

Registration begins
January 12, 2012

Winter 2012

Scarborough Adult Learning Center

Room A100, Scarborough High School - 11 Municipal Drive - Scarborough, ME 04074
www.scarborough.k12.me.us/adulted • 730-5040



*Get curious,
Get inspired,
Explore,
Learn,
Create,
Laugh.*

Try one
of our free
courses!

Open Up to Learning. Open Up Your World.

Printed on post-consumer recycled newsprint

Welcome to Scarborough's Adult Learning Center

Open up to learning. Open up your world.

Scarborough's Adult Learning Center is operated by the Scarborough School Department and is located in Room A100 at Scarborough High School. Most of the Center's courses are offered in the classrooms of Scarborough High School. The Center's mission is to offer life-long learning opportunities to citizens of the community by providing a range of enrichment, academic, and vocational programming. Non-credit enrichment courses cover the gamut of family and personal well-being; culinary and creative arts; languages and culture; Maine outdoors and safety; computers; home and garden; finance, business and career; and hobbies. Academic and/or for-credit offerings include high school-level diploma classes, GED testing, GED and Accuplacer tutoring and new College Transition Program referral services.

Mailing and Physical Address

Scarborough Adult Learning Center
Scarborough High School, Room A100
11 Municipal Drive
Scarborough, ME 04074

Core Office Hours

Monday through Thursday
1:00 to 6:00 pm during school year
*Closed Fridays, school vacations,
holidays, and most snow days*

Website:

www.scarborough.k12.me.us/adulted

State-wide Website

www.maineadulted.org

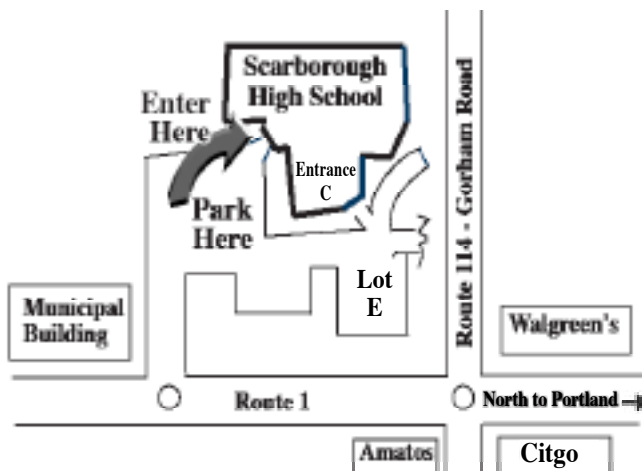
Email: teddy@scarborough.k12.me.us

Phone: 207-730-5040

Fax: 207-730-5007

Course Location and Parking

Most courses are held at Scarborough High School. *There is no high school entrance off of Route 114 Gorham Road. Enter via the intersection of Route One and Municipal Drive next to the Town Hall or Municipal Building.* Alternate entrances are noted for certain computer and art classes. Welcome signs are posted in the inner entry doors guiding students to assigned classrooms. Handicap parking is available.



What's Inside

- 3 | Music, Arts and Crafts
- 4 | Writing, Language and Culture
- 5 | Computers and Communication
- 6 | Career Development and Education
- 7 | Home, Food and Garden
- 9 | Maine Outdoors and Safety
- 10 | Self and Family Matters
- 12 | Academic Credit Programs
- 15 | Registration Form

**Registration begins
January 12, 2012**



Enrichment Programs

Music, Arts and Crafts

FIDDLE FROM THE GROUND UP

New! Experience an introduction to traditional fiddle playing, intended for students with little or no experience. By course end, students will know how to tune, care for, and properly hold their instrument and how to play several fiddle tunes, alone or in groups. Be introduced to different regional styles of fiddle playing, to different tune types, and improve your ear and intonation. All tunes are taught by ear with sheet music and recordings available from the instructor (see optional materials fee). Students need to rent, borrow or buy a violin with a bow, case and rosin, and may also wish to purchase a shoulder rest and tuning device. High school students welcome. Julia is an instructor at the Maine Fiddle Camp in Montville, has taught private fiddle lessons since 2003 and plays with several bands throughout the state.

Seven Tuesdays

03/27 to 05/15/2012 (no class 04/17/2012 school vacation)

7:00 to 8:00 pm

Room F103

\$77 resident, \$87 non-resident

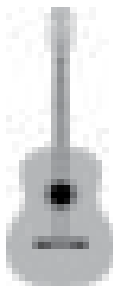
Plus optional \$10 materials fee payable to instructor at class

Instructor: Julia Plumb

Minimum: 5 students / Maximum: 10 students

JUST ONCE GUITAR FOR BUSY PEOPLE

New! Do you want to learn guitar, but simply have no time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you: basic strumming, how to tune your guitar, how to form the three basic chords and how they work in a song, tips on buying a guitar, and get you playing some simple tunes right away. In addition to the course fee, students are required to purchase the course workbook and practice DVD. Borrow or bring your own pick and acoustic guitar. Ages 13 and up. Don is a guitarist and composer who has taught all levels and varieties of guitar – jazz, classical rock - for 25 years; he plays in area jazz clubs, has performed for George W. Bush in Kennebunk, played lead guitar for Clay Aiken, and served as faculty for University of Maine.



Thursday

04/26/2012

6:30 to 9:00 pm

Room F103

\$25 resident, \$35 non-resident

Plus required \$29 workbook and practice dvd fee payable to instructor at class

Instructor: Don Pride, BS Classical Guitar Performance

Minimum: 8 students / Maximum: 12 students

MACHINE QUILTING FOR ALL: PLACEMATS & NAPKINS

New! If you own, can rent or borrow a portable sewing machine, and have some very basic machine sewing skills, then you're ready for your first simple quilting project. Learn and practice the basics: measuring, rotary cutting, piecing, and binding. The four placemats will feature a center rectangle of the novelty fabric you wish to feature, with two separate matching fabrics for the triangular flying geese pattern border on the top and bottom. Complete the set with simple coordinating square fabric napkins. Students bring portable machine, folding transport cart for heavier models, extension cord, basic supplies and fabric of their choice; detailed supply list provided upon registration. All skill levels, including high school students welcome. Jaki has quilted for over 26 years - teaching quilting, running quilting retreats and winning awards for her creations.

