Personal Enrichment

Arts & Crafts

Beginning Sewing: Learn the basics of sewing and garment construction using a sewing machine. Learn how to read a pattern, use basic sewing utensils, understand guide sheets and enjoy the skills that come with new found knowledge of sewing. Machines, pattern, and instructions provided and scrap material available if needed. Materials list will be available on date of signup or first class. Self Supporting.

- Franklin HS · T · 9/27-11/15 · 6-8:30P · S. Cashion · $65

Candle Making: Beautiful candles do not have to take days to make. You will create several candles during this workshop that will brighten up your home. Materials $20 extra. Self Supporting.

- Cashiers Center · Th · 10/6 · 6-9P · M. Vines · $15

Dream Catchers: Learn the legend of the Dream Catcher as you handcraft your own Native American Dream Catcher. We will use a hoop, leather, sinew, beads and feathers. Cost of materials $5 extra. Self-Supporting

- Cashiers Center · M · 9/26 · 5-7P · M. Jennings · $20
- Cashiers Center · M · 10/17 · 5-7P · M. Jennings · $20

Fall Dahlia Workshop: From pom-poms to dinner plates, these colorful flowers have been the pride of local gardeners for generations. Our climate is ideal for growing them. Prize-winning blooms of all 17 types of dahlias will be displayed in the class and all instructional materials will be provided. Tubers can be ordered for spring planting. Garden and regional dahlia show tours will be arranged. Self Supporting.

- Cashiers Center · T · 10/11 · 6-9P · B.Dean · $15
- Cashiers Center · F · 10/14 · 9A-N · B.Dean · $15
- Macon Center · Sa · 10/15 · 9A-N · B.Dean · $15

Fall Wreath: Create a beautiful fall wreath with colored leaves, dried flowers, moss and much more. We will furnish the materials and you furnish the creativity. Materials $20 extra. Self Supporting.

- Cashiers Center · T · 10/18 · 6-9P · M. Vines · $15

Herbal Christmas: In this (make & take) workshop, participants will create a variety of herbal crafts and body pampering aides worthy of gift giving. Students will take home a variety of handmade items ranging from Christmas wreaths to soothing bath salts. Material fee ($20) is extra. Self Supporting.

- Cashiers Center · W · 11/16 · 6-8P · B.Lipkin · $15
- Macon Center · Th · 11/17 · 6-8P · B.Lipkin · $15
- Jackson Campus · Sa · 11/19 · 10A-N · B.Lipkin · $15
**Make your own Bird House:** It is great to use hands to house our feathered friends. In this class you will be supplied with everything you need to create and decorate a birdhouse just for your birds. Cost of materials extra $15. Self Supporting.

- Cashiers Center · Th · 9/29 · 6-9P · M. Vines · $15

**Nature Crafts:** If you like the “nature” look, join this class to make 3 nature crafts. Both instructor and students may bring found nature objects to use. You may choose from the following to decorate: a 10-inch grapevine wreath, a small wood picture frame, a muslin runner or make a dried fern picture. $7 materials fee extra. Sign up for your projects upon registration. Self Supporting.

- Cashiers Center · M · 9/19 · 5-7P · M. Jennings · $20

**Oil Painting (Intro):** A beginner overview of oil painting, techniques and materials. Students will learn basic color theory and practice. Materials list will be mailed. Self Supporting.

- Blue Ridge School, Cashiers · T · 9/13-11/1 · 6-9P · G. Garrett · $100

**Pottery:** This class is designed for throwers and hand builders of all levels. Lab includes electric kiln for firing. Clay available for purchase in class for $10 per bag, also students need to purchase basic pottery tool kit available at WCU bookstore for $8.25. Also, bring towel, gallon bucket and a large sponge. Class size is limited. Self-Supporting.

- Swain Center · T · 10/4-11/22 · 6-9P · C. Schulz · $100
- BR School · M · 9/26-11/14 · 6-9P · M. Humphry · $120

**Soap and Bath Salts II:** In this class you will expand your experience with creating new melt and pour soaps and bath salts. After a demonstration of creating loaf soap you will make soap with healthful additives or utilizing new techniques. You will also make several personal size bags of scented sea salts. Cost of materials $6 extra. Self-Supporting.

