

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

See page 39 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS 7:00-8:30 PM M
6/6-7/18 \$100

LL New Shag I

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

See page 39 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS 7:00-8:30 PM T
5/17-6/7 \$80

Franca Luzzi has an incredible passion for dance that began in childhood, with enjoyment of dance shows on television. This continued into middle and high school where she participated in a number of talent shows. In college, she studied formal ballet and jazz and began ballroom training in December 2009. Immediately in love with ballroom dance, she participated in her first Danceport Competition in Las Vegas the following summer. Franca has since participated in many competitions, consistently placing first for her level and age group. Having completed the DVIDA Certification to become an instructor, she is excited to share her knowledge with students.



LL New Appreciation of Chinese Classical Dance

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

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

Sanderson HS 6:30-8:30 PM TTh
5/31-6/30 \$125

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

See Communications, page 11.

Decorating and Gardening



LL **New** Backyard Chickens

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

See page 39 to register online, by phone, or mail; call the Provider, Diana Locki, at 919-659-5281 for more information.

Reedy Crk MS | 6:30-8:30 PM | M | 7/18 | \$36



Take a field trip to a real urban garden.

LL **New** Create Edible Permaculture Gardens in Your Backyard

Learn the most eco-friendly method for growing edible gardens. Permaculture teaches a way into a self-feeding, self-watering, no dig, low-maintenance edible ecosystem, growing in productivity as it matures. Topics will include permaculture zones vs. USDA zones, capturing and retaining water, improving soil fertility, green manures and green mulches, animal helpers, guilds, and stacking functions. The class will conclude with a field trip to the instructor's gardens. Additional resources for further study will be provided.

See page 39 to register online, by phone, or mail; call the Provider, Diana Locki, at 919-659-5281 for more information.

Reedy Crk MS | 6:30-8:30 PM | M | 6/6-6/27 | \$125

Cook with new or unusual vegetables

page 16



Take home a jar of handmade jam along with recipes and tips to try at home.

page 16



LL Accent Reduction and English Pronunciation

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

See page 39 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS 7:00-8:30 PM T
6/7-6/28 \$85



LL New English Movie Club! Learn Pronunciation through Film

Enjoy movie nights.

Studies show that watching a movie in a different language with subtitles, greatly enhances the listeners ability to speak in the new language. In this class, you will look at popular American movies and see what pronunciation and song patterns help you learn everyday English. You'll also discover culture and customs in a way not usually taught in a classroom. Enjoy discussions on idioms and slang used in the movies and practice speaking like the film actors do. Come join this fun class!

See page 39 to register online, by phone, or mail; call the Provider, Cary Tutor at 919-798-6493 for more information.

Reedy Crk MS 7:00-9:00 PM Th
6/9-6/30 \$85

WT ESL

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

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

Athens Dr HS 6:30-9:30 PM MTWTh
5/17-7/27 \$0

*Registration: 5/17, 5/18, 5/19 and 6/6

Millbrook HS 6:30-9:30 PM MTWTh
5/17-7/27 \$0

*Registration: 5/17, 5/19 and 6/6

Reedy Crk MS 6:30-9:30 PM MTWTh
5/17-7/27 \$0

*Registration: 5/17, 5/18, 5/19 and 6/6

There is no charge for most ESL classes.

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



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

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

See page 39 to register online, by phone, or mail; call the Provider, Black Diamond Financial Group, at 919-633-2125 for more information.

Millbrook HS	6:30-8:00 PM	Th
	6/9-6/23	\$120

LL New How to Extreme Coupon at CVS, Walgreens, and Rite Aid

Saving money at the major drug stores can be confusing! Find out how to use coupons and also each store's rewards programs to maximize your savings! Learn more about the Plenti Points program at Rite Aid, how to use the ExtraCare Bucks at CVS, and use Register Rewards with coupons at Walgreens! Plus, are you an expecting mom? Get diapers (Pampers, Huggies and other brands) for 50% off at each drug store! This fun class will give you the know-how to save wads of cash, so register now before it fills up!