Two Wednesdays

02/08 and 02/15/2012

6:00 to 8:30 pm

Room E107

\$39 resident, \$49 non-resident

Instructor: Jacqueline Soper, BS Education/Mathematics

Minimum: 4 students / Maximum: 8 students

MAKE A PENNY RUG

New! Penny rugs are a folk art style of hand-sewn applique, traditionally made from felted wool and finished with a tongue-shaped border and blanket stitching. They make lovely wall hangings or table runners. Students will purchase a kit from the instructor on the first day and need only to bring their own scissors and mechanical pencil. All skill levels including high school students welcome. See instructor bio above.



Two Tuesdays

03/06 and 03/13/2012

6:00 to 8:30 pm

Room E107

\$39 resident, \$49 non-resident

Plus required \$45 fee for penny rug kit payable to instructor at class

Instructor: Jacqueline Soper, BS Education/Mathematics

Minimum: 4 students / Maximum: 8 students

DID YOU KNOW?



With community support the Scarborough Adult Learning Center has increased offerings to over 40 courses.

Enrichment Programs

MACHINE QUILTING FOR ALL: WARM WISHES QUILT

New! This twin size 67" x 89" quilt showcases your favorite floral or novelty fabric by framing it with two contrasting fabrics. Appearing in *Quiltmaker* magazine, this quilt looks complex, but is surprisingly easy to make. Learn easy and precise rotary cutting methods, and practice accurate strip piecing using a scant ¼" seam. Spend some time, make some new friends and have some fun while taking pride in your unique creation. Students bring portable machine, folding transport cart for heavier models, extension cord, basic supplies and fabric of their choice; detailed supply list provided upon registration. All skill levels including high school students welcome. See instructor bio page 3.

Three Wednesdays
03/28 to 04/11/2012
6:00 to 8:30 pm
Room: E107

\$58 resident, \$68 non-resident

Instructor: Jacqueline Soper, BS Education/Mathematics
Minimum: 4 students / Maximum: 8 students

PASTELS IN THE AFTERNOON

For past students and new recruits! Experience the unique energy and vibrancy of pastels. If you like to draw and love color, pastels are for you. You'll learn basic pastel techniques and ways to use color and contrast to make your paintings zing. Experience the difference underpainting and good paper can make. With pastels, you can also breathe new life into existing watercolor or acrylic paintings that you aren't quite satisfied with. Weather permitting, some classes may be held outdoors. Supply list provided upon registration. Dana's art can be seen on the online gallery, artfulhome.com. She holds a BFA in illustration and painting, exhibits in galleries and art festivals, and works as a librarian at Wentworth Intermediate School.

Five Thursdays

04/05 to 05/10/2012 (no class 04/19/2012)
4:00 to 6:00 pm

Art Studio E110, park at side staff lot "E",
using entrance "C"

\$80 resident, \$90 non-resident

Instructor: Dana Trattner

Minimum: 6 students / Maximum: 10 students

PAINTING WORKSHOP: EXPRESS YOURSELF!

New to painting or have you been painting for a while but would like to experiment with new techniques? Learn to



blend colors, set up your palette, and enhance brush techniques. This is a relaxed course where students are encouraged to combine learned elements into their own personal expression whether working from photographs, imagination or still life. Techniques will be displayed in both oils and acrylics. List of supplies available upon registration.

In addition to the bio noted in the computer section, Becky is an artist with a BA from the Maryland Institute of Art, and has taught adults, assisting them with publishing and displaying their works in galleries.

Four Mondays
03/05 to 03/26/2012
6:30 to 8:30 pm

Art Studio E110, park at side staff parking lot
"E", using entrance "C"

\$65 resident, \$75 non-resident

Instructor: Becky Test

Minimum: 5 students / Maximum: 10 students

Writing, Languages and Culture

BEGINNER MANDARIN CHINESE

With one billion speakers, Mandarin is the most widely spoken language on the planet. This course is specifically designed for students with no Chinese language background. With an insider's perspective, learn lively colloquial dialogue as actually spoken in homes, on the streets, in restaurants, hotels and shops. Learn how to fit right in by understanding local manners, etiquette, sense of humor and behaviors. Perfect for leisure and business travelers, and those curious about Chinese language and culture. Students should pre-purchase the textbook with audio CD, *Mandarin Chinese the Easy Way*, 2nd edition, ISBN-13: 978-0-7641-9369-9 by the second class. High school students welcome. Enyue Li is an award-winning teacher, who was a teacher and department head of Chinese language at a number-one-ranked elementary school in China, and now teaches at The Breakwater School.

Six Thursdays

02/09 to 03/22/2012 (no class on 02/23 school vacation)
5:30 to 8:30 pm, with breaks

Room: A104

\$150 resident, \$160 non-resident

Special note: This class available in extended eleven week,
33 hour format for those seeking high-school level
course credit at \$250/student; see page 13.

Instructor: Enyue Li, MA in Chinese Education

Minimum: 7 students / Maximum: 15 students

Enrichment Programs

CREATIVE WRITING WORKSHOP

For past students and new recruits! Whether you're a complete beginner or an experienced scribbler, this fun, non-credit course will move you along in your creative journey. The goal is to honor individual artistic impulses and open new avenues and modes of written expression. Students are presented with exercises in poetry, memoirs or short stories; offered sample responses; encouraged to craft their own response; and benefit from individual and/or group feedback. Students may write by hand, bring own laptop or use computers in lab. Optional homework is assigned. Jeri holds a MFA with a concentration in poetry and contemporary letters, has taught in Maine for over 20 years, and has been published in journals, literary magazines and anthologies since 1987.

Four Wednesdays

03/07 to 03/28/2012

6:00 to 8:30 pm

Computer Lab G122 across from Auditorium

\$75 resident, \$85 non-resident

Instructor: Jeri Theriault, MFA

Minimum: 6 students / Maximum: 12 students

GOOGLE APPLICATIONS

New! Learn about the host of free and dynamic applications available through Google Cloud. Google Docs allows you to easily create, share, and edit documents online; Google Calendar gives businesses and students/teachers intuitive calendars they can share and present dynamically on websites; and Google Spreadsheets and Forms can collect great amounts of data through online forms that populate spreadsheets for intuitive reporting. Google Sites offer professionals, students and other community members a great place to have their business information, personal information, homework, calendars, blogs, and other information of importance on one website. Ages 15 through adult. Cassie is the Web Specialist for Scarborough Schools with over 20 years of programming and knowledge management experience in education, government and private sector.