- Cashiers Center · M · 10/24 · 5-7P · M. Jennings · $20

**Watercolor, Wet, Wonderful, and Wild:** So you’ve been painting in watercolor for a while and want to step out of your routine and maybe even your comfort zone. It’s time to stretch yourself and discover the beauty of letting the watercolor do the work it is uniquely able to do. Working with nature and local landscapes as our subject matter we will explore painting wet on wet with an emphasis on the joy of the process. Skies, trees, water and mountains paint themselves with glowing results when you learn some basic techniques. Design preparation, color exploration and perspective will be addressed in practice and execution of our work. Start Sketching! The watercolor awaits your brush! Material list will be mailed. Self-Supporting.

- Jackson Campus · T · 10/4-10/25 · 6-9P · P. Haddock · $100

**Winter Holidays in Winter Watercolor:** Having fun with cards and ornaments holiday still life. Let’s play with watercolor with beautiful color, reflections, flowers, memories. This is a great time to get ready for the winter and welcome in the holiday preparation and festivities. Supply list

- Macon Campus · F · 10/7-10/28 · 10A-3:30P · S. Clark · $88

**Woodworking (Intro):** This class is for beginner to intermediate woodworkers. After a review of shop and tool safety, students will choose from several projects provided by the instructor, or a project of the student’s choice that has been approved by the instructor.
Projects will be chosen at the first class. Instructor will advise regarding materials that the student will purchase prior to the second class. Class size is limited to 8 students. Self Supporting.

- Swain High School · Th · 9/22-11/10 · 6-9P · R. Arvey · $100

**Dance**

**Basic Ballroom and Social Dance:** Basic steps involved in popular social and ballroom dance. The purpose of the course is to learn basic steps in a variety of social dances. (waltz, foxtrot, rumba, cha cha and tango). The classes are designed for beginners. Couples are encouraged but singles are permitted. Comfortable leather sole shoes are also of benefit. Self-Supporting.

- Jackson Campus · T · 9/20-10/25 · 7-8:30P · S. Persons · $50

**Shag:** Shag is a central part of the Carolina lifestyle. It’s is a great way to keep in shape while having fun. People of all ages do the shag. Learn the basic steps of the shag to some vintage beach music. This program promises to be a lot of fun for anyone who likes to dance or wants to learn! No partner needed but bring one if you like. Self-Supporting

- Jackson Campus · M · 9/19-10/24 · 7-8:30P · C. Brown · $50

**General Interest**

**A Day with a Naturalist:** Explore the varied natural heritage of the Cashiers-Highlands region with a naturalist. You will learn about the geologic origins of the Appalachians and Southern Appalachians; visit a true mountain bog, spectacular waterfalls, high-elevation cove and northern hardwoord forests; learn about the origins of grassy balds and the factors behind fall color; learn non-technical methods to identify distinctive birds and wildflowers. All walks will be short and moderate from pre-designated vehicle stops. Bring binoculars and any appropriate field guides you own. Newcombs Wildflower Guide is recommended.

Self-Supporting

- Cashiers Center · Sa · 10/8 · 9A-3P · G. Ellison · $50

**Assertiveness: Selfish or Self-esteem? Learning to Stand Up for Yourself:** The concept of assertiveness has been around for 30+ years, yet it’s clear that our communication skills with one another have not evolved in significant ways. Given the speed of current communications around the world, learning clear and direct ways of standing up for oneself and communicating better benefits all. In this four-hour workshop participants will learn the four main styles of communication; three barriers to becoming assertive and ways to overcome those barriers; the components of positive, negative and constructive feedback; and strategies to assertively say no. This is a practical and experiential workshop. Self-Supporting.

- Jackson Campus · Th · 9/22-9/29 · 6-9P · A. Robinette · $40

**A Walk On The Wild Side:** Come take a walk on the wild side. We will stroll through the meadows, explore the woods and walk along the roads and creeks surrounding Lara’s historic old log cabin. We will discuss the history and ecology of the area and learn ways to preserve its unique diversity. We will identify many wild edible plants and gather some to try. We will return to the cabin and using plants we gathered prepare and enjoy a “wild” tea party. Self-Supporting.

- Private Residence-Otto, NC · Sa · 9/24 · 1-5P · L. Chew · $45

**Candy Making:** Learn how quick and easy it is to make beautiful molded chocolates. You will make individual candies, chocolate
lollipops, chocolate spoons for coffee and flavored spoons for tea. These can be for entertaining or gifts. $6 materials fee extra. Self-Supporting.

