Never Stop Learning
• Learn a second language
• Learn to cook
• Become a wine expert
• Become the person you want to be
To register for any class

Mail registration form to:

Continuing Studies, Salem College
P.O. Box 10548
Winston-Salem, NC 27108

Or

Fax registration form to: (336) 917-5432

Or

Call to register: (336) 721-2855
(with credit card information)

Registrants who withdraw from a course receive a full refund, less a $5 non-refundable administrative fee, if they notify the Office of Continuing Studies in writing (via email, mail, or FAX) or in person at least three consecutive business days prior to class. No refund is given after that period unless the College must cancel the course, in which case a full refund is given. Refunds for trips are subject to terms of the tour.

Courses are held on the Salem College campus, at off-site locations as listed, as well as in Old Salem. Many thanks to Old Salem, Inc. for their generosity in providing special facilities for some of our Courses for Community.

Go to www.salem.edu/community for a campus map and additional information about Courses for Community and Salem College Continuing Studies.

Courses for Community Faculty

**Judi Wallace**— Ms. Wallace holds an M.A. in French from the University of Kentucky at Lexington. She has a certificate in Business French from the Chamber of Commerce French Institute in La Rochelle, France. Wallace has been a private French and English instructor for several years and has taught college, high school, and middle school students. Wallace also has her Masters in Business Administration from the Executive Program at the Babcock Graduate School of Management at Wake Forest University.

**Renza Wallace**— Ms. Wallace graduated from the CCPN Institute of Language in Arequipa, Peru with a degree in English studies. She has fifteen years of experience teaching conversational Spanish at Salem College and for professionals at Sara Lee. A local promoter of Peruvian folkloric art, she resides in Winston-Salem where she is also owner of Inca’s Treasure.

**Rosemary Loftus Wheeler**— Ms. Wheeler will forever be grateful to the three women in Waldwick, New Jersey who taught her to knit at the age of nine. Their insistence on mastering the continental style of knitting, and ripping out mistakes until perfection was achieved, instilled a lifelong love and appreciation for an art form that has recently enjoyed a resurgence in popularity. She has knitted sweaters, socks, blankets, and other projects since she was a child, but includes lace christening gowns (for future nieces and nephews) and Irish sweaters among her favorites. She is a graduate of George Mason University in Fairfax, Virginia where she majored in Spanish.
Courses for Community Faculty

Ed Southern—Mr. Southern is vice president of sales and marketing for John F. Blair, Publisher, an independent press specializing in non-fiction books about the Southeast. He contributed to the guidebook Travel North Carolina, and edited The Jamestown Adventure: Accounts of the Virginia Colony, 1605-1614, which was nominated for the South-eastern Booksellers Association’s nonfiction book of the year. He also serves on the board of the North Carolina Writers Network.

Lesley Steward—Fitness and health have always been a part of Ms. Steward’s life. She completed an intense Instructor Certification workshop to become a licensed franchised owner and Jazzercise instructor in October 2002. Steward also serves her Jazzercise district (NC, SC, TN) as a monitor, reviewing the classes of fellow instructors to ensure franchise standards are met. She is passionate about encouraging people of all ages, sizes and abilities.

David Stith—Mr. Stith is a versatile graphic/web designer and consultant with extensive experience creating print and web marketing materials for business, academic, non-profit and independent clients. He has specialized in web work since 1998. Stith is responsible for constructing over 100 web sites, designing unique styles, and creating original visual content (illustration, animation and interactivity). He is currently the Webmaster for Salem Academy and College, and continues his community involvement with networking and presence through freelance work in varied mediums.

Vickie Verano—Ms. Verano earned her B. A. in Fine Arts, cum laude, from Marshall University in 1971. She has taught in the Salem College Courses for Community Program since 1997, and initiated a children’s art program, and after school program, and “Summer in Old Salem.” She teaches private children’s art lessons and conducts adult tutorials. Verano has donated her talent to many art programs in the local public schools, and her work has been shown recently in the Kiawah Island Conservancy Art Show (2006), and the Kiawah Island ART WALK at Freshfields (2006).
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**Sandy Moore**—Ms. Moore received her B.A. in Religion from Salem in May of this year. She has long been a student of arts and crafts, with a special affinity for glass etching. Her expertise in this area has garnered her a string of fans and customers. When she is not doing art, she is traveling the world as an international flight attendant.