Three Tuesdays

01/24 to 02/07/2012

4:30 to 6:30 pm

Computer Lab C103

\$75 resident, \$85 non-resident

Instructor: Cassie Dove, BS Adult Ed, MSED Technology & Curriculum Design

Minimum: 7 students / Maximum: 20 students

Computers & Communication

AFTERNOON ABSOLUTE BEGINNER COMPUTERS

Ongoing by popular demand! Take the fear out of learning new technologies. If you have little or no experience with computers - but want to learn to research topics on the internet; create, save or print a simple letter or Word document; or just use a mouse - then you're ready for this course. In a relaxed, fun, slow-paced atmosphere, we'll offer simple demonstrations, and take you step by step with individual hands-on instruction. Lots of time for questions and to practice skills learned. Students may bring their own laptop or use computers in lab. Becky has over 11 years experience as a Microsoft Network Administrator, MCITP -CCNA, and has enjoyed teaching adult technology classes since 2002.



Four Wednesdays

03/07 to 03/28/2012

3:30 to 5:30 pm

Computer Lab G122 across from Auditorium

\$69 resident, \$79 non-resident

Instructor: Becky Test

Minimum: 5 students / Maximum: 10 students

iPHONE APPS AND MORE

New! What is an iPhone application? What are some of the new applications that would enhance your iPhone? How do you back-up and restore your iPhone? Want to learn where to configure email, signatures and more? Come to this two night class to receive tips and tricks on using your iPhone. See instructor bio at left.

Two Thursdays

03/08 and 03/15/2012

6:15 to 8:15 pm

Computer Lab G122 across from Auditorium

\$39 resident, \$49 non-resident

Instructor: Becky Test

Minimum: 5 students / Maximum: 15 students

INTRO EXCEL FOR BUSINESS & HOME

Learn the essentials of Microsoft Excel. Discover how easy it is to set up spreadsheets, formulate data, save files, print, move and sort output. Create budgets, address lists and charts for your business or home. Review how to construct and manipulate simple math formulas and linked files. Students may bring their own laptop or use computers in lab. See instructor bio at left. **Certificate provided upon completion of course.**

Three Wednesdays

02/01 to 02/15/2012

6:30 to 8:30 pm

Computer Lab G122 across from Auditorium

\$59 resident, \$69 non-resident

Instructor: Becky Test

Minimum: 5 students / Maximum: 10 students

Enrichment Programs

INTERMEDIATE EXCEL FOR BUSINESS & HOME

Expand on the basic functions in excel and create formulas incorporating multiple worksheets in a single calculation. Define how data is printed and imported into Excel. Use advanced ways to sort data for easy presentation of information. Protect, move, create and delete worksheets. You can even convert your excel spreadsheet into a webpage. This course is a continuation of Intro Excel; therefore other students should have some prior knowledge of Excel before taking this class. Students may bring their own laptop or use computers in lab. See instructor bio on page 5. **Certificate provided upon completion of course.**

**Three Wednesdays
02/29 to 03/14/2012
6:30 to 8:30 pm**

**Computer Lab G122 across from Auditorium
\$59 resident, \$69 non-resident
Instructor: Becky Test
Minimum: 5 students / Maximum: 10 students**

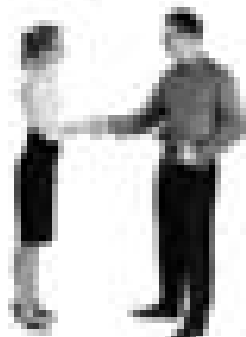
INTERMEDIATE COMPUTERS

Have you been on the internet and used Microsoft Word or Email, but want to know more? Learn to create folders, find files and manage documents. Control annoying pop-ups when browsing the internet. Discover how to set up your home page, organize favorites, and even burn a CD of important files. A demo of using Skype for calling friends and family will be demonstrated. Students may bring their own laptop or use computers in lab. Adults only. Basic computer experience is required before taking this class. See instructor bio on page 5.



**Three Wednesdays
04/11 to 05/02/2012 (no class on 04/18/2012)
6:15 to 8:15 pm**

**Computer Lab G122 across from Auditorium
\$59 resident, \$69 non-resident
Instructor: Becky Test
Minimum: 5 students / Maximum: 10 students**



Career Development and Education

HOW TO BECOME AN EFFECTIVE AND MEMORABLE SUBSTITUTE TEACHER

Would you like to work with students, have your evenings free, and earn up to \$100 per day? A substitute teacher is responsible for providing instruction, managing the classroom environment, and promoting student learning in the absence of the regular classroom teacher. If you are a college student, a stay at home parent who would like to work outside your home while your children are at school, a retiree, or are simply interested in learning more about the teaching profession, this course is for you! Kelli teaches sixth grade at Scarborough Middle School.

**Wednesday
01/25/2012
6:00 to 8:00 pm
Room A106**

**\$40 resident, \$50 non-resident
Instructor: Kelli Crosby, MA, Teaching and Learning
Minimum: 8 students / Maximum: 30 students**

OPENING DOORS WITH GOOD BUSINESS, SOCIAL AND DINING ETIQUETTE

Do you have the skills to make a great first impression, start polite conversation, make proper introductions, or use the correct utensil at a formal business dinner? Have you ever felt tongue-tied or embarrassed to start conversations? Perhaps there were manners you were never taught at home or school. Combine learned information with classroom practice to become confident in social situations - from meeting new in-laws, to job interviews, to cocktail parties. This course involves two class discussions over-viewing types of etiquette, with a third class off-site to practice the "Dining Etiquette" segment while enjoying a six course meal. Ideal for business professionals, sales staff, recent high school and college graduates, job hunters, and more. Andrea has spent 25 years with a national firm achieving top sales awards, has spoken nationally as a motivational speaker, and holds a nationally-recognized certification in etiquette training and life coaching.

