

# Adult Evening EDUCATION

a publication of the Wake County Public School System



● Speak with clarity and confidence  
**in Accent Reduction for Professionals**  
page 15

● Maneuver on the cutting board like a pro in Basic Knife Skills.

page 21

● Build your core muscles through Belly Dance.

page 25

● Earn income while entertaining seniors.

page 41



# 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!



**Turn your cellphone pictures into a family treasure with Pocket Scrapbooking.**

**page 7**



**Prepare a delicious meal and set an elegant table in Holiday Entertaining.**

**page 21**

# Inside the Catalog:

## Popular Demand Classes



Start a lucrative phlebotomy career in weeks. page 10



Now is the best time to become a voice-over artist. page 11



Become familiar with personal computers and Windows. page 20



Jump, land, roll, and condition your body with Parkour. page 26



Audition your child for the elite Triangle Youth String Orchestra. page 50

## Registration Info

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

## Courses

- 5 Arts and Crafts
- 9 Career Skills
- 15 Communications
- 19 Computers
- 21 Cooking
- 24 Dance and Fitness
- 31 Decorating/Gardening
- 33 ESL
- 34 Finance
- 35 Health and Wellness
- 36 Languages
- 41 Personal Enrichment
- 44 Photography
- 45 Sewing
- 47 Teacher CEU/Parent
- 50 Teens

## Features

- 27 Protect Your Voice and Make it Last a Lifetime
- 28 Get in Step with Perfect Timing in Latin Dance
- 30 Explore Color with Classical Painting
- 46 Attend Gardner-Webb Master's Programs
- 49 Enjoy fast-track teacher training through NC State

# Icon Key

LL

## Lifelong Learning

[www.wcpss.net/adult-edu](http://www.wcpss.net/adult-edu)  
Lifelong Learning Program  
Calendar

Season Year Semester:  
Monday-Thursday,  
Aug 17 - Dec 17

Holidays:  
September 7 Labor Day  
November 11 Veterans Day  
November 26 Thanksgiving

**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

Season Year Semester:  
Monday-Thursday,  
Aug 17 - Dec 17

Holidays:  
September 7 Labor Day  
November 11 Veterans Day  
November 25-26 Thanksgiving

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





## Spotlight: Painting with Marcelle

### LL Classical Painting Techniques

Materials \$

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

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

Sanderson HS 6:30-9:30 PM T  
10/13-12/1 \$125

### LL Landscape Painting in Oils

Materials \$

Want to learn oil painting from an instructor with a dedicated following? Marcelle Hooks, well-known and highly sought after oil painting instructor, will help you create a masterpiece. This course is designed for the oil painter who wants to learn composition and six ways to make objects recede and advance. Much emphasis will be placed on color mixing, including mixing a variety of greens to add interest to the painting. Also, using the color wheel, adding sparkle to colors, creating tension between warm and cool colors, creating atmospheric perspective, and much more will be covered. Enjoy numerous demonstrations presented by Marcelle with much individualized guidance for your own work.

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

Sanderson HS 6:30-9:30 PM T  
9/1-10/6 \$110

### LL Small Canvas Knife Painting

Materials \$

Loosen up your style in this fun class where you'll complete two or more canvas paintings. You will learn the basics of knife painting flowers and still life. Paint small accent paintings which make great gifts!

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

Sanderson HS 6:30-9:30 PM T  
12/8-12/15 \$49



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

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



## LL **New Bangle Bracelet Workshop**

Materials \$

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

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

Athens Dr HS	6:30-9:00 PM	W	
	8/26		\$63
Athens Dr HS	6:30-9:00 PM	W	
	9/23		\$63
Athens Dr HS	6:30-9:00 PM	W	
	10/21		\$63
Athens Dr HS	6:30-9:00 PM	M	
	11/30		\$63

## LL **Basic Stringing and Crimping Necklace Workshop**

Materials \$

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

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

Athens Dr HS	6:30-9:00 PM	M	
	8/17		\$63
Athens Dr HS	6:30-9:00 PM	M	
	9/14		\$63
Athens Dr HS	6:30-9:00 PM	M	
	10/12		\$63
Athens Dr HS	6:30-9:00 PM	M	
	11/9		\$63

### What people are saying...

“The class was relaxing, fun, and easy to learn.”

-Jan Patel

#### Simple Loops with Beads Necklace Workshop

## LL **New Caged Beads Bracelet Workshop**

Materials \$

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

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

Athens Dr HS	6:30-9:00 PM	W	
	9/2		\$63
Athens Dr HS	6:30-9:00 PM	W	
	9/30		\$63
Athens Dr HS	6:30-9:00 PM	W	
	10/28		\$63
Athens Dr HS	6:30-9:00 PM	M	
	12/7		\$63

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

Materials \$

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

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

Athens Dr HS	6:30-9:00 PM	M	
	8/24		\$63
Athens Dr HS	6:30-9:00 PM	M	
	9/21		\$63
Athens Dr HS	6:30-9:00 PM	M	
	10/19		\$63
Athens Dr HS	6:30-9:00 PM	W	
	11/18		\$63

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

Materials \$

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

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

Athens Dr HS	6:30-9:00 PM	M
	8/31	\$63
Athens Dr HS	6:30-9:00 PM	M
	9/28	\$63
Athens Dr HS	6:30-9:00 PM	M
	10/26	\$63
Athens Dr HS	6:30-9:00 PM	W
	12/2	\$63

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

Materials \$

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

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

Athens Dr HS	6:30-9:00 PM	W
	8/19	\$63
Athens Dr HS	6:30-9:00 PM	W
	9/16	\$63
Athens Dr HS	6:30-9:00 PM	W
	10/14	\$63
Athens Dr HS	6:30-9:00 PM	M
	11/16	\$63



**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.

See page 55 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Sanderson HS	6:30-8:30 PM	Th
	9/24-10/29	\$125



**LL New Pocket Scrapbooking**

Materials \$

This is your opportunity to pull your pictures off your phone and out of your boxes to create a scrapbook that you and your family will treasure. Pocket Scrapbooking was developed to help people create scrapbook pages easily, quickly and with a minimum amount of effort. Clear page protectors are divided into pockets creating a grid design. Pictures, journals, and embellishments are slipped into the pockets, creating a page quickly. In this class, you will learn design principles and techniques. You will explore your own creative style and expand your skills. No prior scrapbooking experience is needed. Bring adhesive and scissors. Contact instructor for instructions about the size of photos for your scrapbook.

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

Athens Dr HS	6:30-9:00 PM	T
	10/6-10/27	\$75



**The human eye can distinguish more variations of green than any other color.**



### WT Expressions in Oils

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 145137	6:30-9:30 PM 8/25-10/13	T \$90
------------------------	----------------------------	-----------

#### What people are saying...

“Individual attention guarantees success to even the most neophyte beginner.”

-Gene Molnar  
Essentials in Oils



### WT Card Making

Materials \$

Learn how to make beautiful cards for holidays and other special occasions! Watch instructor demonstrations and then create your own cards with various themes. No previous knowledge of paper crafting is required.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145348	6:30-9:30 PM 10/7-10/28	W \$90
------------------------	----------------------------	-----------

### WT Fundamentals of Drawing

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145139	6:30-9:30 PM 8/27-10/15	Th \$95
------------------------	----------------------------	------------

### WT Jewelry Making

Materials \$

Learn to create earrings, necklaces, and bracelets that make a statement through the art of beaded and wired jewelry making. This course covers the basic jewelry-making techniques of cutting, straightening, bending, looping, and dangling. You'll learn how to connect jewelry components, make a figure 8 connector, and create more complex wire components on a WigJag. Create unique, wearable pieces for your own use, gifts, or sales. Supply lists will be given at the first class.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145338	6:30-9:30 PM 9/14-11/2	M \$90
------------------------	---------------------------	-----------





# Career Skills

## Prep for 4 medical careers



Certified Nursing Assistant Career  
Medical Billing and Coding Career

Medical Assistant Career  
Phlebotomy Career

### Certified Nursing Assistant Career



#### LL Certified Nursing Assistant Level I

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

**Scholarships available! GI Bills accepted. Call for details.**

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

Sanderson HS | 6:30-9:30 PM | MTW | 9/30-11/4 | \$675

### Medical Assistant Career



#### LL **New** Medical Assistant Program

Materials \$

This certificate program provides clinical medical assisting students with the knowledge and skills needed to perform clinical procedures in various medical office settings. Medical assistants perform routine clinical tasks to keep the offices of physicians, podiatrists, chiropractors, optometrists, and many other specialists running smoothly. Clinical duties may include taking medical histories and recording vital signs, explaining treatment procedures to patients, preparing patients for examination, assisting the physician during the examination, assisting with minor surgery, drawing blood, collecting and preparing laboratory specimens, performing basic laboratory tests, instructing patients about medications and special diets, preparing and administering medications, authorizing drug refills as directed by a physician, preparing patients for X-rays, taking electrocardiograms, and maintaining clinical equipment in an ambulatory care setting. Exam administered after conclusion of the course. Scholarships and payment plans available to those who qualify. Call for details.

**Scholarships available! GI Bills accepted. Call for details.**

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

Sanderson HS | 6:30-9:30 PM | MW | 8/24-12/16 | \$2,750

## Medical Billing and Coding Career



### LL Medical Billing I & II

Get your start in a thriving career path. Enjoy learning from a knowledgeable instructor while gaining the knowledge you need in this two-part series. The first part will cover the five modules of medical billing, HIPAA compliance, insurance/commercial billing, customer service, and collection. Walk away understanding insurance verification, claim submission, commercial insurance, Medicare, and Medicaid. Part two will cover claim follow-up, refunds, and collection. A certificate of completion will be provided at the culmination of class. Register online for this class and pay by credit or debit card on the first night.