See page 39 to register online, by phone, or mail; call the Provider, Feona Evans, at 919-803-8907 for more information.

Millbrook HS	6:30-8:00 PM	W
	7/13	\$40

LL New How to Extreme Coupon at Target (Master Class)

Learn how to save real money at Target with insider markdown secrets, clearance tips, apps and a whole mess of coupons! Target coupons, manufacturer coupons, Target mobile coupons, Cartwheel app, rebate apps, gift card promos, clearance stickers . . . it's A LOT! No other store in the country competes with Target when it comes to the number of ways to save.

See page 39 to register online, by phone, or mail; call the Provider, Feona Evans, at 919-803-8907 for more information.

Millbrook HS	6:30-8:30 PM	W
	6/15	\$35

LL New Intro to Couponing: How to Be an Extreme Couponer (Master Class)

Join this in-depth look at everything you can do to save money! This class will be led by Feona Evans, owner of TheCouponBoutique.com. Attendees will learn how to cut their everyday living purchases by at least 50% (if not more).

See page 39 to register online, by phone, or mail; call the Provider, Feona Evans, at 919-803-8907 for more information.

Millbrook HS	6:30-8:30 PM	W
	5/25	\$35

LL New The 5 Simple Secrets to Award Winning Grant Writing

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

See page 39 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Sanderson HS	7:30-8:30 PM	TTh
	6/23-7/26	\$99



Register Now!



Spotlight

Caregiving with Chloe

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

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

See page 39 to register online, by phone, or mail; call the Provider, MLR Designs, LLC, at 919-665-7043 for more information.

Athens Dr HS 6:30-8:30 PM Th
6/23-7/14 \$85



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



LL **Essential Oils**

Join Angie Ceroli to discover the everyday uses of essential oils. Oils contain remarkable health benefits to keep you well and support the body's immune system. Derived from the immune system of the plants, essential oils work in the human body to keep toxins out and eliminate synthetics. Experience the oils, enjoy light snacks, and walk away with a few practical recipes in this hands-on class. Pay in advance by PayPal to angceroli@gmail.com. Cash payments ONLY taken at the door.

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

Athens Dr HS 6:30-8:30 PM Th
6/2 \$20
Athens Dr HS 6:30-8:30 PM W
7/27 \$20



\$20

One night course

LL **New** L.E.A.N. Start: A Guide to Family Nutrition and Healthy Lifestyle

L.E.A.N. Start is a fun and interactive workshop which gives families with school-aged children the tools and information to live a healthier lifestyle. We will focus on Dr. Sears' LEAN principles: Lifestyle, Exercise, Attitude, and Nutrition. You will learn about choosing the right types of foods and the right portions to keep your bodies strong, and also which foods and additives to avoid. After a workshop, you will feel more confident during your grocery shopping and your meal planning. You will also learn strategies and ideas to get the whole family moving and making healthy choices every day. Each week, you will set specific goals for your family! Receive the L.E.A.N. Start Guide, created by Dr. William Sears; handouts with tips and ideas; delicious recipes to try with your family; and a healthy snack in each class.

See page 39 to register online, by phone, or mail; call the Provider, Three Apples Health Coaching, at 919-341-9833 for more information.

Sanderson HS	7:00-9:00 PM	Th
	6/2-6/16	\$75
Sanderson HS	7:00-9:00 PM	T
	7/12-7/26	\$75

LL **New** Thriving Beyond Breast Cancer

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

See page 39 to register online, by phone, or mail; call the Provider, Betty Umstead Consulting, at 919-760-0713 for more information.

Athens Dr HS	6:30-9:00 PM	T
	6/7-6/14	\$47

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

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

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

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

See page 39 to register online, by phone, or mail; call the Provider, Betty Umstead Consulting, at 919-760-0713 for more information.

Reedy Crk MS	6:30-9:00 PM	Th
	6/9-6/16	\$47

Lose weight
and
keep it off.

Register Now!