**INCLUDES
SIX COURSE
MEAL!**

**Three Mondays
01/30 to 02/13/2012
6:00 to 7:30 pm**

**Room A102, with third class off-site
\$46 resident, \$56 non-resident
Plus \$30 meal & tip fee payable to instructor at first class
Instructor: Andrea Pastore
Minimum: 6 students / Maximum: 20 students**

Enrichment Programs

PERSONAL SUPPORT SPECIALIST (PSS) CERTIFICATION

New! A PSS provides direct support to individuals in assisted living programs, residential care facilities, adult day services and home care settings – and is in demand in today’s market! Duties performed vary, and may include assistance with personal care and hygiene, transfers & mobility, dietary needs and light housekeeping. The curriculum - overviewing principles, practices and methods of care - involves 50 hours of classroom time and two off-site clinicals for hands-on practice, as well as CPR/First Aid Certification. Fee includes textbooks and supplies. Join our free info session to learn more. Ages 17 and up, with no criminal records, and must have at least an 8th grade education. Jennifer is a nurse trainer, with 20 years of home care experience, who has taught CNA and PSS classes for years, doing both classroom and clinicals.



Register to attend the
FREE informational session at 730-5040

Wednesday
03/14/2012
5:00 to 6:00 pm
Room A104

PSS Course:
Nine Days

Classroom: 03/26, 03/28, 03/29, 04/02, 04/03, 04/04, 04/05/2012

Off-site clinicals: 04/10 and 04/12/2012

3:00 to 9:00 pm
Room A104

Course Fee: \$300

Instructor: Jennifer Courtois, RN

Minimum: 6 students / Maximum: 12 students

BECOME A NOTARY PUBLIC

The primary duty of a notary public is to formally witness transactions involving paper documents. In Maine notaries can also officiate at weddings. This class will help you prepare to be commissioned as a notary public. Learn the history of the office, its powers and duties, eligibility, procedures, and record-keeping. Leave the course with all the testing and paper work completed and ready to submit to the State. Suzanne is a notary public, attorney licensed in both ME and MA, and is a volunteer with Volunteer Lawyers Project for Domestic Violence.

Monday
03/05/2012

5:30 to 7:30 pm • Room A104
\$45 resident, \$55 non-resident

Plus \$5 required workbook fee payable to instructor at class

Instructor: Suzanne Choi Lafreniere, Esq.
Minimum: 8 students / Maximum: 25 students

Home, Food and Garden

HEARTY SOUPS AND BREADS

New! When winter’s chill sets in, what better way to warm and welcome family and friends than with a simmering pot of savory soup? Learn to make Mexican turkey meatball soup, jalapeno cornbread, butternut bisque and homemade croutons, roasted tomato with scallion drop biscuits, and corn and potato chowder with poppy seed breadsticks. Whether students choose to be hands-on or just watch, come hungry, and enjoy sampling each dish! Recipe hand-outs provided. JoAnne was born in England, graduated from California Culinary Academy, worked as pastry chef at fine dining establishments in the San Francisco Bay area, and owned her own dessert catering company here in Maine. **MUST PRE-REGISTER BY 02/06.**

Thursday

02/09/2011, but must pre-register by 02/06

6:30 to 9:00 pm

Room E107

\$18 resident, \$28 non-resident

Plus \$5 grocery fee payable to instructor at class

Instructor: Jo Anne Wood

Minimum: 8 students / Maximum: 14 students



JOIN THE TRANSITION: ORGANIC LAWNCARE & LANDSCAPING

New! Are you concerned about lawn chemical safety for children and pets? Wonder how run-off impacts our marsh and marine-related livelihoods? For such health & environmental reasons, Scarborough adopted a policy to transition to an organic approach (OPM) on town & school lawns, playing fields, parks and playgrounds. Before purchasing products or having your lawn sprayed, view a Power Point and: consider differences between synthetic & organic approaches; get acquainted with your lawn’s own living “soil food web”; learn to use weeds and insects as welcome messengers about how to best improve soil and lawn health; re-examine cultural reasons for the way you do things now; learn where to access organic products and services locally; and put it all together for a safe, chem-free lawn your kids and pets can roll around in! ***Be the one to get things started on your block, rally neighbors!*** With 26 years in the horticultural industry, Peter is one of seventeen NOFA-accredited organic lawn care professionals in the state of Maine.

Two Mondays

03/12 and 03/19/2012

6:30 to 8:00 pm

Room A103

\$50 resident, \$60 non-resident; high school students FREE with ID

Instructor: Peter Bottomley, BS Natural Resources Management NOFA AOLCP

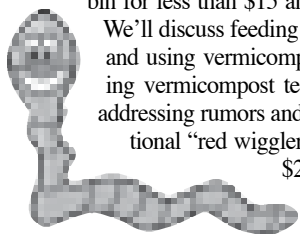
Minimum: 10 students / Maximum: 25 students

Enrichment Programs

VERMICOMPOSTING:

YEAR-ROUND COMPOSTING WITH WORMS!

New! Why pay for fertilizer and compost? If you've never composted before, winter's the time to get a head start on making your own. Or if you're a seasonal composter, there's no need to stop when it gets cold outside. Start preparing free, nutrient-rich food for your garden and reducing your waste now. Learn to build a worm bin for less than \$15 and keep your worm bin trouble-free.



We'll discuss feeding and monitoring your bin; harvesting and using vermicompost as a soil amendment; and making vermicompost tea. Plenty of time for questions and addressing rumors and myths about vermicomposting. Optional "red wigglers" can be ordered from instructor at \$20 for the one pound recommended.

High school students welcome. Mark is a toxicologist, an environmental scientist, and winner of the

EcoExcellence Award; he has been vermicomposting as a hobby since 2000 and teaching its benefits throughout Maine since 2005.

Tuesday
02/28/2012

6:00 to 7:30 pm • Room A102

FREE, but must pre-register by Monday, February 27

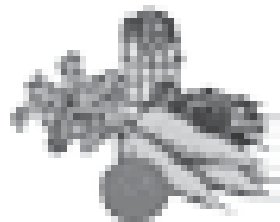
Instructor: Mark Follansbee

Minimum: 6 students / Maximum: 15 students

MOFGA's GROW YOUR OWN ORGANIC GARDEN!