**Checks and money orders cannot be accepted.**

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

Millbrook HS | 6:30-9:00 PM | TTh | 9/1-10/6 | \$230

Millbrook HS | 6:30-9:00 PM | TTh | 11/5-12/17 | \$230



### LL **New** Medical Coding

Materials \$

This course provides an overview of the ICD-10 for both diagnosis and procedure coding. It covers the transition from ICD-9 to ICD-10 and reviews the changes and updates. It includes the new codes, the structure, and nature of the characters. You will also learn how to use the appropriate reference manuals and guides to create diagnosis codes from the ICD-1-CM and procedure codes from the ICD-10-PCS. Scholarships and payment plans available to those who qualify. Call for details.

**Scholarships available! GI Bills accepted. Call for details.**

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

Sanderson HS | 6:30-9:30 PM | TTh | 10/13-11/19 | \$1,695

## Phlebotomy Career



### LL Phlebotomy

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

See page 55 to register online, by phone, or mail; call the Provider, Heart Health Safety Techniques, LLC dba Shades Of Purple, at 919-926-9255 for more information.

Millbrook HS | 6:30-8:30 PM | TTh | 9/1-9/24 | \$450

# Spotlight: Voice-overs with Guy

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

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

See page 55 to register online, by phone, or mail; call the Provider, Such A Voice, at 802-825-5096 for more information.

Athens Dr HS	7:00-9:00 PM	T
	11/3	\$35



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

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

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

## LL New CE Licensing for Estheticians: Holistic Approach to Skin Care

Licensed estheticians will build their knowledge of skincare and wellness to sustain clients and provide services with maximum results. Estheticians will learn what it means to have a holistic skincare practice and what services to provide clients in relation to the holistic skincare approach. Taking the holistic approach to skincare promotes well-being to the whole person rather than just the skin. Additional information covered includes environmental awareness and nutrition and how it affects skincare. Feel more confident and attract more clients in this comprehensive professional development training. 8.0 CE hours awarded, with 3.0 completed in class.

See page 55 to register online, by phone, or mail; call the Provider, Tassie Small at 919-561-7700 for more information.

Athens Dr HS	6:30-9:30 PM	T
	8/18	\$78
Sanderson HS	6:30-9:30 PM	M
	9/14	\$78

**LL New Hospitality Manager Training ManageFirst**

This course is nationally accredited, certifying students to work in any food facility nationwide. The course exam certification fee is covered in the registration cost of the course. Payment plans available. Call the provider for details.

See page 55 to register online, by phone, or mail; call the Provider, Food Safety Solutions at 443-739-1635 for more information.

Millbrook HS 6:30-9:30 PM T  
10/6-11/10 \$700



**LL New Recruiting and Retaining Volunteers**

Volunteering is such an incredible experience. It can help participants find friends, feel connected to the community, acquire new skills, and even advance a career. So why do organizations struggle with volunteer numbers that wax and wane? Learn how to find and keep volunteers for your organization from experienced volunteer coordinator, Brandi Brown. Topics will include identifying potential volunteers, marketing volunteer opportunities, and showing volunteer appreciation.

See page 55 to register online, by phone, or mail; call the Provider, Brandi Brown at 919-279-0669 for more information.

Sanderson HS 6:30-9:00 PM W  
9/9 \$35  
Athens Dr HS 6:30-9:00 PM Th  
9/24 \$35



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

**LL New Wedding and Event Planning 101**

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

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

Millbrook HS 6:30-9:00 PM M  
9/14-10/19 \$125

**What people are saying...**

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

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

## WT **New Career and Personal Development: Projecting Your Image**

Materials \$

Project your best self and land the job you want or the promotion you deserve. Your professional image is the perception you create through your workplace behavior and ethics. Create a strong professional image with proper attire, appropriate body language and a positive attitude. You will be able to practice these skills in class and then use them in a professional setting.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS	6:30-9:30 PM	Th
145334	9/3-10/15	\$95



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

Materials \$

In this course, students and professionals interested in a law degree will learn what to expect in law school and how to plan for a successful career. The course covers how to choose the right law school and the skills required for success, as well as entrance exams, legal writing and research, clerking, internships, and law review.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
145251	9/1-11/3	\$150



## WT **New Leadership Skills for Aspiring Managers**

Materials \$

This course is for those in supervisory positions; it focuses on the skills necessary for leading teams and managing people. Students will learn how to position themselves for career advancement by demonstrating leadership in a variety of settings.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS	6:30-9:30 PM	Th
145335	9/3-9/24	\$95

## WT **Start Your Own Wedding Consultant Business**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	W
145904	9/16-11/4	\$95



## LL **ASVAB Exam Math Prep**

See Teens, page 50.

## LL **Basic Grant Writing 101**

See Communications, page 15.

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

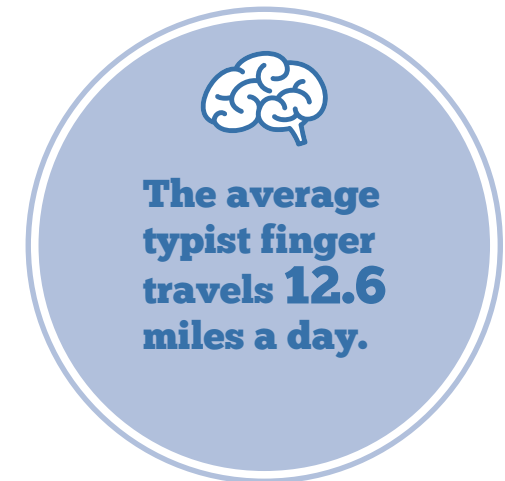
See Decorating/Gardening, page 31.


## LL **New Servsafe Food Manager Certification**

See Cooking, page 22.

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

See Communications, page 15.





**Have a service,  
product, skill  
or talent?**

## Become a Provider

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

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

- Simple Home Repairs
- Bee Keeping
- Japanese Cooking
- Soap Making
- Graceful Aging
- Bridge/Poker/Rummy

## Qualifications

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

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



## Spotlight: Standup Comedy with Mick



### LL So You Want to Do Standup Comedy?

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

See page 55 to register online, by phone, or mail; call the Provider, Mick McKenna All Clean Comedy at 919-539-8725 for more information.

Sanderson HS 6:30-8:15 PM M  
9/14-10/23 \$124



### What people are saying...

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

-Nathan Gyori

### So You Want to Do Standup Comedy?

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

### LL **New** Accent Reduction for Professionals

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

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

Reedy Crk MS 6:30-8:30 PM T  
8/18-9/29 \$85  
Reedy Crk MS 6:30-8:30 PM T  
10/13-11/17 \$85

### LL Basic Grant Writing 101

Grant writing is essential for preparing effective grant proposals, and this course is about acquiring a skill that involves quite a bit of writing. If you have never written grant proposals before, this course will help you get over the initial panic of not knowing where to start. It will serve as your step-by-step guide and reference in developing your first proposal and many others to come. **CEU=0.2**

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

Millbrook HS 6:30-8:30 PM W  
8/19 \$49  
Athens Dr HS 6:30-8:30 PM T  
9/15 \$49

## LL **New** Bibliotherapy as a Self-help Tool

Using the texts of *Because of Winn Dixie*, *Smashed*, and *The Glass Castle*, explore bibliotherapy through reading select passages and journal writing.

See page 55 to register online, by phone, or mail; call the Provider, Lois Cavanagh-Daley at 919-518-6286 for more information.

Millbrook HS 6:30-9:30 PM T  
8/17 \$36

## LL **New** Journal Writing for Resiliency and Guidance

Use journal writing to increase your resiliency and guidance in problem solving. Use intuition and patterns derived through your journal writing observations.

See page 55 to register online, by phone, or mail; call the Provider, Lois Cavanagh-Daley at 919-518-6286 for more information.

Millbrook HS 6:30-9:30 PM T  
10/20 \$36

## LL **New** Keeping Your Voice Healthy and Young

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

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

Millbrook HS 6:30-9:00 PM Th  
9/3-9/10 \$65

Sanderson HS 6:30-9:00 PM T  
10/13-10/20 \$65

## LL **Memoir Writing**

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

See page 55 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS 6:30-8:30 PM T  
9/15-10/6 \$85

## LL **New** Poetry Writing for Everyone

Enjoy exercises and writing prompts to encourage everyone to give poetry writing a try. Poetry is the language of the heart, mind, and soul. It is accessible to everyone!

See page 55 to register online, by phone, or mail; call the Provider, Lois Cavanagh-Daley, at 919-518-6286 for more information.

Millbrook HS 6:30-9:30 PM T  
9/15 \$36



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

See Career Skills, page 11.

## LL **Writing to Heal**

Instructor Natalie Hill used therapeutic writing to help her overcome a cancer diagnosis. You, too, can use writing to release stress, pent-up emotions, and to confront fears about illnesses. Therapeutic writing dissolves buried pain to heal the body, build the immune system, and invigorate mental stimulation. Through writing, you can have epiphanies about the choices you've made and how they have impacted where you are today. Be free of the emotional and physical scars that are masking your inner beauty. Create a positive outlook to overcome any challenge you face.