**Sarah Nelson**—Ms. Nelson earned a B.S. in Education from the University of Texas in 1970. She has 28 years of teaching experience, and is certified in Language Arts and Social Studies. In addition to teaching the SAT Verbal course at Salem for many years, she is also the English Academic Team coach at West Forsyth High School. Nelson served on the committee to write the curriculum for the 9th grade Practical English course, and on the initial committee to write the North Carolina End-of-Grade test.

**Al Perry**—Mr. Perry is founder and president of Winston-Salem Writers, Inc., a nonprofit association of writers and poets in Northwest North Carolina. An Affiliate of Amherst Writers & Artists, Perry also leads creative writing workshops and teaches in the outreach program of Coastal Carolina University. He is a member of the North Carolina Writers Network and the Writers Group of the Triad. A former facilitator of the Bill Bray Writers Group in Winston-Salem, he is co-author of *The Lanyard*, a self-published novel. He has studied at the University of Iowa’s Summer Writers Conference, the Advanced Fiction Workshop in San Francisco, and Stonecoast Writers Conference in Maine.

**Barbara Potter**—Ms. Potter graduated from the Culinary School of Guilford Technical Community College, and is currently the Catering Coordinator at Whole Foods Market of Winston-Salem. She worked as a private chef for many years prior to joining Whole Foods in 2004. She loves working with grains, and is skilled at making her own baby food.

**Amanda Smith**—Ms. Smith graduated cum laude with a B.A. in Fine Arts in Dance from UNC-Greensboro in 2003. She has been teaching since 1997 in various local studios. Smith established her own business last year, Core Integrity Pilates, a fully equipped classical Pilates studio.
Courses for Community Faculty

Bruce Heye—A native of New Jersey, the “Wine Guy” has traveled extensively and toured the major wine-growing regions of the U.S., France, Germany, Spain, Switzerland, Austria, Portugal and Italy. He has served as judge at various East Coast wine competitions, and is a frequent contributor of wine-related articles to local and regional publications. Heye also enjoys opera, Broadway musicals, and an occasional glass of beer—three topics that form the basis for other Salem courses. But with eight different wine classes each year, he is best known for his wine expertise and relaxed style that have set the standard for the region. Mr. Heye holds a B.S. in Business Management from Fairleigh Dickinson University, and a M.B.A. in Finance from Seton Hall.

Annukka Holland—Ms. Holland is the senior instructor at the Golden Flower Tai Chi Center in downtown Winston-Salem. She has studied Tai Chi and Self-Cultivation for over 17 years. She embodies the graceful effortless power of Tai Chi and humbly continues to pursue self-improvement in her life.

Guy Kelpin—Mr. Kelpin graduated from Illinois Wesleyan University, magna cum laude, as a double major in Music Performance and Composition in 1999. He holds Masters degrees in Film Scoring and Trombone Performance from the North Carolina School of the Arts. Kelpin has worked as a composer, arranger, and producer for film scores used in videos, documentaries and commercials. He has also taught master classes on Film Scoring, Composition, and Trombone performance in Wisconsin, Illinois, Colorado and North Carolina.

Andrew Leslie—Mr. Leslie has been a storyteller since his first trip to the Jonesboro Festival in 1980. He was founding co-artistic director of Chicago’s Wild Onion Storytelling Festival, which attained national prominence over its ten-year run. For the past seven years, he has been storyteller-in-residence at the Wake Forest University Press Irish Festival. His repertoire includes traditional, literary and original stories from many traditions. Currently he is adjunct assistant professor of anthropology and communication at Salem College. He has conducted workshops for organizations such as the C. G. Jung Center, and has taught courses in storytelling and new media, and is a freelance writer principally in digital media.

Racing 101                               Sara Butner
Have you ever wondered what’s so entertaining about a bunch of cars driving around in a circle? Are you tired of not knowing a spoiler from a sway bar? Whether you’re a diehard racing fan or a rookie wanting to know what all the fuss is about, this is the class for you! Join a racing aficionado for an afternoon of lively discussion of auto racing’s basics, followed by a night at the races at Winston-Salem’s legendary Bowman Gray Stadium. Course fee includes ticket to race.

