



*Boothbay Region Adult & Community Education*

*FALL 2009  
Course Brochure*

## Cooking ~ Gardening ~ Crafts

### Great Pasta Sauces

*Laura Francis  
The Gallery*

Is there any food that lends itself more to weeknight meals and in-promptu dinners with friends than pasta? Pasta is not only healthy and versatile, it takes mere minutes to cook. But many of us have a limited repertoire of pasta sauces, relying on easy stand bys like marinara or ragu. Join us as we prepare 10 flavorful sauces suited to everyday eating and simple entertaining. This "hands on" class is sure to change the way you cook and eat on a daily basis.

**November 3**                    **6:00-8:00 pm**  
**Tuesday**                    **Fee: \$20.00 \***

*\*includes cost of ingredients*

### Simply Delicious Seafood

*Bet Finocchario*                    **BRES**

Another entertaining and informative class about seafood with Bet who has been around the fishing industry her entire life & is well-known for the fresh fish she serves at Bet's Famous Fish Fry. She will share two new recipes, both are creative variations of classics: a shrimp casserole surrounded by an edge of crushed crackers, and a clam chowder with risotto. She will also talk about how to tell if seafood is fresh, buying & storing it.

**Oct 22 & 29**                    **6:30-8:30 pm**  
**Thursdays**                    **Fee: \$23.00\***

*\*includes cost of ingredients*

### Knitting Socks & Mittens

*Alice Minto*                    **BRHS Library**

Winter is just around the corner, and hand-knitted hats and mittens make great gifts for Christmas or birthdays. For those who have taken Alice's first two knitting classes or are experienced knitters. Learn to make a basic hat & mitten set in a woman's size, once learned, you be able to make hats & mittens for your family and friends

Supply List: *worsted weight yarn 250 yds; size 6 double point needles; 16" circular needle size 6 or size required to get gauge.*

**Oct 19-Nov 2**                    **5:30-7:30 pm**  
**Mondays**                    **Fee: \$25.00**

### A Gardening Smorgasbord

*Lisa McSwain  
Trish Monroe*



*Rm 209*

Learn a smorgasbord of gardening information in this workshop. What you need do to ready your gardens for the winter, cutting back your perennials, to mulch or not to mulch, planting bulbs for spring color, & more. Lisa & Trish will also talk about renovating old gardens and fall shrub care. Bring your questions and get practical answers you can use year round.

**October 27**                    **6:30-8:30 pm**  
**Tuesday**                    **Fee: \$ 14.00**

### Holiday Knitting

*Alice Minto*                    **Library**



Learn to knit tiny stocking caps, socks, & mittens that are perfect for the holidays. Knitted in contrasting colors they make unique gift card holders, tag tie-ons for packages or as ornaments to hang on your tree! A fun project you can do in a few hours. You should be a knitter who can work with double point needles to take this class.

Supply List: *1 skein each of two contrasting colors fingering weight wool blend or acrylic yarn,; 1 set size 3 double point needles.*

**November 16**                    **5:30-7:30 pm**  
**Monday**                    **Fee: \$12.00**

### Beaded Snowflake Ornaments

*Manon Lewis*                    **Art Rm**

Learn to make beaded snowflakes that will sparkle hanging from your Christmas tree this year! Use your creativity working with silver wire & a variety of colored & clear crystal beads. Once you learn the technique you can create snowflakes large enough for window decorations or small to attach to christmas packages.

**December 7**                    **6:00-8:00 pm**  
**Monday**                    **Fee: \$15.00\***

*\*Supplies: \$8.00 paid to instructor on the night of class.*

### Painted Glass Ornaments

*Lucia Wright*                    **HS Art Rm**

Learn to make unique painted glass ornaments for the holidays that are great when given as gifts, keepsakes or to adorn your tree. Use your creativity to decorate two glass ornaments with paints, ribbons, glitter, and other embellishments. Be intricate or simple with the design - your preference.