See page 55 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS 6:30-8:30 PM Th  
10/15 \$55

## LL **Your Voice is Your Treasure**

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

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

Millbrook HS 6:30-9:30 PM T  
9/15-9/29 \$85

Sanderson HS 6:30-9:30 PM Th  
11/5-11/19 \$85





**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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 145674	6:30-9:30 PM 8/19-9/30	W \$95
Millbrook HS 145670	6:30-9:30 PM 8/20-10/1	Th \$95

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

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 145676	6:30-9:30 PM 10/14-12/9	W \$95
Millbrook HS 145671	6:30-9:30 PM 10/22-12/10	Th \$95

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

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 145916	6:30-9:30 PM 9/10-10/29	Th \$95
Millbrook HS 145915	6:30-9:30 PM 10/13-12/18	T \$95

**WT Confidence in Public  
Speaking**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145703	6:30-9:30 PM 10/6-11/10	T \$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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 145706	6:30-9:30 PM 10/15-11/19	Th \$95
------------------------	-----------------------------	------------

**WT How to Design and  
Promote a Speech that  
Pays!**

Have you ever heard a speaker who made you think "I want to be like that"? Are you interested in becoming a public speaker, or are you a speaker now who is struggling to earn income? You can inspire and educate others, regardless of your abilities, but you can also learn how to speak publicly in a way that has a positive impact AND creates income in the process! With appropriate guidance, your speaking abilities can evolve into a significant income stream. This course will show you how to get started and all the steps involved in designing of a speech that pays!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS 145707	6:30-9:00 PM 9/14-10/26	M \$95
------------------------	----------------------------	-----------

**WT Introduction to Grant  
Writing**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 145690	6:30-9:30 PM 10/27-12/15	T \$95
------------------------	-----------------------------	-----------

**WT Introduction to Screenwriting**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM W  
145687 9/9-11/18 \$95

**WT Reading the Bible for All It's Worth**

Would you like to improve your understanding of the Bible? Become a better Bible reader by learning how to incorporate the Bible's literary, historical, and cultural context into your reading of the old and new testaments. Experience the Bible through its laws, poetry, and prophecies.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 6:30-9:30 PM T  
145343 9/15-11/3 \$90

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

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM T  
145691 9/15-11/17 \$95

**WT Technical Writing Skills**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM Th  
145682 9/24-11/12 \$95



**WT The Business of Writing for Children**

During this eight-week course, students will develop and begin writing a manuscript for a children's book. They will also learn about the components of a submission packet, which they can use as a blueprint for submitting a manuscript to an actual publisher. Class discussion will focus on the business of writing for children, including how to identify publishers, how to write a query and synopsis, and how to market the product.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM T  
145694 9/1-10/20 \$95

**WT Write Right!**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM TTh  
145693 10/6-10/29 \$95

Athens Dr HS 6:30-9:30 PM TTh  
145696 11/3-12/3 \$95



**Most self-published authors earn \$10,000 per year with limitless earning potential.**



# Computers

## LL Digital Photos and Your Computer

Materials \$

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

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

Athens Dr HS	6:30-9:30 PM	T
	9/22-10/6	\$85
Millbrook HS	6:30-9:30 PM	W
	12/2-12/16	\$85

## LL Facets of Facebook

Materials \$

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

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

Millbrook HS	6:30-9:30 PM	Th
	10/8	\$40
Athens Dr HS	6:30-9:30 PM	M
	12/14	\$40

## LL Internet Resources for Teachers

Materials \$

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

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

Athens Dr HS	6:30-9:30 PM	M
	8/17-10/5	\$130
Millbrook HS	6:30-9:30 PM	TTh
	11/17-12/10	\$130

## LL Excel Introduction for Teachers

Materials \$

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

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

Millbrook HS	7:00-9:30 PM	W
	8/19-9/9	\$85
Athens Dr HS	6:45-9:15 PM	T
	10/20-11/10	\$85

## LL Fundamentals of Windows 8.1

Materials \$

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

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

Athens Dr HS	6:30-9:30 PM	T
	9/15	\$50
Millbrook HS	6:30-9:30 PM	W
	11/18	\$50



**People blink 20 times a minute on average, but only 7 times a minute when looking at a computer.**

## LL Personal Computer & Windows Introduction

Materials \$

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

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

Athens Dr HS	6:45-9:15 PM	TTh
	8/18-8/27	\$85
Millbrook HS	7:00-9:30 PM	M
	10/19-11/9	\$85

## LL PowerPoint Introduction

Materials \$

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

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

Millbrook HS	7:00-9:30 PM	W
	9/16-10/7	\$85
Athens Dr HS	6:45-9:15 PM	Th
	10/22-11/12	\$85

## LL Simple Web Page Design

Materials \$

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

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

Millbrook HS	6:30-9:30 PM	Th
	9/17-10/1	\$85
Athens Dr HS	6:30-9:30 PM	W
	10/21-11/4	\$85

## LL Word for Windows Intro

Materials \$

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

**CEU=1.0**

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

Athens Dr HS	6:45-9:15 PM	TTh
	9/1-9/10	\$85
Millbrook HS	7:00-9:30 PM	M
	11/16-12/7	\$85



## 5 culinary courses with Chef Cherisse



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

Sanderson HS | 6:30-9:30 PM  
Th | 9/24 | \$39

### What people are saying...

“I am much more confident with my knife skills and basic cooking etiquette.”

-Kelly Stanley  
Knife Skills

### LL Holiday Entertaining: Cocktail Party

New

Prepare a delicious menu to delight family and friends. Plus learn the secrets to preparing an elegant, fun, festive table for your next event, big or small! Menu: crispy spiced chickpeas, prosciutto and glazed fig flatbread with arugula and citrus ricotta, herbed beef on brioche, winter crudités with artichoke pesto, latkes with smoked salmon, croque-mousses, and non-alcoholic pomegranate mojito.



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

Sanderson HS | 6:30-9:30 PM  
Th | 10/1 | \$65

### WT A Cook's Tour of European Cooking

Materials \$

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



Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS | 6:30-9:30 PM  
145954 | T | 8/25-10/13 | \$90

Sanderson HS | 6:30-9:30 PM  
145960 | Th | 10/15-12/10 | \$90

### WT Bake Shop Fun

Materials \$

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



Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS | 6:30-9:30 PM  
145957 | W | 10/14-12/9 | \$90

### WT Cooking With Au Pairs

Materials \$

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



Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS | 6:30-9:30 PM  
145963 | W | 9/2-10/7 | \$90



LL

### **New Beginning Baking**

Materials \$

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

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

Leesville HS	6:30-8:45 PM	M
	9/28-10/5	\$75

LL

### **New Beginning Cooking**

Materials \$

Learn basic cooking techniques to include frying, sautéing, steaming and more from highly respected, passionate, and energetic Chef Michelle. Also you'll become acquainted with cooking terms and basic knife skills. Menu: succulent pan seared chicken, steamed green beans with hollandaise sauce, flavored smashed potatoes, and a decadent easy chocolate mousse. Students share food cost.

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

Leesville HS	6:30-8:30 PM	M
	9/21	\$40



## 2 nationally accredited courses, certifying students to work in any food facility nationwide.

LL

### **New Hospitality Manager Training ManageFirst**

This course is nationally accredited, certifying students to work in any food facility nationwide. The course exam certification fee is covered in the registration cost of the course. Payment plans available. Call the provider for details.

See page 55 to register online, by phone, or mail; call the Provider, Food Safety Solutions at 443-739-1635 for more information.

Millbrook HS	6:30-9:30 PM	T
	10/6-11/10	\$700

LL

### **New Servsafe Food Manager Certification**

Enjoy this preparatory course for food service certification. Gain an introduction to basic food safety including time and temperature control, FDA regulations, cross contamination, personal hygiene, and sanitation. This is a nationally accredited course, certifying the student to work in any food facility nationwide. The exam certification fee is included in the cost of the course.

See page 55 to register online, by phone, or mail; call the Provider, Food Safety Solutions at 443-739-1635 for more information.

Millbrook HS	6:30-9:30 PM	M
	9/14-9/28	\$175

## LL Russian Cuisine

Materials \$

Learn how to cook the most popular dishes of Russian cuisine through instructor demonstrations and active participation. Prepare three to four flavorful recipes per class that include chicken, fish, pork, eggs, vegetables, fruit, milk, and sour cream. Savor favorites like Vareniki with potatoes, crepes with cream cheese and mushrooms, salmon salad, warm apple cake, chicken Kiev, chocolate 'drunk cherry' cake and so much more. Students share food costs.

See page 55 to register online, by phone, or mail; call the Provider, Nataliya Rice, at 919-605-4903 for more information.

Athens Dr HS 6:30-9:30 PM M  
9/28-11/16 \$100

## WT Cooking Fundamentals

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM M  
145955 8/24-10/19 \$90

## WT Cooking With Fall's Harvest

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM T  
145951 9/1-10/6 \$90

## WT New Desserts for Beginners

Materials \$

This course will cover the basic concepts, terminology, and techniques of making desserts! Learn about sweet dough, batters, frostings, fillings, and baking techniques. You'll discuss each week's recipe in advance as well as how to adapt recipes.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM T  
145961 10/13-12/15 \$90

## WT Hurry for Curry: Basic Indian Cooking

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM M  
145956 9/14-11/2 \$90

## WT New North Carolina Cookbook

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM W  
146045 9/16-10/28 \$100

## WT New The Food and Flavors of Greece

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM M  
145953 11/2-12/14 \$90



The word **dinner** used to mean **breakfast**. It derives from **disnar** which means **breakfast in French**.