6 Different Languages to Explore!

- Arabic
- Chinese
- French
- Korean
- Sign Language
- Spanish

Arabic

WT Arabic Beginning Part 1

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

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

157002 | Millbrook HS | 6:30-9:30 PM | T | 5/24-7/26 | \$180



Chinese

LL Introduction to Chinese Language and Culture

Materials \$

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

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

Sanderson HS | 6:30-8:30 PM | TTh | 5/24-6/30 | \$125

Check out
Appreciation of
Chinese Classical
Dance on page 25.

French

WT French Foundations 1a

Materials \$

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

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

157012 | Sanderson HS | 6:30-9:00 PM | Th | 6/9-7/14 | \$100

157013 | Millbrook HS | 6:30-9:00 PM | W | 6/15-7/20 | \$100

WT French Conversation

Materials \$

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

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

156892 | Sanderson HS | 6:30-9:30 PM | T | 5/17-7/19 | \$150

French courses continued on next page.

French continued

WT French for Travel

Materials \$

This course is designed for students planning to travel to France or French-speaking countries (with major emphasis on France). The course focuses on the vacation traveler but is also appropriate for business travelers and those planning short-term residence (exchange students,

professionals on job assignment, etc.). Participants will learn basic travel/survival French in the context of thematic lessons. Other aspects of French life will be covered as well.

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

157016 | Millbrook HS | 6:30-9:00 PM | TTh | 6/21-7/14 | \$150

Korean

WT Introduction to Korean

Materials \$

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

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

156893 | Reedy Crk MS | 6:30-9:00 PM | T | 5/17-7/19 | \$150

WT Introduction to Korean Part 2

Materials \$ / Pre-Req

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

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

157000 | Reedy Crk MS | 6:30-9:00 PM | Th | 5/19-7/21 | \$150

Sign Language

WT Sign Language I Part A

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

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

156898 | Athens Dr HS | 6:30-9:30 PM | TTh | 5/17-6/9 | \$95

WT Sign Language I Part B

Pre-Req

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

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

157017 | Athens Dr HS | 6:30-9:30 PM | TTh | 6/21-7/14 | \$95

WT Sign Language I Part C

Pre-Req

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

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

157144 | Athens Dr HS | 6:30-9:30 PM | T | 5/24-7/21 | \$95

Spanish: Beginning

WT Spanish for Beginners

Materials \$

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

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

156900 | Reedy Crk MS | 6:30-9:00 PM | TTh | 5/17-6/16 | \$95

156998 | Millbrook HS | 6:30-9:00 PM | W | 5/18-7/20 | \$95

157001 | Athens Dr HS | 6:30-9:00 PM | Th | 5/19-7/21 | \$95

WT Spanish for Beginners - Part 2

Materials \$ / Pre-Req

Part 2 of the 2-part series.

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

156997 | Athens Dr HS | 6:30-9:00 PM | T | 5/17-7/19 | \$95



Personal Enrichment

LL **New** Advanced Personal and Professional Adult Development

This is an adult development course designed to discover your strengths, weaknesses, and preferences. Determine what helps and hurts you personally and professionally. Use multiple lenses to look into your 'self' to discover your starting point for growth. Those lenses include your types, lines of intelligence (PQ, IQ, EQ, and SQ), stages of development, and states of well-being. Work with the instructor to design a unique personal and professional growth program based on your needs and recommended next steps.

See page 39 to register online, by phone, or mail; call the Provider, 4Q Smart, at 941-445-2077 for more information.

Reedy Crk MS 6:30-8:30 PM W
5/23-7/25 \$135

LL **New** Finding Your Purpose in 15 Minutes

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

See page 39 to register online, by phone, or mail; call the Provider, Drakeford, Scott, & Associates LLC, at 919-360-1053 for more information.

Sanderson HS 6:30-7:30 PM T
7/26 \$120

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

See Computers, page 14.

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

See Career Skills, page 9.

LL **New** How to Extreme Coupon at CVS, Walgreens, and Rite Aid

See Finance, page 28.

LL **New** How to Extreme Coupon at Target (Master Class)

See Finance, page 28.

LL **New** Intro to Couponing: How to Be an Extreme Couponer (Master Class)

See Finance, page 28.