1 session
$26

Salem Book Club                          Carol Dernbach
This book club promises thought-provoking dialogue, and a vehicle for exploring our culture and society through literature. At Salem, you’ll get the chance to read together, laugh, and share personal histories. If you love a good book, and you love to talk about it, the Salem Book Club is an opportunity to meet your fellow book enthusiasts.

6 sessions
$72

SAT Prep                                Mike Britt and Sarah Nelson
Prepare for the test and be ready to perform up to your potential. With our highly experienced professionals, prepare for scoring well! We’ve planned your study program to end just in time for the October exam (and any of the other exams that follow)! Evaluations of our program and years of successful outcomes tell us we’re doing it right — and you will be too.

7 sessions
$135 each, Math or Verbal
Math and Verbal, $250
Plein-Air Drawing and Painting in Old Salem
(adults and teens)

Vickie Verano
Taking advantage of the beautiful vistas that Salem has to offer, students will follow friendly, step-by-step techniques necessary for drawing and painting outdoor scenery. In this two-day session, students will sketch the first day, working on composition and value, then paint with the medium of their choice on the second day. Students will enjoy capturing the cool morning mood and sunlight in their compositions, expressed best by Salem’s surroundings. Bring drawing pad, paints and comfortable chair. Call Vickie for more information: 768.0812. Class size limited to 8.

2 sessions
$60

Jazzercise
Lesley Steward
The original dance exercise phenomenon! Each 60 minute workout is a fusion of dance and muscle toning movements choreographed to today’s hottest music, including Top 40, jazz, country, funk, and classics. Our instructors make all the routines fun and easy to follow. Every class includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. Class size limited to 15.

16 sessions
$128

Conversational Spanish for Beginners
Renza Wallace
Let’s have the best time speaking Spanish!! Receiving loads of personal attention, get off to the right start in this basic conversational Spanish course. You will learn by speaking. For maximum success, the class will be completely in Spanish. There is no test in this class. You are your own test scorer. When you can communicate your thoughts in Spanish, you can give yourself a good grade!

24 sessions
$240

Courses for Community Faculty

Quinn Dalton—Ms. Dalton is the author of a novel, High Strung, and a story collection, Bulletproof Girl. Her stories have appeared in literary magazines such as Indiana Review, The Kenyon Review, and One Story, and have been anthologized in Glimmer Train’s Where Love is Found: 24 Tales of Connection and in Hourglass Books’ forthcoming Peculiar Pilgrims. She was a 2002-03 recipient of a NC Arts Council fellowship. Her story “The Music You Never Hear” is included in the 2006 New Stories from the South: The Year’s Best and is in the Best American Short Stories Top 100 Notable Stories.

Carol Dernbach—Ms. Dernbach holds a B.S. with honors in Accounting from the University of Wyoming, and is a licensed Certified Public Accountant with the state of Texas. Her avocation is novel writing and all things books. She completed the Colloquium in Novel Writing, a continuing education class presented by Rice University in Houston, TX. She also attended seminars given by Lighthouse Writers in Denver, CO.

Mike Dowd—Mr. Dowd has been riding, teaching, training and caring for horses at Tanglewood Farm for the past 28 years. Participating in horse shows as a coach, rider and judge has been of special interest to him throughout those years. Dowd is a member of the American Horse Show Association and a licensed judge for the association. He is also involved in the breeding and raising of thoroughbred race horses. Mr. Dowd earned a B.A. in Economics from SUNY Geneseo in 1973.

Tony Econ—Mr. Econ has been teaching ballroom dance for over 40 years. He has taught at both the Fred Astaire School of Ballroom Dance, and the Arthur Murray School of Ballroom Dance. He has trained many amateur and professional dancers for social and competitive dancing. Econ owned and operated StudioE School of Dance until 2003.