## Spotlight: Dancing with Franca

### LL Beginner Latin Dance

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

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

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

### LL Beginner Latin Dance II

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

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

Athens Dr HS	7:00-8:30 PM	M
	10/19-12/7	\$105

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



### LL New Beginner Rhythm Ballroom I and II

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

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

Athens Dr HS	6:30-8:00 PM	T
	10/20-12/15	\$130

### LL New Beginner Smooth Ballroom I and II NEW!

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

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

Athens Dr HS	6:30-8:00 PM	T
	8/18-10/13	\$130



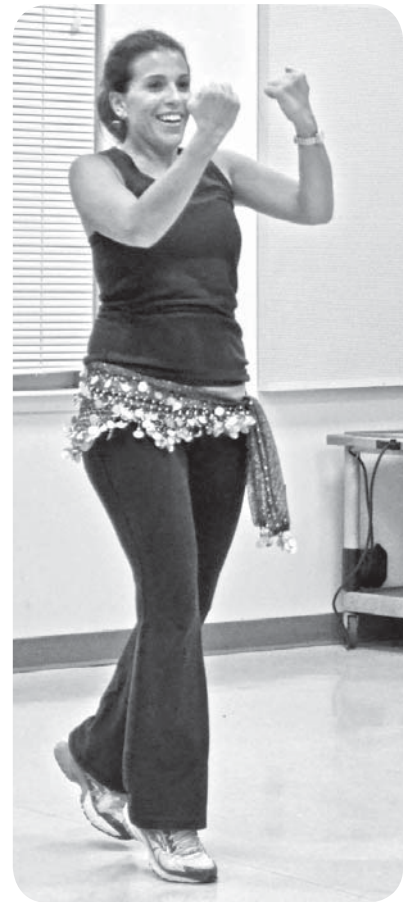
# Spotlight: Dance Bootcamp with Tassie

## LL **New** Be Fit Line Dance Bootcamp

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

See page 55 to register online, by phone, or mail; call the Provider, Tassie Small, at 919-561-7700 for more information.

Sanderson HS	6:30-7:30 PM	T
	9/1-10/6	\$55
Athens Dr HS	6:30-7:30 PM	W
	9/2-10/7	\$55



## LL **New** Belly Dance Fitness

Learn the basic movements and positions for belly dance. Build your core muscles through learning basic isolations and layering performed through belly dance. Enjoy an overview of the origins and some of the history of belly dance as well as the many styles of belly dance. Practice these movements with traditional and non-traditional belly dance music throughout the world.

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

Sanderson HS	6:30-8:00 PM	Th
	8/20-12/17	\$37



**Tassie Small** is a dynamic fitness expert and 10-year licensed holistic esthetician and wellness specialist. She concentrates on health: mind, body, and soul. Tassie helps everyday people get their bodies moving, exploring all genres of music. She also specializes in healing skin issues to include eczema, psoriasis, acne, basic skin care, body detoxification, wellness, and holistic life changes. Creator and formulator of a product line called Tacia Essentials, an organic skin and hair care line, she customizes formulations for individual needs. Tassie most enjoys helping people discover what they personally need for wellness and good health!



## LL **New** Parkour: Level 1

Have fun, get fit, and safely learn the basics of parkour including jumping, landing, rolling, vaulting, and conditioning. You will learn to see the environment around you in new and creative ways and reconnect with your inner child. What is parkour? Parkour is a physical discipline and training method for overcoming and adapting your movement to obstacles in your environment. It promotes self-confidence, physical strength and balance, creativity, self-improvement, and play in human life. Connect with American Parkour Certified Instructor, Sean Endres, in this class sure to bring out the adventurer in you.

See page 55 to register online, by phone, or mail; call the Provider, 142 and counting, at 919-914-4098 for more information.

Sanderson HS	7:00-8:00 PM	Th
	9/10-10/22	\$143

## WT **New** Country Two-Step

This dance is a fast, traveling dance for two people, similar to ballroom dancing. The steps are not unlike walking steps—so if you can walk, you can two-step! This is a gender neutral class. Leaders and followers can be male or female.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-8:50 PM	T
146030	10/13-11/17	\$70



## WT **New** Swing Dance

Swing dancing is an American social dance originating in the jazz era of the 1920s-1950s. It is the most versatile of social dances and is seen everywhere, from weddings to street festivals. Learn to do the dance that never goes out of style! This is a gender neutral class. Leaders and followers can be male or female.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-7:30 PM	T
146027	10/13-11/17	\$70

## LL **New** Modern Dance

Calling all dance newbies and experts! Enjoy modern dance with instructor Carlene Hill. Dance styles covered include jazz, tap, ballet, Hip Hop, and line dance. The class will begin with a workout to warm you up and will be followed by a mini focus on the various styles. You'll have the opportunity to tailor the outline of the evening to the dance style you want to study. Increase your energy, strengthen your core, get more cardio, and feel more confident. Materials: Students will need appropriate shoes for tap dance.

See page 55 to register online, by phone, or mail; call the Provider, 8counts2dance, at 919-917-2885 for more information.

Athens Dr HS	8:00-9:30 PM	Th
	8/20-9/10	\$75
Athens Dr HS	8:00-9:30 PM	Th
	9/17-10/8	\$75
Athens Dr HS	8:00-9:30 PM	Th
	10/15-11/5	\$75
Athens Dr HS	8:00-9:30 PM	Th
	11/12-12/10	\$75



**Listening to music while working out boosts performance by 15%.**

# Protect Your Voice and Make it Last a Lifetime



Your voice goes through two major changes in life: early childhood and adolescence. Thereafter, your voice can be powerfully affected by vocal strain in a profession like public speaking or teaching. Then, as you mature into the elder years, your voice quality is lost resulting in more unwanted changes.

## Here are examples of vocal strain and aging:

- 1 Men may experience a higher pitched voice.
- 2 Women will find their voice pitch lowers.
- 3 Many struggle with thinning tone of the voice.
- 4 Many experience lowered abilities to talk for extended periods without coughing or needing vocal rest.
- 5 Elder voices grow more difficult to hear in noisy situations.
- 6 Elder voices may shake or tremor.

While these challenges are often inevitable, your voice doesn't have to deteriorate with over use or age.

## Here are a few tips to help the voice:

- Don't smoke.
- Drink lots of water.
- Treat coughs right away.
- Swallow carefully.
- Practice good posture.
- Avoid screaming or straining.
- Sip warm water, tea, or juice throughout the day.
- Avoid sun damage as this can also impact the voice.
- Give the voice rest throughout the day by not talking.
- Avoid repetitive throat clearing.

If you don't want to suffer inevitable vocal strain from over use or natural aging of the voice, you need to register for speech pathologist, Deborah McMillan's, voice classes.

The quality of your voice can be maintained in pitch, quality, strength, and endurance. Register now and make your voice last a lifetime!

**Turn to page 16 to view the course details.**



## Get in Step with Perfect Timing in Latin Dance



Salsa • Bachata • Cha Cha • Merengue

### Salsa



- Salsa derived in Cuba in the 19th century and is a blend of several dance styles.



- It is so popular throughout the Americas that seven derivatives have been created from the original style.



- It expresses with congas, bongos, bass, piano, percussion, and trumpet.

### Bachata



- Bachata is from the Dominican Republic and means party!



- It is popular in the Americas and Mediterranean Europe.



- Bachata is stylized with guitar, bongos, and maracas.

# Cha Cha



• Cha Cha is a variation of Mambo and Swing with roots in West Indian ritual dances.



• It is noted as one of the most popular pop culture dances of the last 50 years!



• It involves maracas, cowbell, and congas.

# Merengue



• Merengue comes from the Dominican Republic acknowledging the triumph of African slaves brought to the country to work in sugar beet fields. With ankles chained to each other, they would drag their feet when they walked. This is the essence of Merengue.



• It is beloved throughout Latin America and the United States.



• This dance uses tambora drum, maracas, accordion, and saxophone.

## The benefits of Dance



- Strengthen your bones and muscles.
- Tone your body.
- Improve your posture and balance.
- Increase your stamina and flexibility.
- Reduce stress and tension.
- Build confidence and make connections.
- Ward off illnesses.

Turn to page 24 to view the course details.

## Explore color

Plato discovered that 2 colors mixed together can produce a third color.

Color can be used to help the body heal. Yellow helps with clarity, energy, and concentration.

The color purple used to be a royal color because of its great expense. 4 million mollusk shells produced 1 lb of purple.

Color saturation can be lightened with white and darkened with black.

Paint for manuscripts was made of semiprecious stones and egg yolks in the middle ages.

Cyan is a naturally occurring color.

Opaque color can be darkened by mixing in black.

Take your painting skills to **new heights** with Classical Painting.

Turn to page 5 to view more details.



# Decorating and Gardening

## LL Create a Farm in Your Backyard



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

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

Sanderson HS | 7:00-9:00 PM | M | 10/5-10/26 | \$100

## LL Floral Design: Centerpieces for Holidays and Special Occasions

Materials \$



Make festive floral designs to decorate a room or add a special touch to a gathering. Fill a pumpkin or a cornucopia with flowers to display on a dining table or buffet. Make a table centerpiece with evergreens, candles, and vines. Add height to an arrangement by stacking containers. Learn how to design several types of centerpieces using seasonal flowers and accessories. Projects include centerpieces with your choice of flowers and vegetables, vegetable or decorative containers, vine accents, and candles. Designs include table swags and tiered centerpieces. Students provide tools and materials (can use fresh or artificial flowers) and will receive a supply list before the first class.