- Cashiers Center · Th · 10/27 · 5-7P · M. Jennings · $20

**Carolina Mountains:** Writers and Travelers Contemporary NC writers
Lee Smith, Robert Morgan, Fred Chappell, Charles Frazier, Wilma Dykeman and John Ehle have all situated their characters in the Carolina Mountains. These notable authors join earlier writers, both fiction and nonfiction, who lived in or visited the Carolina Highlands and entertained readers with tales of a beautiful but rugged mountain region. Nineteenth and early 20th century writers and travelers such as Frederick Law Olmsted, Charles Dudley Warner, Constance Fenimore Woolson, Margaret Morley, and Christian Reid tell of the “Land of the Sky”, a destination for those seeking the strange, the sublime, and the soothing. Dr. Ashburn will share these varied depictions of our mountains that confirm the region as one full of characters and compelling stories. This presentation is made possible by a grant from the North Carolina Humanities Council.

- Jackson Campus · M · 9/12 7-8P · G. Ashburn · $0

**Holidays or Holy Days? Keeping Christmas Simply:** The first Christmas catalogs arrive in the heat of August, brimming with warmly glowing candles and sparkling tinsel, setting the tone for selection of “the ideal gift”. And so it begins, the images, the expectations that build to the frenzy that Christmas has become. This one-day workshop offers a chance, early in the season, to examine the differences between your Christmas realities and values and how we can begin to make choices that keep Christmas truly a “holy” day as well as a genuine holiday.

Self Supporting.

- Episcopal Church of the Incarnation, Highlands · Sa · 10/8 · 9:30 - 2:30P · M. Porter · $50

**How to Get the Most Out of Your Life or Career:** If you're dissatisfied with your career or life in general, this introduction to living from authenticity may be for you. Find out how to make the most out of talents, skills, hobbies and even your likes and dislikes. If you are interested in career change or just a change in the direction your life is taking, this course will provide a clear method of self direction. Designed for anyone going through a life transition or looking for another career, this course is taught by a CPC (Certified Professional Life Coach) and author of the two-time National Award Winning Book, “If You Could Be Anything, What Would You Be.” Self-Supporting

- Macon Center · M · 10/3-10/17 · 7-8:30P · J. Webster · $45

**If Teapots Could Talk:** Learn about the world of tea from a home economist. The class will focus on the history, growing, cultivation, processing of tea and tasting several varieties. You will also learn proper preparation, the art of tea, suitable accompaniments and participate in a Cream Tea Party. Materials fee $6. Self-Supporting

- Cashiers Center · Th · 10/13 · 6-8P · M. Jennings · $20

**Making Bread for Life:** Learn to make whole grain breads that are loaded with nutrition and are delicious. Learn the science of organic, sprouted grains and sour dough starters that multiply the nutritional value of breads. Class will meet at Lara’s 150 year old cabin and bake in a wood fired mud oven. Students will learn how to knead, shape and proof loaves. While the bread bakes, we will relax and discuss mud oven construction and how to build your own.

Self-Supporting.

- Private residence–Otto, NC · Sa · 10/1 · 9A-3P · L. Chew · $55
Masterminding the Tourist Trade: If you are currently working in the tourist industry or would like to start a business that caters to the tourist trade this course is an introduction into Master Mind Groups. Find out how working with others in the industry and even your competitor can enhance your business and marketing efforts. If two heads are better than one, imagine 10 or 12 professionals in your area of expertise sharing their ideas to create a joint venture group that serves to increase interest and tourist money to our area. You will find that by serving others you will be serving yourself. Expand your products base and get new ideas on marketing. Self-Supporting
- Macon Center · TTh · 9/6-9/15 · 7-9P · J. Webster · $45

Microwave Cooking: Learn to do more than warm foods in your microwave oven! In this class we will prepare an entire meal using the microwave oven. Besides eating the meal prepared you will learn about microwave cookware, microwave cooking techniques and the healthful advantages of microwave cooking. Materials fee $5 extra. Self-Supporting
- Cashiers Center · Th · 9/22 · 6-8P · M. Jennings · $25

Playing Christmas Carols on the Piano this Season: It Works! Fun, relaxed approach to playing Christmas carols, hymns, & all pop music like the pros do. Little or no experience required. Based on self-taught approach. Class materials make it possible to play on your own with this one-time 3-hour course. A free pamphlet on reading treble clef is available. Call the number below for information on how to obtain one. For beginners and those with some experience. $25 to $62 student materials fee extra. Materials packet to be individually tailored by each student. Self-Supporting
828-251-5700
- Jackson Campus · T · 11/10 · 6-9P · D. Belcher · $38

So You Want to Write a Book?: Everyone has a story or an area of expertise they would like to turn into a book. But where do you start? If writing the book is only 5% of the work, what does the other 95% involve? How can I make money off my work if I am not Stephen King or Danielle Steel? Two-time National Award Winning author, Jeanne Webster, has been there and done that. She will help you discover the difference between self-publishing and publishing with a house. This class will cover writing, editing, cover design, publishing, marketing, publicity and many other products that can spin off your book. Be sure to bring pen and paper and your questions. Self-Supporting
- Macon Center · W · 9/21-11/2 · 7-8:30P · J. Webster · $57