Terri Kirby Erickson—Ms. Erickson has an honors English degree from Winston-Salem State University and is a technical medical editor for JAMA Magazine. She has recently published her first volume of poetry, Thread Count. Erickson is a writer, visual artist and poet. Her work has appeared in various publications, including Forsyth Woman. One of her poems has been chosen for inclusion in the upcoming anthology, In the Yard, by Old Mountain Press.
Courses for Community Faculty

Nelson James Adams—Mr. Adams holds a Masters degree from the University of North Carolina at Chapel Hill in Urban Planning, and a B.A. in French Language & Literature from Washington & Lee University. He has studied modern American poetry, and worked as a writer, web site producer, documentary film maker, and a teacher in both the United States and abroad.

Becky Anderson—Ms. Anderson graduated with a B.S. in Health Education from Appalachian State University. She has been the Health Director for the Fulton Family YMCA since 2004, and is certified in a number of different fitness areas from Pilates to Kickboxing.

Leslie Bergman—Ms. Bergman grew up with horses outside of Buffalo, NY. In college, she was a member of the 1979 winning National Riding Commission team representing Sweet Briar College. Bergman has worked at Tanglewood Farms since 1982 as a riding instructor, trail guide and rider. She cares for the horses on a daily basis and prepares them for horse shows and other disciplines as well. Ms. Bergman earned a B. A. in Psychology from Sweet Briar College in 1982.

Mike Britt—Mr. Britt earned his B.S. in Mathematics, and a Master of Arts in Education in Counseling from Wake Forest University. He is Principal/Executive Director for the Children’s Center for the Physically Disabled. Britt is very involved with several different local committees and has been a visiting instructor for Salem Academy and College since 1978.

Sara Butner—Ms. Butner earned her B.A. in Communications from Salem College in 2004. Her senior seminar was titled “We’re Just Down Home Folks: an exploratory study of NASCAR fans.” She also did an independent study, “Branding Through Sports Sponsorship.” Aside from being a graduate of Salem College, she is the Assistant Director of Public Relations for Salem.

Conversational Spanish (ongoing)  
Renza Wallace  
For speakers of various levels and backgrounds, this conversational course will appeal to anyone who has the simple basics of Spanish or a more sophisticated understanding of the language. Through conversation, all in Spanish, everyone is a contributor, everyone is a learner. No one will feel uncomfortable, everyone will grow more comfortable. Renza Wallace employs her own unique method to engage even the most timid speaker. Wallace, a native of Peru, works with students of Spanish, whether from corporate America or a community neighborhood. 
24 sessions $240

The “Wine Guy” Yadkin Valley Wine Tour 
Bruce Heye  
These wine tours have been developed by our wine expert. He has traveled the highways and byways of the wine regions of the world and especially loves to tell the Triad story, by taking you to the vineyards themselves: Raylen, Shelton, Hanover Park and Westbend where you’ll hear as well from the growers who have turned the region into its own appellation. Lunch included. Participants must be 21. 
1 session $70

How to Write Dynamic Dialogue 
Quinn Dalton  
This workshop, open to all levels of writers, will focus on the role of dialogue in fiction writing. What is dialogue? What should it do? What should it not do? Most important, how do you make it sound real? Workshop exercises will provide practical support and tools for writers to apply to their own in-progress and future work.
1 session $45
Color Recipes: How to Mix and Use Color (adults and teens)  
Vickie Verano
Explore color-mixing recipes for achieving the perfect color when painting your favorite subjects. Students create their own detailed color charts and learn techniques on how to make color work for them, no matter what subject is painted. Daily demos and lots of individual attention. Bring to class: paints (acrylic or watercolor), brushes, five small (9” x 12” or smaller) canvas panels or Arches 140 lb. watercolor paper. This class is great for jump starting your creativity and gaining painting confidence.

7 sessions  
$115

Mondays  
Sept. 11–Oct. 23  
6:30pm–9:00pm  
13F06  
Or  
Tuesdays  
Sept. 12–Oct. 24  
6:30pm–9:00pm  
14F06  
Or  
Wednesdays  
Sept. 13–Oct. 25  
12:30pm–3:00pm  
15F06

Drawing Caricatures: The Art of Funny (children ages 7-14)  
Vickie Verano
Everyone likes cartoons, so it’s no surprise that drawing caricatures is an enjoyable art form. Brought back by popular demand, this fun-filled and light-hearted class will please students of all ages and abilities. Bring your sense of humor to class as well as drawing pad and colored pencils. Class size limited to 12.