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

Reedy Crk MS | 6:30-8:30 PM | Th | 10/29-11/19 | \$85

## WT Basic Floral Design

Materials \$



Discover the basic floral design techniques of form, balance, color, and style. Learn wiring and taping, bow making, and how to create various centerpieces and other designs using silk and fresh flowers. Students provide their own tools and supplies; costs vary based on materials. Supplies are not required for the first night of class. The instructor will provide a list of items needed for subsequent classes.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145337 | Reedy Crk MS | 6:30-9:30 PM | Th | 9/10-10/15 | \$95

## WT Fall Into Planting, Potting, and Pruning



Discover the many opportunities to continue gardening into the fall. Learn about plants and bulbs that can be planted in a garden or container; find out when and how to prune trees and shrubs. Plan now for a beautiful winter garden inside and out!

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145333 | Millbrook HS | 6:30-9:30 PM | T | 9/1-10/6 | \$90



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

## WT Interior Design



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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145347 | Sanderson HS | 6:30-9:30 PM | T | 9/29-11/17 | \$90

## WT Staging Your Home for Sale



Homeowners and real estate agents: Sell faster—and for a higher price! You'll see how basic design principles can help you present your home (or your client's home) in the best light for potential buyers. Decluttering and other staging techniques can greatly improve your chances for a sale.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145349 | Millbrook HS | 6:30-9:30 PM | Th | 10/8-11/19 | \$90





## Learn English

A good knowledge of English grammar and conversation is essential to communicate effectively. After a short review of the main structures of English grammar, you will focus on increasingly complex language patterns. Throughout the course, you will extensively practice correct grammatical forms in both spoken and written activities. (Materials Included)

### LL **New Beginner English (Low)**

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

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/17-8/27 \$125

### LL **New Intermediate English (High)**

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

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/17-8/27 \$125

### LL **New Beginner English (High)** Pre-Req

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

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/17-8/27 \$125

### LL **New Advanced English** Pre-Req

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

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/17-8/27 \$125

### LL **New Intermediate English (Low)**

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

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/17-8/27 \$125

**There is no charge for most ESL classes.**

Call Wake Tech at 919-334-1501 for more information. or visit [esl.waketech.edu](http://esl.waketech.edu).

### WT **ESL**

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

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

Athens Dr HS 6:30-9:30 PM MTWTh  
9/1-12/10 \$0

Millbrook HS 6:30-9:30 PM MTWTh  
9/1-12/3 \$0

Reedy Crk MS 6:30-9:30 PM MTWTh  
8/24-12/3 \$0

**Class of interest**

### LL **New Accent Reduction for Professionals**

See Communications, page 15.





## Spotlight: Aromatherapy with Kristen

### LL **New Aromatherapy 101**

Use essential oils for natural healing and psychological wellbeing. Discuss basic chemistry, history, and practical everyday uses of essential oils. You'll enjoy discovering safety with regard to use, green cleaning, and recipes and blending techniques for healing. Through the guidance of longtime certified aromatherapist and energy practitioner, Kristen Peters, learn easy and natural ways to use oils as a complementary medicine. This is an excellent class for those in the healthcare industry, parents who want to help a child, and anyone else longing to discover natural healing techniques.

See page 55 to register online, by phone, or mail; call the Provider, Kristen Peters Holistic Health, at 919-368-0045 for more information.

Millbrook HS 6:30-7:30 PM M  
9/28-11/16 \$240

**Kristen Peters** is a Certified Aromatherapist practicing in the Raleigh area. She holds a degree in Biochemistry from NCSU and received her certifications in Holistic Health and Aromatherapy from The American College of Healthcare Sciences. Kristen spent over 11 years working for one of the leading pharmaceutical companies as a Senior Scientist until she left to pursue her true passion and to spread the word of the powerful healing properties of plants.

Kristen is a Reiki Master and has her own line of aromatherapy products featured at local businesses and online [www.KristenPeters.net](http://www.KristenPeters.net). You can find Kristen at Dancing Moon Books.



### LL **Essential Oils**

Join Angie Ceroli to discover the everyday uses of essential oils. Oils contain remarkable health benefits to keep you well or help you heal quickly. Clear up acne, reduce stress, eliminate indigestion, fight illness, relieve allergy symptoms, and more. Experience the oils and enjoy light snacks in this hands-on class.

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

Athens Dr HS 6:30-7:15 PM T  
9/15 \$20

### LL **New Mind-Body Nutrition**

In this series of classes, nutrition and whole body wellness will be discussed based on current research and science. Topics to include: Healthy Detox; Food as Medicine; Stress and Nutrition; Hot Topics in Nutrition. Come with a friend or family member and get healthy together! Minimum enrollment of 5 is needed for the class to be held.

See page 55 to register online, by phone, or mail; call the Provider, Andrea Groon, at 919-787-8019 for more information.

Sanderson HS 6:30-7:30 PM Th  
10/8-10/29 \$125

### LL **New Weight Control through Mindful Eating**

Delight in a non-diet approach to weight control and healthy dietary habits. Learn how to eat mindfully, avoid overeating, tackle cravings, and stop feeling guilty about food choices. Andrea Groon, a certified nutrition coach, will incorporate mindful techniques and other specialized tools to help you get off the weight control hamster wheel and on to leading a more fulfilling life in the body you've always dreamed of.

See page 55 to register online, by phone, or mail; call the Provider, Andrea Groon, at 919-787-8019 for more information.

Sanderson HS 6:30-7:30 PM Th  
9/3-10/1 \$145



**Grass-fed beef has up to 5X more omega 3s than grain-fed beef.**



## 8 Different Languages to Explore!

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

### Arabic

#### WT Arabic Beginning Part 1

Materials \$

This is a beginner's course covering the fundamentals of the Arabic language. The course focuses on reading and writing the language, using grammar and syntax, and communicating in Arabic.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145649 | Sanderson HS | 6:30-9:00 PM | Th | 9/3-11/19 | \$180

#### WT Arabic Part 2

Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145650 | Sanderson HS | 6:30-9:00 PM | W | 9/2-12/2 | \$180

### Brazilian Portuguese

#### WT Introduction to Brazilian Portuguese Part 1

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145657 | Athens Dr HS | 6:30-8:30 PM | Th | 9/10-10/29 | \$130

#### WT Introduction to Brazilian Portuguese Part 2

Materials \$ / Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145658 | Athens Dr HS | 6:30-8:30 PM | T | 9/1-10/20 | \$130

### Esperanto Language

#### LL Esperanto Language and Culture Pt 1

Materials \$

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

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

Athens Dr HS | 6:30-9:00 PM | Th | 9/10-11/12 | \$60



**Esperanto is an artificial universal language spoken by about 2,000,000 people.**

# French

## WT French Foundations 1a

Materials \$

This is a beginner's course and the first of a 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 language literacy, grammar and syntax, and French culture.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145949 | Sanderson HS | 6:30-9:00 PM | Th | 9/3-10/8 | \$110

145950 | Reedy Crk MS | 6:30-9:00 PM | T | 10/20-11/24 | \$110

## WT French Foundations 1b

Materials \$ / Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145948 | Sanderson HS | 6:30-9:00 PM | Th | 10/22-12/3 | \$110

## WT French Conversation

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145660 | Sanderson HS | 6:30-9:00 PM | T | 9/15-12/1 | \$150

## WT French Beginning Part 2

Materials \$

This is the second in a three-part series designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme emphasizing everyday life experiences such as weather, geography, and restaurant ordering.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145944 | Athens Dr HS | 6:30-9:00 PM | W | 8/26-12/2 | \$175



## 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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145662 | Sanderson HS | 6:30-8:30 PM | M | 10/5-11/23 | \$130

# Italian

## WT Italian Beginning Part 1

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145677 | Sanderson HS | 6:30-9:00 PM | M | 9/14-11/16 | \$140

## WT Italian Conversation

Materials \$ / Pre-Req

Develop conversational and reading strategies through group discussions, dialogues, oral presentations, and role playing. Emphasis will be on practical language, idiomatic expressions, and cultural context. This course is for intermediate or advanced students.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145681 | Sanderson HS | 6:30-9:00 PM | W | 10/7-12/9 | \$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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145599 | Reedy Crk MS | 6:30-9:00 PM | M | 9/14-11/16 | \$160

## WT Introduction to Korean 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 1 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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145635 | Reedy Crk MS | 6:30-9:00 PM | Th | 8/20-10/8 | \$150

## WT Introduction to Korean 3

Materials \$ / Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145643 | Reedy Crk MS | 6:30-9:00 PM | Th | 10/15-12/10 | \$145

## WT Korean Conversation

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145629 | Reedy Crk MS | 6:30-9:00 PM | M | 9/14-11/2 | \$125

# Sign Language

## WT Sign Language I Part A

Explore deaf culture and communicate 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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145701 | Athens Dr HS | 6:30-9:30 PM | Th | 8/20-10/8 | \$95

## WT Sign Language I Part B

Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145698 | Athens Dr HS | 6:30-9:30 PM | TTh | 10/15-12/3 | \$95

## WT Sign Language I Part C

Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145702 | Athens Dr HS | 6:30-9:30 PM | T | 8/25-10/6 | \$95

## WT Sign Language I Part D

Pre-Req

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145705 | Athens Dr HS | 6:30-9:30 PM | T | 10/13-11/24 | \$95

# Spanish: Beginning

## LL Basic Conversational Spanish I

Materials \$

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

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

Reedy Crk MS | 6:30-9:00 PM | M | 9/14-10/26 | \$125

## LL Basic Conversational Spanish II

Materials \$ / Pre-ReqPre-Req

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

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

Reedy Crk MS | 6:30-9:00 PM | M | 11/2-12/14 | \$125

## WT Spanish for Beginners

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145663 | Sanderson HS | 6:30-9:00 PM | T | 8/25-10/27 | \$95