Language
(CEUs available for all language classes)

Beginning Spanish: This course will introduce the student to the basics of Spanish, focusing on everyday occurrences common to the tourist or for communication with Spanish speakers in our country. Greetings and basic conversation will be covered. The course has the flexibility to respond to individual student needs. Self-Supporting.
- Cashiers Center · M · 9/26-11/14 · 6-8:30P · S. Cashion · $65
- Macon Center · T · 9/20-11/8 · 6-8:30P · K. Ramsey · $65

Beginning Spanish Level 3: This class continues the study of the Spanish language. A study of irregular verbs, object pronouns, “conocer” vs “saber”, personal “a”, neuter demonstrative pronouns, etc. is considered in this level. Conversational practice is stressed. The video program that began in Beginner Level 2 is continued. After finishing this level, the students will have the prerequisites
necessary to enter a “Conversational Spanish” class.
Self-Supporting.
  • Jackson Campus · M · 9/26-11/14 · 6-9P · G. Rainone· $80

Advanced Spanish Level 2: This course is designed for students who have completed studies up to and including Advanced Spanish 1. Students have already learned the command forms, but now will learn some additional aspects. The Passive Voice (how to form it and when to use it) will be analyzed. Some additional tenses will be presented; the Imperfect Subjunctive and the Past Perfect Subjunctive (also called the Pluperfect). Additional grammatical techniques will also be considered.
Self-Supporting.
  • Jackson Campus · M · 9/26-11/14 · 6-9P · A. Rainone · $108

Beginning Sign Language: In our class we will place emphasis on everyday conversation and vocabulary that will allow a novice to communicate with a deaf friend or family member. The instructor will incorporate ASL and PSE. Class will be relaxed with hands on learning tools such as games, puzzles and video tapes. Book cost extra $12.
Self Supporting.
  • Highlands School · T · 9/13-10/18 · 6-8P · K. Hasbrouck · $65

Intermediate Sign Language: Emphasis will be placed on a higher level of conversation using both ASL and PSE. Each class will have up to one hour, with no voicing in order to focus on expressive and receptive skills. Each student will practice interpretation. One field trip to a local establishment will be included. During the field trip each student must depend on his/her signing and finger spelling skills. Book cost $12 extra. Self Supporting.
  • Macon Center · Th · 9/22-10/27 · 6-8P · K. Hasbrouck · $65

Safe Driving

Basic Rider Course: This course covers the basic fundamentals needed to develop your capabilities to become a safe and responsible motorcyclist. It provides the opportunity for you to learn the physical and mental skills important for operating a motorcycle. In the classroom, you will learn ways to minimize risk and handle special riding situations. During the riding portions, you will be coached to develop the physical skills of basic control that include: straight line riding, stopping, turning, and shifting, and then move on to more advanced skills in stopping quickly, cornering and swerving. Pre-registration required. Class filled as payment ($175) is received. Class ending times may vary with student skills. No refunds. Six classes during summer session. Self-Supporting. Friday classes meet 6-10pm and Saturday and Sunday classes meet 8A – 6P.
  · 8/12-8/14
  · 8/26-8/28
  · 9/21, 9/22, 9/25 (WTh 8A-5P) (F 8A-12N)
  · 9/23-9/25
  · 10/7-10/9
  · 10/14-10/16

Defensive Driving Training: A fast-paced driver improvement program that makes an ideal refresher course for all drivers. Developed by the Safety and Health Council of NC, this class will help you be safer on the highways. Participants will learn: the difference between good driving and defensive driving, the six most common driving errors, how to drive safely with changing road conditions,
how physical conditions such as emotions, alcohol and drugs affect driving, the benefits of occupant restraints, plus more. Check with your insurance company for possible rate credits. Call the SCC Public Safety Training Complex to pre-register and for more information. No refunds, Self-Supporting
• PSTC · TBA · TBA · 6-10P · $35

Wellness & Patient Education

Yoga for Athletes: This class is for runners, cyclists and other athletes. The class will focus on building flex, balance and strength. Flex is great for preventing injury. Self-Supporting.
• Jackson Campus · Th · 10/6-11/10 · 5:30-7P · T. Chapple · $60