Our most popular course ever! Eating the organic way, with a garden of your own, yields powerful benefits to both health and environment. This class will cover: basics of soil science and how to enrich soil to produce healthy high-yielding plants, making and using compost, principles of crop rotation, incorporating green manures and managing nutrients, differences between cultivated plants and weeds, weed control

strategies, and natural insect control. The instructor will be a local experienced farmer or gardener assigned by MOFGA, the Maine Organic Farmers and Gardeners Association.



Wednesday
04/04/2012

6:00 to 9:00 pm • Room: E103

FREE, but must pre-register by Monday, April 2

Plus required \$5 material fee payable to MOFGA during class

Instructor: Assigned by MOFGA

Minimum: 5 students / Maximum: 60 students

INTRO PERMACULTURE DESIGN

New! Take organic gardening to the next level with Permaculture, an ecologically-collaborative approach to food systems and sustainable living, modeled after relationships found in Nature. Learn to minimize inputs of time, money and effort while maximizing outputs of food, enjoyment and security. Work through a real live landscape design process with our "client", who will have completed a questionnaire in advance; co-create a design based on their specific goals, the assets and challenges of their site. Come away with a strong foundation for understanding and applying permaculture ethics and design principles, including confidence in knowing "where to start" on your own property. Ages 16 and up. Lisa is a certified permaculture designer, founding member of Portland Maine Permaculture/The Resilience Hub, a Master Food Preserver, Master Composter, and winner of the EcoExcellence award.

Four Wednesdays

04/25 to 05/16/2012

5:30 to 8:30 pm

Room C106, use high school side entrance "C" and side staff parking lot "E"

\$60 resident, \$70 non-resident

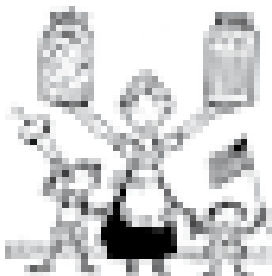
Instructor: Lisa Fernandes

Minimum: 10 students / Maximum: 18 students

PRESERVE THE HARVEST:

HANDS-ON FOOD PRESERVATION

New! Be prepared to make the most of this growing season's bounty! Learn recommended methods for preserving foods, the latest and safest recipes, ways to use equipment to insure safety, and how to check for properly sealed jars. Participants may bring their own pressure canner dial gauge to class, if desired, for a free accuracy test. Please bring a pot holder and receive your own "Preserve the Harvest Food Preservation Packet". Fee covers cost of food, supplies and packet. This course offered as a service of the University of Maine Cooperative Extension Service by Kate McCarty of the Food Preservation Program, with help from Master Food Preserver volunteers, each with 30 hours of training.



Wednesday
05/09/2012

5:30 to 8:30 pm

Room E107

FREE, but must pre-register by Friday, May 4

Plus required \$10 materials fee payable to instructor at class

Instructor: Kate McCarty

Minimum: 5 students / Maximum: 12 students

Enrichment Programs

FOOD, NOT LAWNS: NO-DIG GARDEN BEDS

New! Experience just a taste of the Permaculture method by creating a highly-productive, weed-free garden bed for annual and perennial food crops without the need for tilling or digging. Garden beds of any shape or size can be created almost anywhere to turn lawn or other outdoor spaces into edible abundance! The session will begin with 90 minutes of classroom time to discuss and see slides about the no-dig method.



This will be followed by a hands-on exercise in creating some of these very garden beds outdoors. Participants will go home fully prepared to replicate this technique at their own property with free and low-cost materials found in most neighborhoods. Bring: notebook, camera, clothes that can get dirty, work boots & gloves; students may be called in advance to bring some of the garden-building materials (leaves, grass, dried seaweed, etc.). Ages 16 and up. See instructor bio on page 8.

**Saturday
05/12/2012**

8:30 am to 12:30 pm

Room C106, use high school side entrance "C" and side staff parking lot "E"

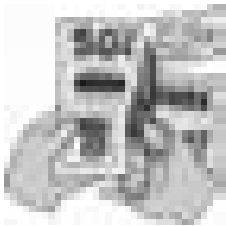
\$18 resident, \$28 non-resident

Instructor: Lisa Fernandes

Minimum: 10 students / Maximum: 25 students

EXTREME COUPONING FOR REAL PEOPLE

You've seen the show, now see how you too, can save hundreds on your grocery shopping trips! Learn where to find the best coupons, how to organize coupons, and how to match store flyers with coupons. Learn the benefits of having a reasonable stockpile, how to roll store coupons, and the cash benefits of mail-in rebates. Let Cari share her secrets with you! Cari operates Couponing with Cari, and has saved over \$18,000, by using coupons and mail-in rebates, and by taking advantage of sales. *Choose one of two sessions.*



Session One: Tuesday, 02/07/2012, OR

Session Two: Tuesday, 04/10/12

6:30 to 8:30 pm

Room A106

\$20 resident, \$30 non-resident

Instructor: Carin Dowling

Minimum: 5 students / Maximum: 20 students

Maine Outdoors & Safety

VERNAL POOLS, SPRING PEEPERS

New! includes field trip option! Vernal pools are precious, biologically-diverse, legally-protected, seasonal wetlands that form in late winter and early spring, and disappear in fall. If you've heard "peeper choruses" (small frogs) in the spring, there may be one in your neighborhood. Home to a fragile ecologically-connected web of plants, amphibians (salamanders, frogs, newts), insects and crustaceans, including the dynamic fairy shrimp - they also attract visitors such as turtles, snakes, birds and mammals. This workshop offers backyard scientists, nature lovers, and landowners a peek at local vernal pools. Learn to identify inhabitants, their food web, the various calls of frogs, threats to vernal pools, and why & how concerned citizens advocate for, and collect data to monitor life there. Borrow a pair of waders and complete the program with an optional, but highly-encouraged, expertly-guided field trip, and even help with data collection. Ages 12 and up. John is a second-term school board member who served six years on the Conservation Commission and five years as part of a team of "Citizen Scientists" dedicated to conducting vernal pool studies in Scarborough.

**Thursday
04/05/2012**

6:15 to 8:15 pm

**Plus Saturday field trip on 04/07, conditions permitting
Room A106**

FREE, but must pre-register by Tues., April 3

Instructor: John Cole

Minimum: 6 students / Maximum: 20 students

PET FIRST AID & DISASTER RESPONSE

An ideal resource for all pet owners and pet caregivers which covers common health and safety related issues, including first aid basics and when to seek the professional help of a vet. This course features disaster planning steps for the proper care of pet. Do not bring pet to class. Ages mature 14 through adult. This is an Emergency Care And Safety Institute course taught by Kathy Meserve who is an instructor for the ECSI as well as for the American Heart Association.