145593 | Millbrook HS | 6:30-9:00 PM | T | 9/1-11/3 | \$95

145580 | Athens Dr HS | 6:30-9:00 PM | M | 9/14-11/16 | \$95

145664 | Sanderson HS | 6:30-9:00 PM | W | 9/23-12/9 | \$95

## WT Spanish for Beginners Part 2

Materials \$ / Pre-Req

Part 2 of the 2-part series.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

145675 | Sanderson HS | 6:30-9:00 PM | M | 8/17-10/26 | \$95

## LL Spanish for Educators Part 1

Materials \$

This Spanish course helps principals, teachers, bus drivers, cafeteria workers, custodians, and parent volunteers to learn thematically related vocabulary, grammar, and culture with real-world language for a school setting. Students that go through the entire course and textbook will learn more than 3000 keywords, phrases, and questions useful for any K-12 situation. The textbook used in the course costs about \$17. No prior Spanish knowledge is needed to be successful in this course. **CEUs=3.0**

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

Athens Dr HS | 6:30-9:00 PM | M | 9/14-12/7 | \$179

Leesville HS | 6:30-9:00 PM | W | 9/16-12/9 | \$179

Reedy Crk MS | 6:30-9:00 PM | W | 9/16-12/9 | \$179

## LL Spanish for Educators Part 2

Materials \$ / Pre-Req

This Spanish course helps principals, teachers, bus drivers, cafeteria workers, custodians, and parent volunteers to learn thematically related vocabulary, grammar, and culture with real-world language for a school setting. Students that go through the entire course and textbook will learn more than 3000 keywords, phrases, and questions useful for any K-12 situation. The textbook used in the course costs about \$17. Part 2 is for students who completed Part 1 of this course who wish to continue to refine their Spanish speaking skills in the classroom. **CEUs=1.75**

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

Millbrook HS | 6:30-9:00 PM | Th | 10/22-12/10 | \$130

### What people are saying...

Señora Rodriguez is a delight. She makes the class enjoyable and comfortable.

- Linda Lenzmeier  
Spanish for School  
Personnel Part 1

More  
Courses

## Mastered the basics of the Spanish language?

Turn to page 40 for Spanish: Intermediate and Spanish: Advanced courses.

## Spanish: Intermediate

### LL Intermediate Conversational Spanish I

Materials \$ / Pre-Req

This course continues from Elementary Conversational Spanish II. This course furthers the knowledge of students' language skills through review of the fundamentals of Spanish structure, and by emphasizing oral reading comprehension and self-expression in speaking and writing. The course also expands students' understanding of the civilization, culture, and customs of Spanish-speaking people. Focus is on the past tense (Materials Included).

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

Reedy Crk MS | 6:30-9:00 PM | W | 9/16-10/28 | \$125

### LL Intermediate Conversational Spanish II

Materials \$ / Pre-Req

This course continues from Intermediate Conversational Spanish I, emphasizes the fundamentals of Spanish structure in written and oral communication. Readings give students a panoramic view of the literature and culture of Spanish-speaking people. Focus is on the past tense.

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

Reedy Crk MS | 6:30-9:00 PM | W | 11/4-12/16 | \$125

## Spanish: Advanced

### LL New Mexican Short Stories

Materials \$

In this course, you will read and discuss classic short stories from prominent writers from Mexico. You will learn about the lives of different authors and discuss with your classmates in Spanish each story's main characters, setting, plot, and themes. This course uses a dual-language book that shows both the English and Spanish translations of stories in parallel on adjacent book pages. This course is recommended for intermediate and advanced learners.

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

Athens Dr HS | 6:30-8:30 PM | M | 8/17-10/12 | \$115

Millbrook HS | 6:30-8:30 PM | Th | 8/27-10/15 | \$115

### LL New Spanish-American Short Stories and Videos

Materials \$

In this Spanish course, the class will weekly alternate viewing short videos and reading selected literary classic short stories from prominent writers from Latin America. This course uses a dual-language book that shows both the English and Spanish translations of stories in parallel on adjacent book pages. This course is recommended for intermediate and advanced learners. It is taught in Spanish.

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

Sanderson HS | 6:30-8:30 PM | T | 9/8-11/24 | \$145







## Spotlight: Fun and Profit with Karen

### LL All About Afternoon Teas

The elegant indulgence of partaking in "a spot o' tea" has remained timeless and beloved by many. Here's your chance to learn about the history and customs associated with afternoon teas in the Victorian and Edwardian eras. Discover what goes into hosting an elegant tea, complete with a display of proper tea time accoutrements, tips on making your event special, and ideas for themes! Enter a drawing for an elegant gift basket of tea paraphernalia by being among the first five registrants to prepay the class fee at <http://www.seniorplaylist.com/lifelong-learning/>

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

Millbrook HS 6:30-9:30 PM T  
11/17 \$65

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

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

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

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

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

Cats have befuddled mere mortals for centuries. But unlike some puzzlers that may always persist, other quirks do have an explanation. Like, why they often head straight for that one guest who hates cats. (There is a reason!) Or why they drink from one bowl but not another. Need to coax a shy cat from a hiding place? Find out how and about ways cat interaction benefits humans. Plus, hear about amazing, true stories of heroic cats and a real-life 'furry reaper.' Gain a deeper understanding of cats from Karen Raines' lifetime of cat ownership, pet sitting, founding a visiting cat program, and caretaking of nursing home cats. Missing out on this fun foray into feline foibles would be purrfectly cat-astrophic! Prepay the class fee at <http://www.seniorplaylist.com/lifelong-learning/> to receive a customized poetic portrait of your cat.

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

Millbrook HS 6:30-9:00 PM T  
10/20 \$45

**Karen Raines** has appeared on WRAL's *Tarheel Talk* and in Raleigh's *News and Observer*. She is the author of two poetry books, and has been a syndicated speaker for over a dozen senior facilities in the surrounding area. She has broadcast live on Triangle Radio Reading Service and has had articles published in *Wake Living* magazine, *NC Builder* magazine, *Victoria* magazine's Reader-to-Reader newsletter, and on *Senior Kaboodle.com*. Karen delights in engaging audiences of all ages through interaction, personal stories and visual aids, for a fun, interesting, and dynamic experience you're sure to enjoy.



# Spotlight: Life Coaching with Terrence

## LL **New** Coaching in the Game of Life

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

See page 55 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS	6:30-9:30 PM	T
	9/8-9/29	\$75

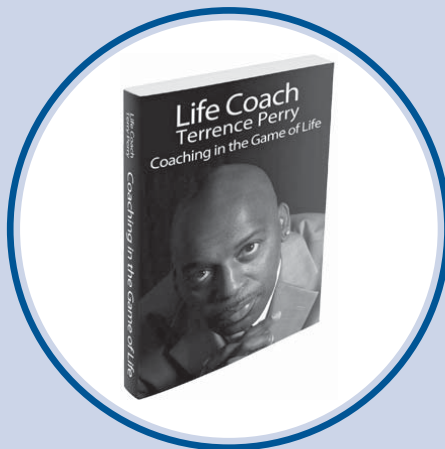
**Terrence** is a practicing life coach, author, and speaker with a bachelor's degree in psychology. He counseled youth while working with the Juvenile Justice System and worked as a correctional officer with the prison system. Terrence has, himself, overcome a variety of personal and professional challenges. He is an excellent example of what helping others looks like as his setbacks and comebacks inspired him to reinvent himself. Terrence's self-help books *Coaching in the Game of Life* and *Bring Your "A" Game* discuss his struggles, how life coaching saved him, and the contributions he is making to help others. Join his dynamic workshops to learn how to transform your life.

## LL **New** Dating and Relationships

Do you wonder how you come across to others? Do you need to improve your success in personal and professional relationships? While many dismiss the ability to connect with others as secondary to ambition and expertise, the reality is that relationships matter. Learn how your verbal and nonverbal communication is received. Find out what you can do differently to leave a positive and indelible impression on others. You can experience relationship success that will radically change your life in remarkable ways, with the help of life coach, Terrence Perry. Register today and enjoy the dating relationship you always imagined, but never thought was possible. Plus, learn how to network with industry professionals to catapult your career to the next level. Free book and workbook included.

See page 55 to register online, by phone, or mail; call the Provider, Terrence Perry, at 919-986-6046 for more information.

Athens Dr HS	6:30-9:00 PM	Th
	8/27	\$40



## LL **New** Dream It See It Plan It Vision Board Party

Materials \$

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

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

Millbrook HS	6:30-9:00 PM	T
	11/17	\$43



## LL **New** Go Get It

Materials \$

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

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

Athens Dr HS	6:30-9:30 PM	M
	9/21	\$40

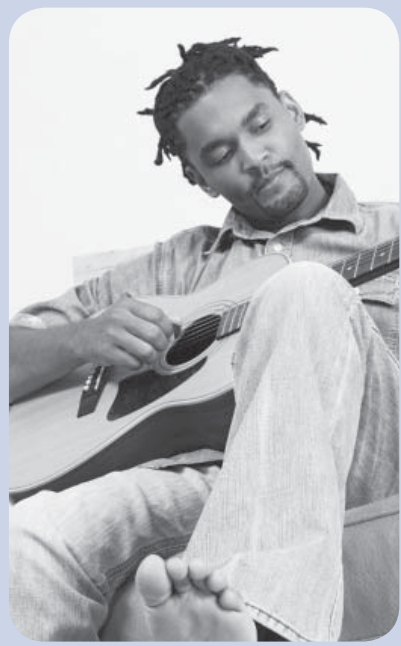
# Strum a Guitar

## LL **New** Introduction to Guitar

Materials \$  
Learn to play guitar in this weekly song-based course. Bring your instrument, you will be playing from the very first class. Discover the guitar and music while learning the songs you want to know. Bring your requests and get ready for a fun, new hobby! Bring a three-ring binder or three-prong folder and pen or pencil. Please call instructor before coming to first class to determine class availability and appropriate class for you. The class fee is \$65 for your first four weeks and \$40 each additional four weeks. Feel free to take as many sessions as you want.