Thumbnail Overview of Oriental Medicine: Have you ever used acupuncture, shiatsu, Chinese herbs or another form of alternative healing? Learn the differences between Oriental and Western approaches to health. Specific learning includes concepts of yin and yang, 4 pillars of diagnosis, the meaning of chi and the meridian system, 8 patterns of disharmony and the 5 element theory. Self-Supporting.
• Jackson Campus · T · 9/6-9/27 · 6:30-9P · J. Theodore · $80

Oriental Self-Massage Techniques: Learn meridian stretches for well-being. Experience acupressure points to be used as first-aid. Discover acupoints to use for common ailments. Benefit from being able to give yourself do-in (an Oriental self massage routine). Helpful to have taken the “Thumbnail Overview of Oriental Medicine” course. Self-Supporting.
• Jackson Campus · Sa · 10/1-10/8 · 10A-3P · J. Theodore · $60

JKA Shotokan Karate: Martial Arts ultimate goal is the: “Perfection of Character of its Participants.” The Japan Karate Association is dedicated to teaching and preservation of Traditional Shotokan Karate as taught by Master Gichin Funakoshi. Participants can expect to receive traditional Martial Arts training and knowledge as passed on through generations of martial artists. Participants in this class will be taught in a way that demands respect and develops self-esteem. Self-Supporting.
• Jackson Campus, Bradford Hall, MPR (gym)
  W · 9/21-11/9 · 7:15-9P · B. Ammons · $70
• Swain Center
  T · 9/20 · 11/8 · 6:30 - 8:30P · K. Penn · $70

Tai Chi Chuan: The Chinese say that the “secret to long life is Tai Chi Chuan”. This Chinese art with its slow, effortless, rhythmical moves can relieve, if not cure, high blood pressure, anemia, tuberculosis, gastrointestinal kidney disease and many others. Furthermore, Tai Chi Chuan when translated means “the Supreme Ultimate Fist” and its effectiveness in self defense should not be overlooked. Also, as one becomes more proficient in the art, the practitioner will find he has actually acquired a peaceful and relaxed mind. Students should bring mat or towel for floor work.
Self Supporting.
• Swain Center · T · 9/20-11/8 · 5:30-6:30P · C. Plott · $55
• Jackson Campus · W · 9/21-11/9 · 4-5P · C. Plott · $55
• Swain Center · Th · 9/22-11/10 · 4-5P · C. Plott · $55

On-Line Courses - Personal Enrichment
Registration and Information: If you are a highly motivated learner with a busy schedule, taking a class over the Internet offers an opportunity to gain skills without the structure of the traditional classroom. These courses are all six week courses and enable you to earn CEUs (based on your final exam).

Start Dates: A new section of every course in this schedule will begin on the following dates: 9/21, 10/19, or 11/09. To review the course description and outlines, and to register for these classes, visit www.ed2go.com/scc. For additional information, e-mail hanks@southwest.cc.nc.us

How to Get Started:

2. Click the Orientation link and follow the instructions to enroll and pay for your course. During orientation, choose the name and password to access your course. After orientation you will be sent a registration form via email. Print out, sign and return by mail to Southwestern Community College, 23 Macon Avenue, Franklin, NC 28734 or fax (828) 349.9692 with payment at least three days before class starts.

All courses that have an * are Self-Supporting.

**Art, History, Psychology, & Literature**

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<th>Cost</th>
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<td>Appreciating European Art</td>
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<td>Drawing for the Absolute Beginner</td>
<td>$89*</td>
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<td>History of Women Writers</td>
<td>$89*</td>
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<td>Film Literacy for Everyone</td>
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<td>Inspiring Tales from the Underground Railroad</td>
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<td>Jungian Psychology</td>
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**Child Care & Parenting**

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<td>Enhancing Language Development in Childhood</td>
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<td>Guiding Kids on the Internet</td>
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<td>Parenting: The First Five Years</td>
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<td>Ready, Set, Read!</td>
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<td>Solving Discipline Problems at Home</td>
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<td>Understanding Adolescents</td>
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**Family & Personal Enrichment**

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<td>Assisting Aging Parents</td>
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<td>Creating a Healthier Home</td>
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<td>Film Literacy for Everyone</td>
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<td>Keys to Effective Communication</td>
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<td>Outdoor Survival Techniques</td>
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<td>Write Your Life Story</td>
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**Math, Philosophy, & Science**
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Introduction to Algebra $89*
Philosophy for the New Millennium $89*
Theme Park Engineering $55 + $5 TF

**Test Prep**
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GRE Preparation - Part 1 $89*
GRE Preparation - Part 2 $89*
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LSAT Preparation - Part 2 $89*

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