LL **New** L.E.A.N. Start: A Guide to Family Nutrition and Healthy Lifestyle

See Health and Wellness, page 30.

DIY Perfect Makeup

Did you know that 81% of women use makeup, but few are completely satisfied with their results? In this fun and interactive class, apply makeup like an expert for a natural, beautiful look.

★ Visit www.wcpss.net/adult-edu or call the Provider, Olajumoke Shonukan, at 563-495-3789 for more information.



Want more enrichment? Check out the Health and Wellness section on pages 29 and 30.

Photography



LL **New Basic Digital Photography**

Materials \$

Learn the basics of taking digital photos with a DSLR camera. This class will cover shooting modes, ISO, completion of the exposure triangle, file size and types, white balance, and focus. Bring your DSLR camera to class with you and get ready to take your photography skills to a new level! Required text: *BetterPhoto Basics* by Jim Miotke.

See page 39 to register online, by phone, or mail; call the Provider, Paul A. Sausman, at 919-889-9110 for more information.

Reedy Crk MS 6:30-9:30 PM Th
6/2-7/21 \$125



LL **New Digital Photography Using Adobe Lightroom**

Materials \$

Enjoy this exciting course where you will learn not only how to capture great images, but also to enhance these images using advanced techniques of Adobe Lightroom. You must have access to (1) either a compact camera or, preferably, a DSLR, and (2) a laptop with Adobe Lightroom installed.

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

Reedy Crk MS 6:30-9:30 PM W
6/1-7/20 \$125

LL **New Take Control of Your Pictures by Taking Control of Your Camera**

Materials \$

Photography is an important art form that allows you to preserve precious memories and express your feelings. There is nothing more satisfying than capturing an image that will stand the test of time and serve as a way to remind you of life's joys. Document history, inspire others, and express yourself. Learn to manually control your camera settings to improve your pictures. Supplies: DSLR Camera with removable lens and manual mode feature.

See page 39 to register online, by phone, or mail; call the Provider, Ivan Watkins Photography, at 919-308-4576 for more information.

Millbrook HS 6:30-8:30 PM TTh
6/14-6/23 \$125

Capture
professional
quality
photos.

Sewing



WT **Sewing: Beginning I**

Materials \$

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

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

Athens Dr HS 6:30-9:30 PM T
157042 5/17-7/12 \$95

WT **Sewing: Beginning II**

Materials \$ / Pre-Req

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

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

Athens Dr HS 6:30-9:30 PM W
157041 5/18-7/16 \$95

WT **Sewing: Design Your Own Handbag**

Materials \$

Design your own handbag! From clutches to totes to hobos, any style bag can be both modern and classic. Students will learn basic-to-intermediate sewing skills and create bags they can use and enjoy or proudly present as gifts.

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

Sanderson HS 6:30-9:30 PM M
157044 5/23-7/11 \$95



Teacher CEU/Parenting

LL **New** Access 2013 for Teachers

Access is an amazing program for entering form data, creating forms, running reports and queries, creating tables and so much more. In this hands-on, instructor led class, starting with the basics of Access to add and delete records to your database. Then, learn to create desktop databases and apps for multiple users before diving into importing data from other sources. Build forms to capture information online. Implement pre-designed templates that track project, employee, issue, or task details. Each table template comes with fields, views, relationships, and data-integrity rules, so with the help of Instructor Blount, you can take advantage of all the great features of Access 2013 with a single click. It's easy to combine different table templates into a single app or tweak an existing table by adding or removing fields. Personal laptops required. **CEUs=0.9**

See page 39 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Sanderson HS 6:30-9:30 PM MTW
7/11-7/13 \$125

LL **Designing Multi-Sensory Presentations**

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

See page 39 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

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

LL **New** How to Extreme Coupon at CVS, Walgreens, and Rite Aid

See Finance, page 28.