See page 55 to register online, by phone, or mail; call the Provider, Robert Philbeck, at 919-274-6558 for more information.

Reedy Crk MS	6:30-8:30 PM 9/9-9/30	W \$65
Reedy Crk MS	6:30-8:30 PM 10/7-10/28	W \$65
Reedy Crk MS	6:30-8:30 PM 11/4-11/25	W \$65



## WT **Beginning Guitar**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM 9/29-12/1	T \$90
--------------	---------------------------	-----------

## WT **Beyond Beginning Guitar: Learning the Fret Board**

Materials \$  
A skill-based course for the advanced beginner or intermediate guitar player who wants to play at the next level. Develop knowledge of the fret board, increase rhythmic awareness, learn several songs, and explore improvisation. Practice skills of strumming, flat picking, and finger style techniques for the right hand as well as tips to develop agility and strength in the left hand. Find new ideas and concepts for more enjoyment and inspiration while playing guitar.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM 9/1-9/22	MW \$90
--------------	--------------------------	------------

## WT **New** Anger Management

This course will discuss and prepare staff to identify anger and the causes of anger. Participants will also learn the psychology behind anger and practical steps toward managing anger.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM 9/10-10/15	Th \$95
--------------	----------------------------	------------

## WT **Chess for Beginners**

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS	6:30-8:30 PM 9/14-11/2	M \$90
--------------	---------------------------	-----------



## LL **ASVAB Exam Math Prep**

See Teens, page 50.

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

See Communications, page 15.



# Photography



## WT Creative Camera IV: Photographic Lighting

Materials \$

Continue to prepare for a career as a professional photographer or to hone your personal photography skills. Part IV of the Creative Camera series covers the use of natural and artificial light sources to capture photographic images, photography using available light, and the use of external flash or reflectors to soften or eliminate shadows. You'll also learn about using different types of studio lighting, using handheld meters to get the correct exposure, and lighting set-up.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145148	6:30-9:30 PM 8/27-10/15	Th \$95
------------------------	----------------------------	------------

## WT Photography Intermediate: Sharpen Your Skills

Materials \$

Take your photography skills to a higher level! If you know the basics of film or digital camera photography, this class will help you improve. You'll cover camera handling, shutter speed, aperture, ISO, and depth-of-field relationship and control. You'll also study portrait guidelines, low light/night photography, and basic black and white photo techniques.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145351	6:30-9:30 PM 11/2-12/14	M \$90
------------------------	----------------------------	-----------

## WT Basic Digital Photography

Materials \$

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

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Millbrook HS 145244	6:30-9:30 PM 8/31-10/26	M \$90
Reedy Crk MS 145341	6:30-9:30 PM 9/14-11/2	M \$90
Sanderson HS 145344	6:30-9:30 PM 9/30-11/18	W \$90

## WT Creative Camera: Intermediate

Materials \$

This course begins where basic photography courses end. It will help you prepare to take professional appearing photographs by focusing on lenses, filters, flashes, lighting, and accessories. Discover how your photography skills can enhance your employability. Students should have knowledge of camera controls.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS 145336	6:30-9:30 PM 9/9-10/28	W \$95
------------------------	---------------------------	-----------



**In the 1820s, it took several hours to capture a photo. That's why people rarely smiled. Who could sustain an 8-hour grin?**



# 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](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	M
145151	8/24-10/19	\$90

Sanderson HS	6:30-9:30 PM	T
145433	9/29-11/17	\$90

## WT Sewing for the Workplace I

Materials \$

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	TTh
145448	9/15-10/8	

## WT Sewing for the Workplace II

Materials \$

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
145447	11/3-12/1	



**Cutting Sandpaper can sharpen sewing scissors.**

### What people are saying...

“I learned a lot in this sewing class in a very nice and friendly environment. I would recommend this class to anyone interested in knowing how to sew.”

-Jane Smith  
Sewing: Beginning I





# Teach Today to Change Tomorrow

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

**Complete your advanced degree right here in Raleigh! Each cohort meets one day a week with online enhancement. The next cohort will begin Fall 2015.**

## Degrees Offered

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

### Gardner-Webb University

Athens Drive High School  
1420 Athens Drive  
Raleigh, NC 27606

800.956.8481 • [www.gardner-webb.edu](http://www.gardner-webb.edu)



**GARDNER-WEBB**  
UNIVERSITY



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

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

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

Millbrook HS 6:30-8:30 PM M  
8/17-8/31 \$150

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

Discrete Trial Teaching is a method of teaching that helps students with Autism or developmental delays know what to expect. This limits difficult behaviors due to emotional dysregulation and offers students success in a fun, predictable environment. Individualized attention will be given to each participant as you'll create a Discrete Trial Teaching program to take back and implement in your home or classroom that includes data collection and progress monitoring. **CEU=0.9**

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

Millbrook HS 6:30-8:30 PM M  
9/14-9/28 \$150



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

Discover best classroom management practices, how to create a productive classroom climate, and how to apply various techniques to establish student responsibility for choices and behavior. Motivate students, build positive student-teacher relationships, and hone effective partnerships with parents. You'll learn strategies to minimize and prevent classroom and behavior issues and pedagogical theory behind challenging behaviors. Each night, leave fresh and inspired to establish a positive and respectful classroom environment. **CEUs=1.5**

See page 55 to register online, by phone, or mail; call the Provider, Dr. HollyeneTurner, at 919-601-6127 for more information.

Millbrook HS 6:30-9:30 PM MW  
8/17-8/31 \$145  
Millbrook HS 6:30-9:30 PM WTh  
9/9-9/23 \$145  
Millbrook HS 6:30-9:30 PM MW  
10/12-10/26 \$145

## LL **Basic Grant Writing 101**

Writing a grant is not as simple as writing a letter. Grant writing is essential for preparing effective grant proposals, and this course is about acquiring a skill that involves quite a bit of writing. Grant making is not about receiving charity. While most private funders are philanthropic, even they look at grant making as an investment. And like all investors, the funder is looking for a good return. If you have never written grant proposals before, this course will help you get over the initial panic of not knowing where to start. It will serve as your step-by-step guide and reference in developing your first proposal and many others to come. **CEU=0.2**

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

Millbrook HS 6:30-8:30 PM W  
8/19 \$49  
Athens Dr HS 6:30-8:30 PM T  
9/15 \$49

## LL Protecting Children: Recognizing and Reporting Child Maltreatment

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

See page 55 to register online, by phone, or mail; call the Provider, Angela Holloway, at 919-871-0356 for more information.

Millbrook HS	6:45-8:45 PM	Th
	10/1-10/29	\$95

## Languages

### LL Spanish for Educators Part 1

Materials \$

See Languages, page 39. **CEUs=3.0**

### LL Spanish for Educators Part 2

Materials \$ / Pre-Req

See Languages, page 39. **CEUs=1.75**

## LL Social and Emotional Development for Early Learning

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

See page 55 to register online, by phone, or mail; call the Provider, Bonita Brewington Early Educator, at 919-457-2635 for more information.

Millbrook HS	6:30-8:30 PM	M
	10/5	\$40

## LL New Special Education Teacher Preparation

Are you thinking of becoming a special education teacher through lateral entry or as a second career choice? This course explores the various areas in special education, outlines the job descriptions, allows you to align the correct teacher exam with the area in special education you have selected, and helps you prepare for the state exam with testing strategies. Enjoy an exchange of ideas on gaining experience in the profession and interviewing techniques for the potential job offer.

See page 55 to register online, by phone, or mail; call the Provider, Dr. Sub four, at 919-961-3733 for more information.

Athens Dr HS	6:30-8:30 PM	T
	9/8	\$78



Teachers spend about **\$1000** a year on school supplies for their students.

## WT GRE/GMAT Exam Math Prep

Conquer your fear of the GRE/ GMAT math section. This class will help build your math skills and refresh your memory of skills not recently used. Additional material on statistics will be covered to satisfy the GMAT.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:30 PM	Th
145242	8/27-10/22	\$150

Millbrook HS	6:30-9:30 PM	T
145345	9/29-11/24	\$150

## WT New The Adult Learner

This course provides a broad overview of the skills and strategies needed for teaching ESL effectively to adults.

Visit [workforce.waketech.edu](http://workforce.waketech.edu) to register; call 919-866-5800 for more information.

Athens Drive HS	6:30-9:30 PM	W
145794	10/21-12/9	\$95

## Computers

### LL Excel Introduction for Teachers

Materials \$

See Computers, page 19. **CEU=0.9**

### LL Internet Resources for Teachers

Materials \$

See Computers, page 19. **CEUs=2.1**

### LL Your Voice is Your Treasure

See Communications, page 16. **CEU=0.9**





## What does extraordinary look like?

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

This is nothing less than extraordinary.