7 sessions  
$95

Mondays  
Sept. 11–Oct. 23  
4:00–5:30pm  
16F06

The Salem College Wine Dinner  
Bruce Heye
Join us as we put into practice what our wine classes have been offering for the past five years. Our “Wine Guy” has worked with Zevely House to select wines to match a full dinner offering. For more details on the wines and menu, please call the College for reservations. Participants must be 21.

1 session  
$75

Tuesday  
Nov. 7  
6:30pm  
41F06

DIY: Publishing  
Al Perry
“Do it yourself” is the phrase of the day these days, and technology has made self-publishing easier—and more affordable—than ever. But “easier” isn’t always better. Learn why, when and how to self-publish, as well as the payoffs and the pitfalls, from an author who’s been there and done that.

3 sessions  
$84

Saturdays  
Nov. 11–Dec. 2  
9:00am–12:30pm  
*no class 11/25  
42F06

Premium Wine from Premium Wine Regions  
Bruce Heye
This class will focus on the fine wine production from a variety of wine growing regions around the world. Through tasting and discussions about these smaller areas, we will gain a clearer understanding of the uniqueness of wine varieties and how they differ from region to region. Class size limited to 14. Participants must be 21.

2 sessions  
$80

Tuesdays  
Nov. 28 & Dec. 5  
6:30–8:30pm  
43F06
Conversational French (ongoing)  
Judi Wallace  
Building on our French fundamentals, we will practice our French in different situations that add to vocabulary and language skills. Aspects of French culture and history will be incorporated with information about travel in France. Practical aspects of language will be the focus in this lively and fun course. Books *Living Language: French Complete Course*, ISBN 1-4000-2136-7  

6 sessions  
$120  
Thursdays  
Nov. 2—Dec. 14  
6:30—9:00pm  
*no class 11/23  
37F06

Drawing and Painting Landscapes: Part I  
(adults and teens)  
Vickie Verano  
“What we have to learn to do, we learn by doing.” - Aristotle . Part I of Drawing and Painting Landscapes begins with a brief introduction to the history of landscape painters and their painting techniques. A variety of materials will be studied, and practiced. Techniques will be demonstrated and students will study important principles for successful landscape renderings. Part I is the foundation class for landscape class Part II. Bring drawing pad, pencils, pastels or colored pencils and the painting medium of your choice. This class is perfect for beginning students who want to take a serious step toward improving their drawing and painting skills through hard work and practice. *Class size limited to 12.*  

6 sessions  
$105  
Mondays  
Nov. 6—Dec. 11  
6:30—9:00pm  
38F06  
Or  
Tuesdays  
Nov. 7—Dec. 12  
6:30—9:00pm  
39F06  
Or  
Wednesdays  
Nov. 1—Dec. 13  
12:30—3:00pm  
*no class Nov. 22  
40F06

Modern Dance Conditioning  
Amanda Smith  
This class will focus on dance conditioning and technique and the art of movement. You will practice the physical conditioning that a dancer must maintain in order to perform the demanding tasks they ask of their bodies. This includes Pilates mat work, floor barre, a modern dance warm-up and various exercises in the center. You will also learn basic modern dance vocabulary and apply the technique to movement combinations. Students will learn a variety of dance combinations throughout the semester while shaping their bodies into the long, lean physique of a dancer!  

23 sessions  
$184  
Mondays & Wednesdays  
Sept. 11—Dec. 6  
6:30—7:45pm  
*no class 9/27, 10/16 or 11/22  
17F06

Glass Etching  
Sandy Moore  
Drawing on glass, its beauty is timeless. Turn a simple drinking glass into a work of art; create designs and patterns that are a reflection of your creativity and individuality. Artistic ability is not a prerequisite. Bring your wine decanters, bottles or drinking glasses to class, and Sandy Moore will show you how to turn your ideas into art!  