**November 30**                    **6:00-8:30 pm**  
**Monday**                    **Fee: \$15.00\***

*\*Supplies: \$8.00 paid to instructor on night of class.*

### Organizing for the Holidays

*Britt Morris, Professional Organizer*

**Room 210**

Are you stressed by the holidays? You know you've been buying presents all year long, so where are they? If you feel like the most wonderful time of the year is the most hectic and tiresome, come join us! Learn new techniques to cut down the clutter that seems to be most abundant this time of year, how to be more focused, and tips for organizing your time to make the holidays more enjoyable. Just bring a favorite recipe, tips you have discovered to cut clutter or save time to share or just show up for some holiday stress relief.

**November 9 (Monday)**                    **6:00-7:30 pm**                    **Fee: \$12.00**

## Safety

### Hunter Safety Course

*Inland Fisheries Wildlife* Rm 104

Proper gun and rifle handling as well as procedure will be included in this certified course. Recommended for first time hunters (over 10 yrs of age) if they are going to be applying for a hunting license. A certificate will be issued upon satisfactory completion.

*Note: This semester's course is 4 mandatory classroom days combined with home study.*

**Oct 19, 20, 27 & 29**

**6:00-9:00 pm Fee: \$ 5.00**

### Snowmobile Safety

**Room 104**

*Inland Fisheries Wildlife*

Safety, knowing how to handle these recreational machines, and understanding Maine laws governing their use, helps reduce the risk of injury and accident. State Law requires operators under the age of 16 to complete a safety course. Parents are held legally responsible for violators. Play it safe. Learn the right way to ride.

**December 9 & 10 6:00-9:00 pm**  
**Wed-Thurs Fee: \$5.00**

### Maine Motorcycle Safety Education Course

Students who successfully complete the 8 hour course by passing written/oral test will qualify for a motorcycle permit. Classroom instruction only (not hands-on). Driver's license must be presented at class. Call for info pertaining to 16-18 year olds.

*Nancy Pelletier is a certified Motorcycle Safety Foundation and Harley-Davidson Rider's Edge instructor.*

**Damariscotta Adult Ed 563-2811**  
**Saturday, October 3**  
**8:00 am-5:00 pm**  
**Fee: \$70 / Early Bird: \$65**

## Health & Well-Being

### Love Your Lymph

*Patti Corscaden* Room 209

Learn the basics of how your lymph system works and simple, yet gentle hand positions to help your lymph flow more efficiently so the nodes can filter the lymph more effectively. Did you know you have between 600-1000 lymph nodes in your body & that those lymph nodes have a very important and specific job to help keep you healthy? When the lymphatic flow increases, the body is better able to process and release trapped toxins and proteins, thereby creating improved immunity and health throughout the body. Anyone wanting to improve their overall health & help their lymphatic system be more effective at filtering trapped proteins & toxins will benefit.

*Patti Corscaden, a Maine licensed massage therapist, studied Lymph Drainage Therapy with Dr. Bruno Chikly of France. & has completed over 150 hours additional study & training*

**November 16 6:00-8:30 pm**  
**Monday Fee: \$20.00**

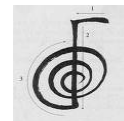
### Nutrition & Healthy Aging

*Dimsie Clark* Rm 210

As you age, your body's nutritional needs are very different than when you were younger. Good nutrition plays a very important role in how well you age. Combined with physical activity, good nutrition is a key element to remain independent, maintain quality of life and avoid progression of chronic conditions. Dimsie will also talk about osteoporosis, anti-oxidants and aging, vitamins, and mineral supplements.

**November 18 6:00-8:00 pm**  
**Wednesday Fee: \$5.00**

### Reiki For Everyone The Gentle Healing Art



*Sylvia Tavares*  
Rm 209

In this introduction to Reiki Healing you will learn what Reiki is, what a session is like, how Reiki can benefit you and your pets, and how you can learn Reiki to help yourself and others. Sylvia Tavares, RTM, will lead the discussion and provide a short hands-on healing session to those who would like to experience the stress reducing, healing effects of Reiki energy. *FMI please contact Sylvia at the Tree of Life Center for Wellbeing at 563.2737 or visit website @ www.center4wellbeing.com.*

