

Painting with Oils

Uncover your artistic side! Let Geri Backus take you step by step through the creation of your own masterpiece in oils. For this class, all students will be painting the same subject so they can concentrate on technique and style. All supplies used in class including brushes, paints, canvases, and cleaners are included. Bring a flat box, approximately 16" by 24" to transport your painting. Class is limited to 15 students.

Date: 6 Thursdays, April 2 - May 7

Time: 6:30 - 8 PM

Instructor: Geraldine Backus

Fee: \$89 (supplies included); after March 26 - \$99



Easy Asian Noodle Dishes



All noodles are not alike! Discover the many varieties of noodles that are available and how to cook them. Learn how to use your everyday cooking skills to create exciting new tastes. In a fun and fast-paced atmosphere, Chef Todd will show you how to prepare several easy and delicious noodle dishes with an Asian flavor. Come ready to sample and don't forget your chopsticks!

Date: Tuesday, April 7
Instructor: Todd Redfern

Time: 6 - 9 PM
Fee: \$39; after April 2 - \$49

Beginner's Guide to Coffee Cupping

Can't start your day without a steaming cup of coffee? Then come see what's brewing at *The Beanery Roasting Company!* Coffee

Expert Ellen Stevens will introduce you to the art of coffee cupping...with a twist! You'll learn how to observe and evaluate the essential flavor traits and aromas of coffees from Central America, Africa and Indonesia. The twist is that the coffees will be prepared using three different brewing methods, including the old office "Mr. Coffee", to see how brewing effects flavor. **Register early! Class is limited to 12 students.**

Date: Saturday, April 18
Location: The Beanery, 1009 1/2 Williams Street
Fee: \$15; after April 15 - \$25

Time: 9 AM - 11 AM
Instructor: Ellen Stevens



Looking for More? Contact Us...

Continuing Education
903 North Patterson Street
Valdosta, GA 31698

Continuing Education Website:
www.valdosta.edu/conted

Phone: (229) 245-6484
Fax: (229) 333-5397
E-mail: conted@valdosta.edu

Cooking & Baking with Whole Grains

There's more to whole grains than brown rice and oatmeal! Whole grains are delicious and nutritious and supply vitamins, minerals, protein and fiber. Discover some of the best that Mother Nature has to offer as you explore a variety of modern and ancient grains and how to prepare them. There will be plenty of tasty, sweet and savory tidbits to sample.

Date: Friday, April 17
Instructor: Suzanne Royce

Time: 6 - 9 PM
Fee: \$39; after April 14 - \$49



Understanding Organic

Organic is a popular buzzword right now, but what does it really mean? Join us and find out the good, the bad and the ugly about organic foods. Learn the difference between organic and natural food. Discover what you need to know about genetically modified and irradiated foods, food additives, and pesticides. Food labels contain lots of information. Become a food label detective and learn how to read labels so you know what's really in those boxes, cans, and jars.

Date: Tuesday, April 14
Instructor: Audrey Greer

Time: 6 - 8 PM
Fee: \$19; after April 9 - \$29

Online Courses

New sessions beginning every month, schedule of courses available at our website, www.valdosta.edu/conted/online.shtml

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

This course has been approved for PLU credit for teachers in the state of Georgia.

Requirements: Ability to read and understand the English language at the high school level. An elementary understanding of English grammar and mechanics will be useful. Internet access, e-mail, and Netscape or Internet Explorer Web browser.

Dates: New sessions starting April 15 and May 20
Location: Online

Time: At your convenience! Online access 24/7.
Fee: \$95

12 Steps to a Successful Job Search

Get the job you want quickly and easily and in any economy. In this course, a world-renowned author and career advisor will help you identify the job that is best for your needs. You'll then be given complete step-by-step instructions on how to get that job, regardless of your level of expertise or state of the economy. You will learn how to build rapport with any interviewer, both verbally and non-verbally, while mastering the six phases of a successful job interview. This motivational course will increase your confidence, help you feel great about yourself, and provide you with the foundation you need to get the job you want.

Requirements: Internet access, E-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser.

Dates: New sessions starting April 15 and May 20
Time: At your convenience! Online access 24/7.
Location: Online
Fee: \$85

Personal Finance

This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make.

You'll learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You'll develop a retirement savings plan, and you'll be better prepared to make large purchases and plan for taxes. You'll learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

Requirements: Internet access, E-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser.

Dates: New sessions starting April 15 and May 20
Time: At your convenience! Online access 24/7.
Location: Online
Fee: \$85

Find out more information on these courses and many others by going online to www.valdosta.edu/conted/online.shtml