**Monday
02/06/2012**

6:00 to 9:00 pm • Room A106

\$25 resident, 35 non-resident

Plus \$15 book fee payable to instructor during class

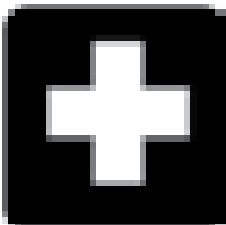
Instructor: Kathy Meserve

Minimum: 4 students / Maximum: 10 students

Enrichment Programs

AMERICAN HEART ASSOCIATION FIRST AID, CPR, & AED CERTIFICATION

Make a difference in emergency or sudden illness situations, and even save a life. Learn to respond to emergencies that arise at home, in school or in the workplace with tools to address adult, child and infant CPR; stroke; choking, child safety; injury prevention; first aid; as well as how to use automated external defibrillators (AEDs) to save victims of sudden cardiac arrest. Ideal for parents, scout leaders, coaches, daycare or gym employees, personal trainers, teachers, for workplace certification, and more. Ages 14 and up. Certification valid for two years. Includes book. Mark is American Heart Association certified with over 20 years of background in human services.



Two Wednesdays
01/18 and 01/25/2012

5:30 to 8:30 pm • Room A102

\$60 resident, \$70 non-resident

Plus required \$12 textbook fee payable to instructor at class

Instructor: Mark Lindquist

Minimum: 6 students / Maximum: 15 students



MAINE DRIVING DYNAMICS

This is a two-evening course taught by instructors of the Maine Bureau of Highway Safety. PowerPoint presentations will facilitate discussion on new traffic laws, rules of the road, collision avoidance, driver habits and attitudes, and the elements that challenge Maine drivers on a daily basis. Drivers who complete the course may be eligible for a 3-point credit on their driving record and possible discount from their insurance carrier. Choose one of two sessions.

Tuesday and Thursday

Session I: 01/17 and 01/19/2012, OR

Session II: 03/20 and 03/22/2012

5:30 to 8:00 pm • Room A106

\$40 resident and non-resident, \$10 seniors 65+

**Instructor: Sheryl Flannery or as assigned by the
Bureau of Highway Safety**

Minimum: 7 students / Maximum: 25 students

If you are interested in teaching a class for
Scarborough Adult Learning Center we'd love to hear
from you. Contact us at

teddy@scarborough.k12.me.us or 207-730-5040

Self and Family Matters

MINDFULNESS MEDITATION

Three week format designed for new and past students! Mindfulness meditation involves bringing a kind, patient and non-judgmental attitude to all of our life experiences at the moment they're happening. This brings greater calmness, clarity and understanding to stressful life experiences, and also allows us to more fully enjoy moments of joy and celebration. Learn formal and informal mindfulness practices in a safe and relaxing environment with plenty of time for questions and individual attention. The three week format allows you to practice mindfulness exercises between the weekly classes. Dr. Joanne Chapman is director of Chapman Chiropractic Center and The Mindfulness Meditation Clinic of Southern Maine, both in Scarborough; she has completed MBSR (Mindfulness Based Stress Reduction) professional teacher training and is a long-time MBSR practitioner. OFF-SITE CLASS



Three Saturdays

03/10 to 3/24/2012

10:00 am to 12:00 pm

Off-site class: Mindfulness Meditation Clinic of So. Maine,

153 US Rt One, Scarborough

\$75 resident, \$85 non-resident

Instructor: Dr. Joanne Chapman

Minimum: 5 students / Maximum: 20 students

EAT RIGHT, THINK RIGHT, MOVE RIGHT

Prepare yourself and family for healthy life changes in 2012. "3Right Living" is a comprehensive program of health and wellness that begins by addressing current routines and underlying behaviors. Through a plan of education, preparation and action - integrate practical strategies about how we eat, think and move - and make lasting, positive changes in health. Participants have had remarkable outcomes with significant benefits to family members. Dr. Cayer has practiced in Scarborough since 1997 and owns Scarborough Family Chiropractic; he is a Certified Wellness Practitioner, has lectured on wellness issues locally and nationally, and has been published internationally.

Three Wednesdays

03/07 to 03/21/2012

6:30 to 7:30 pm

Room A102

\$10 resident, \$20 non-resident

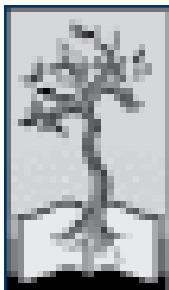
Instructor: Stuart Cayer, D.C., C.C.W.P.

Minimum: 5 students / Maximum: 20 students

Enrichment Programs

GENEALOGY FOR BEGINNERS

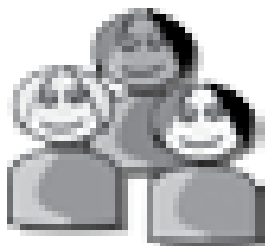
A popular class! How can I reconnect with lost family members from my ancestral homeland? Where can I find lost relatives in America? How can I better understand the daily lives and motivations of my ancestors? How far back in time can I go? Where can I obtain historic photos of my ancestors? How can I get the quickest and biggest value on the internet? Where can I obtain free genealogical support? Students completing this course will find answers to these questions and more, and will be well-equipped to embark upon their own family genealogy project. Ages 16 and up. Darrin has 20+ years of experience researching archival records in American and European villages, cemeteries, churches, libraries and on the internet.



Three Tuesdays
05/01 to 05/15/2012
6:30 to 8:00 pm
Computer Lab G122B
\$40 resident, \$50 non-resident
Instructor: Darrin Weigle
Minimum: 4 students / Maximum: 15 students

THE ART OF REINVENTING YOURSELF

New! Is your life changing? Do you feel stuck, dissatisfied, bored or restless, not knowing quite what to do with the rest of your life? Whether it's a life change such as job loss, divorce, retirement, "empty nest" or exploring new options in midlife, change can be daunting, especially if you don't have a clear vision of what's next. Using guided imagery, music and journaling, Deb will guide you through the three stages of transition, revealing how each step along the journey can be a miraculous opportunity to learn, grow and



reinvent yourself. Clarify values and priorities, set new goals, align choices with your authentic self, eliminate obstacles to your potential, and rediscover your passions, gifts and dreams! Deb is a certified personal life coach, founder of Oceans of Possibilities, and has worked 20 years in team building for a Fortune 500 company.