3 sessions  
$36  
Mondays  
Sept. 11—25  
6:30—7:30pm  
18F06

Poetry as Distilled Experience/A Writing Seminar  
Terri Kirby Erickson & Nelson Adams  
Do you find pleasure in reading and writing poetry, and would you like to improve your understanding of the form? If so, this is the class for you. Students will learn mindfulness, keeping notes, and capturing fragments of experience. They will learn a deeper way of paying attention and evaluating experiences. Types of poetry, poetic devices and poetic structure will be reviewed in a comfortable and supportive environment.  

8 sessions  
$128  
Mondays  
Sept. 11—Nov. 6  
7:00—9:00pm  
*no class 10/16  
19F06
**Storytelling FUNdamentals**  
Andrew Leslie  
Explore the ancient art of storytelling; learn folk and fairy tales for performance, with coaching and critique by a master teller who teaches Communication and Anthropology at Salem, has over 20 years experience as former co-director of Chicago’s Wild Onion Storytelling Festival, and is resident storyteller of WFU Press’s Irish Festival at Reynolda House. Come to work on personal stories and perform before a larger audience.  
6 sessions  
$96  
Mondays  
Sept. 11—Oct. 16  
7:00—9:00pm  
20F06

**Ballroom Dancing!!**  
Tony Econ  
Deep inside you, is there a dancer aching to get out, but the only dance steps you know are the ones to the Macarena? Have no fear, Twinkle Toes, your life as a dancer just got made. Here is your chance to learn the steps to real dances. Dance instructor Tony Econ will guide you through the Foxtrot, the Waltz, the Tango and even the Cha-cha-cha!  
7 sessions  
$84  
Tuesdays  
Sept. 12—Oct. 24  
7:00—8:30pm  
21F06

**Honesty is the Best Policy: The Basics of Nonfiction**  
Ed Southern  
Nonfiction books cover all kinds of subjects and take all kinds of forms. Most people have a hobby or interest that can be turned into a quality work of nonfiction. Through discussion of various nonfiction works, as well as practical exercises, this author/publisher-led course will help students understand the techniques, genres, and requirements of nonfiction, including how to get it published. Class size limited to 12.  
10 sessions  
$120  
Tuesdays  
Sept. 12—Nov. 14  
6:30—8:00pm  
22F06

**Pilates**  
Becky Anderson  
“In ten sessions, you will feel the difference, in twenty sessions you will see the difference and in thirty sessions, you will have a new body.” –Joseph Pilates. Imagine an exercise program that you look forward to, that leaves you refreshed and alert with a sense of physical and mental well-being. The Pilates Method does this and more! Originating in the 1920s, Pilates’ slow and controlled mat exercises strengthen the whole body, increase flexibility, and improve balance, coordination and posture. While creating long and lean muscles, relieving back problems, and helping prevent injuries, Pilates improves the efficiency of the immune, respiratory, lymphatic and circulatory systems. The Pilates Method relieves stress, revitalizes, and increases physical vitality and so much more. Pilates is for everyone, integrating the spirit, mind, and body.  
10 sessions  
$80  
Tuesdays & Thursdays  
Oct. 24—Nov. 30  
7:00—8:00pm  
*no class on 10/31 or 11/23*  
35F06

**Wine and Food Pairings**  
Bruce Heye  
Our “Wine Guy” will show you how to be at ease when selecting wines to complement casual hors d’oeuvres as well as the finest meal. Participants must be 21.  
3 sessions  
$70  
Thursdays  
Nov. 2—16  
6:30—8:30pm  
36F06
Reach within.

**The Salem College Beer Dinner**  
**Bruce Heye**

Many of us are familiar with a wine dinner, but have never even thought about pairing different beers with fine dining. Beer is diverse in styles and tastes and Chef Alex of the Zevely House, along with our beer expert, has created a fine dining menu to be accompanied by a variety of lagers and ales to match each course. *Participants must be 21.*

1 session  
$60

**Ebay Basics**  
**David Stith**

You’ve heard all the stories about Ebay devotees who sell everything online, from their children’s clothes to their household furnishings, with no more effort than the click of a mouse. You can learn to do it too! Learn to shop for your next iPod, buy a new washer and dryer, or sell your grandmother’s brooch to the highest bidder. Our information technology expert will help you join the legions of Ebay fans who are hooked on the latest way to buy and sell.