**November 3 7:00-8:30 pm**  
**Tuesday Fee: \$18.00**



### How to Walk in High Heels

*Dianne Daniels* Rm 209

For women who would love to wear high heels, but don't like feeling awkward, unsteady, and uncomfortable wearing them. The problem with walking in high heels isn't about what shoes you wear, but how you incorporate the rest of your body as you take the steps. Learning about posture and how to move your body correctly can make the difference. We'll be doing a series of movement sequences that coax a reorganization of your entire body to occur, so that walking in high heels becomes easier. **Bring your heels and towel or mat to lie on.**

**October 20 6:30-8:30 pm**  
**Tuesday Fee: 12.00**

## General Interest

### Intro to American Sign Language

Rm 210

Jennifer Hyson, M.A., CCC-SLP

This class will introduce you to American Sign Language at a beginner level, providing not only basic "survival skills" but also a solid language base to build on that can be used to communicate with non-verbal children and the hearing impaired. This popular format for communication can also be used in a variety of situations for teaching both language and concepts to augment speech (i.e., "baby signing" or helping the "slow to talk" child.) Practice finger spelling and develop sign vocabulary. Learn the manual alphabet and basic sentences, and some cultural information about the deaf community as well as the benefits of signing with children. Learn how to ask for and give information, make requests, give directions,, express likes and dislikes

Jennifer is a Speech-Language Pathologist at St. Andrews Healthcare.

**Oct 21-Nov 4**      **7:00-8:00 pm**  
**Wednesdays**      **Fee: \$15.00**

### Holiday Spirit Caroling



Mary Miller  
Community Auditorium

When was the last time you went Christmas caroling? If it's been a while, join Mary Miller and get into the holiday spirit! No musical background or singing talent is required, just a love of music and good times. The first evening will be spent practicing familiar carols and verses. The second evening you'll meet at the High School at 5:00 p.m to go caroling and then return to BRHS for light refreshments afterward.

**Dec 14 (Mon)**      **6:00-8:00 pm**  
**Dec 15 (Tues)**      **5:00 pm**  
**Fee: \$12.00**

### First-Time Homebuyer Seminar



Presented by:

Coastal Enterprises, Inc. (CEI)

**Tuesday & Thursday**  
**November 10, 12, 17 & 19, 2009**  
**6:00 – 8:30 PM**

**Boothbay Region High School**

Find out how to:

- \* prepare for homeownership
- \* obtain a mortgage
- \* select a home

Learn more about:

- \* evaluating your credit
- \* types of mortgages (MSHA,RHS, VA etc.)
- \* the closing and beyond

Participants attending all 4 sessions will receive a Certificate of Completion that may make them eligible for special mortgage and closing discounts. Please bring a calculator, pencil & notebook to class.

**\$25/person and \$30/couples**

Registrations will NOT be accepted after **November 3**

call CEI 882-7552 ext. 177 or send payment to: CEI, P.O. Box 268  
Wiscasset, ME 04578

### Staging Your Home To Sell

Jana Caldwell & Mary Ripley  
Rm 209

In today's real estate market, you need every possible advantage to get the best price for your home. By investing time to de-clutter, rearrange, paint & clean, you can gain the edge over other houses on the market. Explore how to stage your home with what you have and "see your home through the eyes of a buyer". Helpful hints on de-cluttering, organizing, curb appeal and preparing your home for an open house will also be discussed.

**December 3**      **6:00-7:30 pm**  
**Thursday**      **Fee: \$10.00**

### Exploring Photography



Bob Mitchell      Rm 212

An informal sharing of thoughts & ideas about photography. The focus will be on learning more about the cameras we use and the process of photography-- the goal is to have fun and help each other learn. Anyone with an interest in photography is welcome. Not a highly technical class for advanced photographers. It is intended to encourage appreciation for the joy of seeing with a camera.

**Oct 29-Nov 12**      **6:30-8:00 pm**  
**Thursdays**      **Fee: \$25.00**

### Working with Digital Photos

*Choose class according to which software you have on your computer*

### Adobe Photoshop Elements

Fundamentals & features of Adobe Photoshop Elements 2, including selection tools & image retouching. Topics: selecting & combining photos from several sources & formats, cropping photos by selecting portions you choose, set the best resolution, resize photos, & correct the colors. Bring a few of your digital photos on a CD or a USB drive, or use one of ours.