Thursday
03/22/2012
6:30 to 8:30 pm
Room A108
\$35 resident, \$45 non-resident
Instructor: Deb Bergeron, CPCC, ACC, BA Education
Minimum: 6 students / Maximum: 25 students

PAST LIFE REGRESSION

Welcoming new and loyal past participants! Are you simply curious about the fascinating notion of past lives? Hypnosis offers the chance to achieve a deep level of relaxation, enter the subconscious mind, and explore the possibility of one's past lives. It's an exciting journey within that could change your life by bringing the wisdom and understanding of other lifetimes into your current life. Bring a chair pillow or a reclining beach or camp chair for added comfort. Anita has studied with nationally-renowned leaders in the field (Henry Bolduc, Brian Weiss and Alan Chips), has served as an adult education director for 16 years, and has her own successful hypnotherapy practice.

Wednesday
05/02/2012
6:30 to 8:30 pm
Room A106
\$30 resident, \$40 non-resident
Instructor: Anita W. Findlen, CHT
Minimum: 6 students / Maximum: 25 students

WEIGHT LOSS HYPNOSIS

Whether you have a little or a lot to lose, learn why you're carrying around that extra weight. Is the weight serving a purpose? Does it provide protection, a buffer, a sponge to absorb negative feelings? Or could it be a way to punish yourself, keep you in a rut, or prevent you from trying new things? What is your connection to food? Let hypnosis help you identify and release the old connections, and build new ones that will lead to a thinner, healthier you. Take home a free CD (usually sells for \$15). Bring a chair pillow or a reclining beach or camp chair for added comfort. See instructor bio above. (or wherever it is)

Wednesday
05/09/2012
6:30 to 8:30 pm
Room A106
\$30 resident, \$40 non-resident
Instructor: Anita W. Findlen, CHT
Minimum: 6 students / Maximum: 25 students

CURIOUS ABOUT CREMATION?

A popular class! Are you curious about cremation and its growth in popularity? Join us and get the facts - not the myths - about cremation, discuss considerations in determining if cremation is right for you, see beautiful urn options first hand, discuss options for scattering cremains, and see how choosing cremation blends with creating joyous life celebrations. Bring all of your questions and enjoy a relaxed discussion. Presented as a community service by Jones, Rich and Hutchins.

Monday
04/23/2012
5:30 to 7:00 pm
Room A102
\$5 resident, \$15 non-resident
Instructor: Jane Mullen, Seminar Specialist
Minimum: 5 students / Maximum: 20 students

Enrichment Programs

ETHICAL WILLS AND FIVE WISHES LIVING WILLS

Different from legally-binding wills focusing on material assets, Ethical Wills address one's legacy in terms of passing on values, philosophy, and important life lessons to others. Ethical Wills are a centuries-old tradition rooted in Christianity and Judaism. Five Wishes living will is a novel format for meeting one's personal, emotional and spiritual needs, as well as medical wishes, if serious illness occurs. Inspired by the works of Mother Theresa, Five Wishes is utilized by over 13 million Americans. Learn more about this important planning tool referred to by some as the first living will with heart. Ask questions and take home your own copy. Presented as a community service by Jones, Rich and Hutchins.

Monday
03/19/2012
5:30 to 7:00 pm
Room A102

\$5 resident, \$15 non-resident

Instructor: Jane Mullen, Seminar Specialist

Minimum: 4 students/ Maximum: 20 students

CAN'T SAVE THE WORLD, WHEN YOU'RE RUNNING ON EMPTY

New! Do you wake up mornings with your mind racing, worrying about all you have to do, feeling over-burdened and exhausted before the day even starts? As our lives become more frenzied and complex, we're not truly living our lives; instead our lives are living us. Between demands of work, family and home, we find ourselves in overwhelm. Explore techniques to set priorities, slow down, access inner calm, and gain clarity and effectiveness to transform worry and overwhelm into gratitude and joy – even on the most difficult days. Discuss the importance of self-care, and cultivate a greater sense of inner peace and balance, as well as a deeper connection to your long lost authentic self. See instructor bio on page 11.

Tuesday
04/10/2012
6:30 to 8:30 pm
Room A108

\$35 resident, \$45 non-resident

Instructor: Deb Bergeron, CPCC, ACC, BA Education

Minimum: 6 students / Maximum: 25 students

Academic Credit Programs

GED TESTING & TUTORING SERVICES

Is it time to finish what you may have started some time ago? Are you still missing that credential that will move you to the next step academically? Scarborough Adult Learning Center offers free GED Testing on Monday evenings during the school year. The GED exam tests your knowledge in the areas of Reading, Science, Social Studies, Writing and Mathematics and successful completion of the tests earns you a Maine state high school equivalency diploma. Schedule an appointment with our counselor to learn just how quickly this can be accomplished. Free test preparation tutoring is available upon request.

ACCUPLACER PREP SERVICES

New!

Thinking about college? Your Accuplacer test scores determine admission into a college program and which courses you will be required to take for placement purposes. Our program will prepare you to successfully pass the Accuplacer tests required by SMCC and other colleges: sentence skills, reading, basic math and elementary algebra. Whether you just need a refresher course or beyond, we will tailor our instruction to address your unique needs.



GED

Thinking about getting your GED?
You're just a call or click away!

www.scarborough.k12.me.us/adulted
teddy@scarborough.k12.me.us • 207-730-5040

Academic Credit Programs

COLLEGE TRANSITIONS

The *College Transitions Program* is a free program offered in collaboration with the Old Orchard Beach/Saco Adult & Community Education Program. With additional funding from FAME, this program offers a spectrum of services to individuals seeking to attend college. Counselors help students identify career options, assess academic preparedness, develop any needed non-academic "soft-skills", and offer workshops related to financial literacy and financial aid, with special attention to the college entrance and application process.