1 session  
$45

**The Main Event: Simple Meals with Gourmet Flair**  
**Barbara Potter**

Want to prepare healthy meals, but feel frustrated by complicated and time consuming recipes? Join Chef Barbara Potter at Whole Foods Market as she demonstrates how to prepare a simple meal with gourmet flair, using all natural ingredients, and discover strategies for creating meals that are nourishing but easy enough for busy day-to-day living. *Class size limited to 20.*

1 session  
$36

**Introduction to Wine**  
**Bruce Heye**

Join our wine expert to get acquainted with wine terminology, labels, and the lore of historical and regional differences in wine. Learn to evaluate wines as you taste the major grape varieties from around the world. The final class takes place at a local vineyard. *Participants must be 21.*

3 sessions  
$64

**Horseback Riding at Tanglewood**  
**Leslie Bergman & Mike Dowd**

If you are interested in anything “horses,” this is the chance for you to explore the riding of these magnificent animals. In this course, participants will learn horsemanship and riding skills as well as a higher level of understanding the language of the horse. Horse experience is not necessary. Be sure to wear comfortable clothing. *Class size limited to 5.*

8 sessions  
$216

**Opera 101**  
**Salem College & NCSA Faculty**

Experience an inside look at the world of opera by participating in a brand new course with Piedmont Opera, NCSA and Salem College. Get the scoop on production aspects from opera history to costumes to make-up & wigs. Course includes special materials, professional demonstrations, site visits & tours, and ticket to *La Bohème.* Course will alternate between Salem and NCSA.

5 sessions  
$150

Shape the future.
Tai Chi

Annukka Holland

Originating in China, Tai Chi is an ancient form of energy cultivation and self-defense. An integrated system of physical and mental exercise, Tai Chi also helps one to become centered and balanced. Satisfying to learn and simple to do, Tai Chi is an enjoyable, moving meditation that refines one’s being while producing tranquility of mind. Taught at downtown’s Golden Flower Tai Chi Center (www.goldenflower.us) by a senior instructor with 17 years of experience, this class promises to bring balance to your life! Class size limited to 25.

10 sessions
$140

Conversational French for Beginners

Judi Wallace

This introduction to the beautiful French language will unlock the mysteries of pronunciation, introduce basic sentence construction, and begin building a useful vocabulary. The CDs accompanying the text provide guidance and practice outside of class. In class, we will use a variety of activities to build skills in a fun setting. Books: Living Language: French Complete Course, ISBN 1-4000-2136-7

5 sessions
$100

The Knitting Circle

Rosemary Loftus Wheeler

Curl up on a comfy couch, or in an easy chair, and learn the art of knitting from Salem’s expert hand knitting guide, Rosemary Loftus Wheeler. This course promises to have you on your way to creating that Irish sweater, or that blanket you’ve always wanted to make. Hand made items out shine the store bought piece every time. Enjoy a relaxing fall morning creating pieces that are sure to please, and bonding with other knitting enthusiasts. Knitting supplies for course will be available for purchase at first class meeting.

2 sessions
$32

Song Writing

Guy Kelpin

Songs evoke feelings or memories. I’ll bet you can remember the music that was popular when you married or when you lost in love. Putting words to music is fluid poetry. The words move along a melody, expressing feeling and emotion. It is one art sharing with another, creating a memorable moment in time. Gain tips and insight into this special art form from our song writer, Guy Kelpin. He will show you how to put your feelings or memories to music.

6 sessions
$72

Learning from Your Knitting Mistakes

Rosemary Loftus Wheeler

Don’t let the frustration of a dropped stitch, a misread pattern or an unsightly hole prevent you from finishing a project you started with the best of intentions, i.e., the christening cap for your godchild, the socks for your husband for Christmas, the sweater you started in college for yourself. In this class, we will make mistakes in order to learn how to correct them. Simultaneously, we will use errors to learn the basics of knitting and the construction of knitted garments. Please bring a sidelined past project, practice yarn and needles, and/or your questions.

2 sessions
$32

Wines of the New World

Bruce Heye

Explore the new world of wines from Australia, New Zealand, South Africa, South America, and the United States as you leisurely sample and discuss their like-named grapes yet unique tastes. Class size limited to 15. Participants must be 21.

3 sessions
$70