LL **New** Excel 2013 for Teachers

This course will familiarize you with spreadsheet terminology and the fundamental concepts of Microsoft Excel 2013, including identifying Excel window components, navigating worksheets, and downloading templates. In addition, you will learn the basics of entering and editing text, values, and formulas, and how to save workbooks in the native Excel format, as well as in other formats. You will also learn how to move and copy data and formulas, how to determine absolute and relative references, and how to work with ranges, rows, and columns. Enjoy instruction on using simple functions, and how to easily apply formatting techniques to worksheet data. Create and modify charts, and work with graphics. Then review workbooks for spelling errors, modify page setup, and print worksheets. Student must bring a laptop. **CEUs=0.9**

See page 39 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Sanderson HS 6:30-9:30 PM MTW
5/23-5/25 \$150

TEACHER CEU/PARENTING



Teens

LL **SAT Prep: Turn Your Score Into a Scholarship**

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

See page 39 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Sanderson HS | 6:30-8:30 PM | MW | 5/18-6/1 | \$275

Check out SAT and ACT Prep in Cary!

Visit www.wcpss.net/adult-edu or call Educational Services Center at 609-953-4001 for more information.

TEENS

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.



Millbrook High School

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

Directions from I-440:

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

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

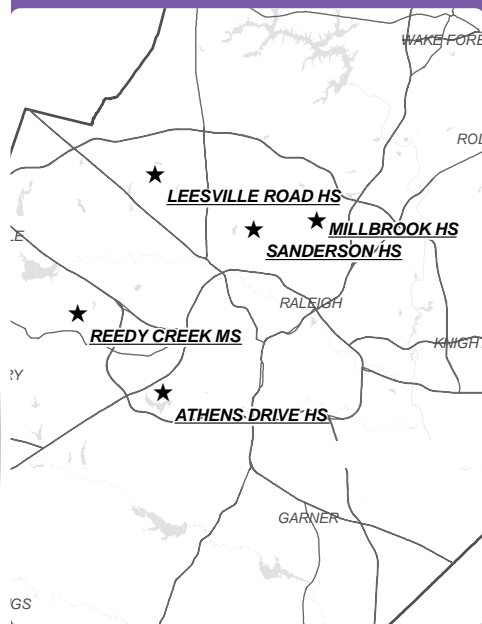


Reedy Creek Middle School

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

Directions from Cary:

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





Sanderson High School

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

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

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



What is Community Schools?

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



Community Schools Staff

Linda Willcox
Director
Community Services

Natasha Moore
Senior Administrator
Lifelong Learning with
Community Schools

Jan Ruede
Lifelong Learning Coordinator
Lifelong Learning with
Community Schools

Jenny McAllister
Community Schools Technician
Lifelong Learning with
Community Schools

FAQS ?



Where is my class?

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

What is the age for attendees?

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

Is childcare provided?

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

Are Teacher Continuing Education Units (CEUs) available?

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



Where do I park?

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

Is smoking allowed on campus?

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

What if my class is canceled? How do I get my refund?

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

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



What about inclement weather?

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

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

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

Can I teach a course through Lifelong Learning?

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

Can I register by 'walk-in' registration?

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

How to Register for Lifelong Learning Courses



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



Online

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



Call

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



Email

- Email lifelonglearning@wcpss.net



Walk-in

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

Important

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

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



How to Register for Lifelong Learning Courses



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



Online

- Go to cregistration.waketech.edu.