DIPLOMA PROGRAM COURSES

The Scarborough Adult Learning Center offers free academic courses to help adults meet the requirements for an adult education diploma. Courses offered this semester include Math, English, History, Integrated Science, Mandarin and certain electives. Most courses meet 3 hours a week for 15 weeks for a total of 45 hours.

Before registering, prospective students must meet the Director to review transcripts and past life experiences, review credit needs, and make appropriate course selections. Some students may be eligible to receive academic credit for work experience, volunteer work, military service or on-the-job training.

Registration Process and Policies for GED Testing, GED Tutoring and Accuplacer Services

- GED testing, GED tutoring and Accuplacer prep services are FREE
- Study texts are available for a refundable fee
- Offered Mondays 6-9:00 pm, by appointment only
- Contact the Scarborough Adult Learning Center at 730-5040 to learn more or to schedule an introductory meeting

The College Transitions Program is FREE

Contact the Scarborough Adult Learning Center at 730-5040 to learn more.

Registration Process and Application Fees for Diploma Courses

- Diploma classes begin the week of February 6, 2012
- Applicants must bring a transcript and meet with the Director February 1-3rd, by appointment only
- Eligible non-residents may register only after residents are accommodated, space permitting, on 02/03/2012
- Registration ends on the first scheduled day of class
- No fee for Scarborough adults seeking an adult education diploma
- \$50 application fee for all other students; exception is Mandarin enrichment - diploma course with an application fee of \$250
- Refundable and non-refundable book fees vary by course
- Contact the Scarborough Adult Learning Center at 730-5040 to learn more or to schedule an appointment with the Director

CONTEXTUAL AMERICAN HISTORY

Fifteen Mondays
Beginning 02/06/2012 (no class 02/20, 04/16 and 05/28)
5:00 to 8:00 pm
Room D102 and computer lab G122B
Instructor: Tena Perron
Maximum: 25 students

MATH LAB:

Consumer Math I or II, Algebra I or Geometry

Fifteen Tuesdays
Beginning 02/07/2012 (no class 02/21 and 04/17)
5:30 to 8:30 pm
Room A101
Instructor: Nicole Marceau
Maximum: 15 students

ENGLISH

Fifteen Wednesdays
Beginning 02/08/2012 (no class 02/22 and 04/18)
4:00 to 7:00 pm
Computer Lab C103
Instructor: Joyce Wheeler
Maximum: 25 students

INTEGRATED SCIENCE: A non-lab science

Fifteen Tuesdays
Beginning 02/07/2012 (no class 02/21 and 04/17)
6:00 to 9:00 pm
Room A103
Instructor: Carrie Peabody

INDEPENDENT STUDIES: PSYCHOLOGY AND SOCIOLOGY

Tuesday evenings by appointment
Beginning 02/14/2012
Room A103
Instructor: Carrie Peabody

*Maximum: 15 students combined for science,
psychology and sociology*

MANDARIN

Eleven Thursdays
Beginning 02/09/2012 (no class 02/23 and 04/19)
5:30 to 8:30 pm
Room A104
Instructor: Enyue Li
Maximum: 15 students

Special note: This course also being offered in a reduced five-week format as a non-credit enrichment offering; see Page 4.

Registration and Policies for Enrichment Classes

REGISTER AND PAY IN PERSON

Visit us starting **January 12, 2012** in Scarborough High School's Room A100, Monday through Thursday, 1:00 to 6:00 pm. We're closed Fridays, school vacations, holidays and most snow days. When registering in person, payment can only be made in the form of a check or money order made out to "Scarborough Adult Learning Center" or in the form of exact cash.

REGISTER AND PAY ON-LINE VIA



Starting **January 12, 2012** at www.scarborough.maineadulted.org

REGISTER AND PAY BY MAIL

Complete registration form on page 15 and mail to: Scarborough Adult Learning Center, Scarborough High School, Room A100, Scarborough, ME 04074. Be sure to include your check or money order made out to "Scarborough Adult Learning Center".

REGISTER BY PHONE OR FAX

Registrations can be phoned or faxed in, but payment must still be made as noted above. Phone us at 207-730-5040. Fax us at 207-730-4104.

NON-RESIDENT FEES

A \$10 fee is charged to non-residents in addition to the course fee, as noted.

CONFIRMATION

Due to volume, confirmations are not sent. Courses are running, unless you receive a call or email stating otherwise. Call anytime to check course status.

INSUFFICIENT ENROLLMENT OR CANCELLATIONS

Courses that do not attract the required minimum number of students are cancelled. On rare occasion, a course is cancelled or rescheduled for other essential reasons. In either circumstance, students are notified and refunded 100%.

LIABILITY POLICY

I understand the risks associated with participation in the listed activities. I hereby agree to release, discharge, indemnify and hold the Scarborough School Department and their agents and employees harmless from any liability claims, demand costs or damages arising out of said program activities which I or my minor child might sustain during my participation.

STORM POLICY

If Scarborough schools are closed due to storm, the Scarborough Adult Learning Center is typically closed. Scarborough schools cancellations are announced on TV and radio. In some situations, if conditions have eased considerably by mid-afternoon, students may be contacted by phone, and class may be held. Cancelled classes will be rescheduled.

REFUNDS

100% Refund: If we receive payment, but the class has been filled **OR**

If we cancel the class for reasons noted **OR**

If you notify us at least 2 days prior to the first class

50% Refund: If not satisfied after attending first class

(except Driving Dynamics and one-day courses)

No Refund: After attending 2 classes

Refunds may take 4 to 6 weeks to process and will be sent to your home address

Not finding the adult education courses you are looking for? Contact us with your ideas or try these local organizations:

Maine Adult Education Association

www.maineadulted.org

A listing of adult enrichment and academic course offerings in surrounding towns and state-wide.

Scarborough Public Library

883-4723

www.library.scarborough.me.us
Enrichment programming for all ages

Scarborough School Department
P.O. Box 370
Scarborough, ME 04070

U.S. Postage
Non Profit
PAID
PERMIT NO. 454
Portland, Maine

POSTAL CUSTOMER

Scarborough Adult Learning Center

Student and Artist Works From Our
Fall 2011 *Drawing Workshop*



Register now for 2012
*Pastels in the Afternoon
and Painting Workshop*



Registration begins January 12, 2012