## NC State. Think and Do.

### College of Education Educate. Innovate. Inspire.

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

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



## Spotlight: ASVAB Prep with Don

### LL ASVAB Exam Math Prep

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

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

See page 55 to register online, by phone, or mail; call the Provider, Don Babcock, at 704-707-9542 for more information.

Reedy Crk MS 7:00-9:00 PM TTh  
9/8-10/1 \$125

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

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

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



## Make Music

### LL Triangle Youth Orchestra

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

Leesville HS 6:30-8:15 PM M  
9/14-11/9 \$150

### LL Triangle Youth Philharmonic

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

Athens Dr HS 6:30-8:30 PM T  
9/15-12/8 \$150

### LL Triangle Youth String Orchestra

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

Sanderson HS 6:30-8:00 PM Th  
9/10-11/5 \$135

### LL Triangle Youth String Sinfonia

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

Reedy Crk MS 6:30-8:30 PM Th  
9/10-12/10 \$135

### LL Triangle Youth Symphony

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

Athens Dr HS 6:30-8:30 PM M  
9/14-11/9 \$150



## Test Prep Programs

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

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

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

Leesville HS	6:30-8:30 PM	MW
	8/19-9/9	\$325

### LL New PSAT/SAT/ACT Preparation Program

This course is appropriate for juniors preparing for new redesigned PSAT and for juniors and seniors preparing for the ACT. It will provide a comprehensive subject matter and strategy review of the math, data, writing, and evidence-based reading sections on the new PSAT/SAT and ACT. Students gain a solid understanding of the types of questions asked, build stamina and focus, learn how to effectively eliminate incorrect choices, and find that familiarity with the exam allows them to take the test with confidence and ease.

See page 55 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Sanderson HS	6:30-9:30 PM	TTh
	9/8-10/20	\$400

### 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](http://www.aplushigherscores.com), email [aplus@aplushigherscores.com](mailto:aplus@aplushigherscores.com), or call 919-824-3912.

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

Leesville HS	6:30-8:30 PM	MW
	9/14-9/30	\$325
Leesville HS	6:30-8:30 PM	MW
	10/19-11/4	\$325



**Students who take more than 4 years of world language instruction perform better on the SAT.**

### LL SAT Preparation

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

See page 55 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Sanderson HS	6:30-9:30 PM	T
	9/8-10/13	\$400

**Sharpen your chef skills**

### LL New Basic Knife Skills

See Cooking, page 21.

# Sites and Directions



## Athens Drive High School

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

### Directions from North

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

### Directions from Cary:

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



## Leesville High School

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

**Directions from I-440:** Take the Glenwood Avenue exit North. Turn right onto Creedmoor Road. Go 2 miles and turn left onto Lynn Road. Go 1.2 miles and turn right onto Leesville Road. Go 1.7 miles and take a left at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

### Directions from I-540:

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

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



## Millbrook High School

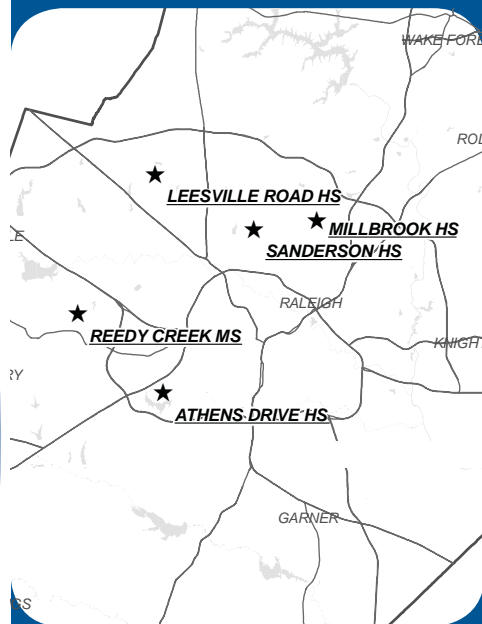
2201 Spring Forest Road  
Raleigh, NC 27615  
Site Coordinators:  
Renee Patterson and Teresa Cronin  
Hours: 6:30-9:30 PM  
Days: Monday - Thursday  
Phone: 919-850-8787  
Evening: 919-850-8804  
Email: lpatterson@wcpss.net  
tcronin@wcpss.net  
Fax: 919-850-8803

### Directions from I-440:

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

### Directions from I-540:

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





### Reedy Creek Middle School

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

#### Directions from Cary:

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



### Sanderson High School

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

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

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

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



## Where do I park?

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

## Is smoking allowed on campus?

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

## What if my class is canceled?

### How do I get my refund?

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

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



## What about inclement weather?

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

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

If you desire additional information on a course, please call the number that is listed below the course description. For general questions about the Lifelong Learning Program, call 919-858-1735 or send an email to [lifelonglearning@wcpss.net](mailto:lifelonglearning@wcpss.net).

## Can I teach a course through Lifelong Learning?

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

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

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

# How to Register for Lifelong Learning Courses

LL

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



## Register Online

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



## Call

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



## Email

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



## Walk-in

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

## Important

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

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



# How to Register for Wake Tech Courses

WT

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

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

Use one of these methods to register:



## Pay with Credit Card

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



## Mail Check

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



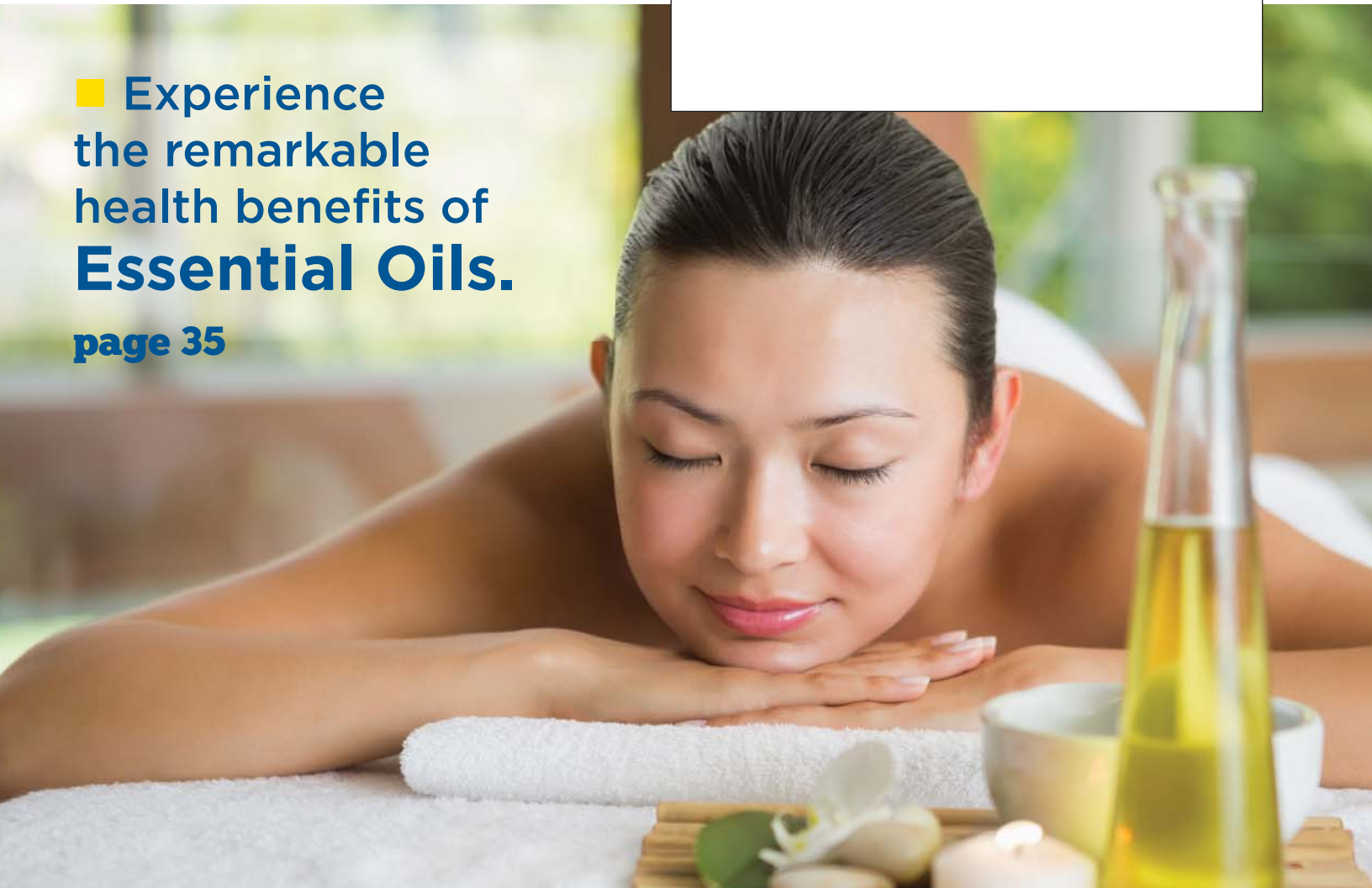
**WAKE COUNTY  
PUBLIC SCHOOL SYSTEM**

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

NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
RALEIGH, NC  
PERMIT NO. 2498

■ Experience  
the remarkable  
health benefits of  
**Essential Oils.**

**page 35**



● Tell your  
story in Memoir  
Writing.

**page 16**

● Present your best  
self through Dating and  
Relationships.

**page 42**

● Learn the most  
useful Spanish for the  
K-12 school setting.

**page 39**

**919-858-1735**

@WCPSSAdultEdu