Mail

- Mail registration form and payment.**

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

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



In Person

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



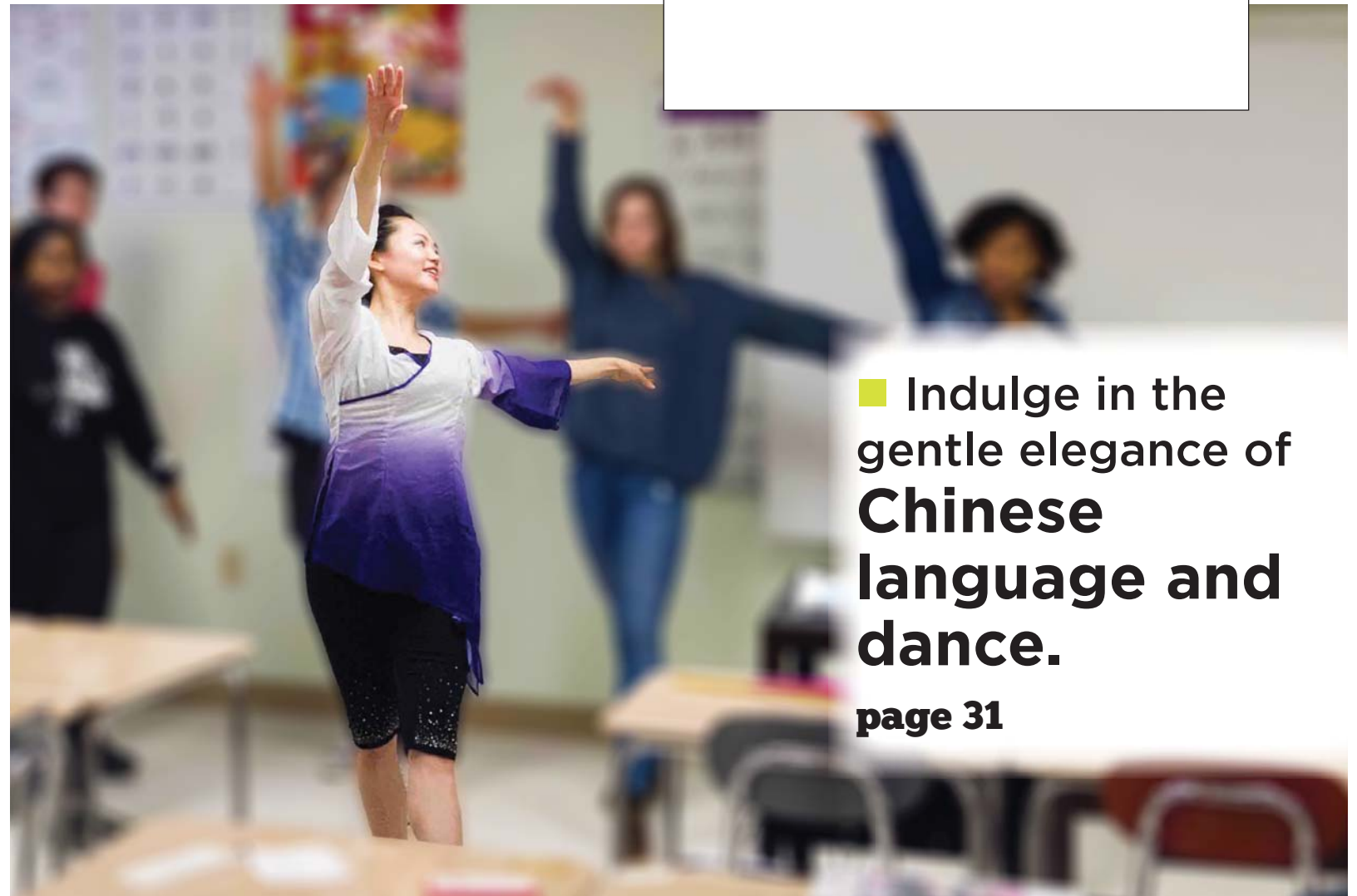
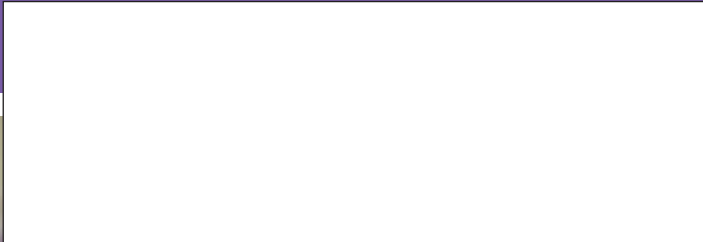
**Credit card and cash payments are accepted only at Health Sciences, Main, Northern Wake, Public Safety Education, and Western Wake campuses when cashier services are available.*



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

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

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■ Reveal your nature through SoulCollage.

page 8

■ Design a website with HTML and CSS.

page 14

■ Become a better caregiver with the sensory system.

page 29

919-694-0559

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