**Oct 20 & 22**      **6:00-8:00 pm**  
**Tues-Thurs**      **Fee: \$23.00**

### Microsoft Photo Editor

A basic digital photo editing class about how to organize your photos on your hard drive, rename them, email them, and insert them into a Word document. Learn to use Microsoft Photo Editor to crop, resize, and touchup your photos. Bring a few of your digital photos on a CD or a USB drive, or you can just use one of ours

**Oct 27 & 29**      **6:00-8:00 pm**  
**Tues-Thurs**      **Fee: \$23.00**

## COMPUTER COURSES

### One Night Classes ~ \$12.00 each session

#### How to Buy A New Computer

Find the right computer for you and the information you need to make an informed purchase. Learn what the computer terms mean, and discover what computer makers are telling you & what they are not. For all levels of computer users, whether it's your first computer or your next.

**October 14                    6:30-**

#### “Right” Click

Learn why “right clicking” on your mouse is such a powerful tool having many uses and time-saving advantages. How to drop and drag, explore pop up menus, create shortcuts, explore the task bar and many other useful actions.

**November 16                6:30-8:30 pm**

#### Free Computer Tools

Is your computer running slowly and driving you crazy? Learn basic preventative maintenance skills for Windows as well as how to maintain firewalls, antivirus, & antispyware. Learn about safe websites where you can download these free tools.

**November 18                6:30-8:30 pm**

#### Resume Re-Do

Want to make your resume stand out in this competitive job market? A resume is your introduction to a prospective employer. Update your resume with MS Word using simple techniques, & key words. Bring a current resume to review

**October 15                    6:00-8:00 pm**

#### Excel Tips & Tricks

If you want to know how to make working with Excel easier this class is for you. Learn timesaving, helpful tips that will make you more efficient using Excel including a variety of formatting techniques, numerous shortcuts, & much more.

**November 12                6:00-8:00 pm**

#### Photo Collage

Create a personalized page of photos with captions using MS Word to print and send. Bring your CD, USB device, or camera with photos and we'll show you how to put several on a page to print. A fun way to share pictures with family and friends!

**November 19                6:00-8:00 pm**

#### Advanced MS Word

*Melba Gunnison                    Rm 204*

This class will take you to the next level in MS Word with an emphasis on productivity: how to share information among other software programs, working with columns and charts, tables, mail merge, forms, auto text, auto correct, tabs, and templates. Learn to use styles for consistency and eye-catching results. *Completion of MS Word or equivalent knowledge is a must.*

**December 1-3 & 8  
6:00-8:00 pm                    Fee: 30.00**

#### Basic Excel

*Melba Gunnison                    Rm 204*

A hands-on introduction to Excel, a powerful, industry-leading spreadsheet application. Learn the basics of worksheets, how to use tools and functions, set-up a worksheet, move around in it, create formulas, import and export information, make it look good, print it, and more. *Prerequisite: basic computer and keyboarding skills*

**November 3 - 5 & 10  
6:00-8:00 pm                    Fee: 30.00**

#### Basic Computer

*Bob Dumais  
Room 204*



A class for beginners or if you want to become more familiar with computers providing hands-on experience and guidance. Learn to start up & shut down a computer, using the mouse and keyboard to accomplish simple tasks, computer terms, hardware components, & software applications. Learn how to launch programs, enter text, save, & retrieve documents, use the CD drive & basic internet skills. (4 sessions)

**October 19-28                6:30-8:30 pm  
Mon-Wed                    Fee: \$35.00**

#### Intermediate Computer

*Bob Dumais                                Room 204*

This class will expand on using a computer in everyday life. Topics will include using email and the Internet, organizing & finding your files in various applications, keeping your computer safe from viruses and attacks, customizing your desktop tips for more efficient use of your computer. *Prerequisite: basic computer skills or Basic Computer.*

**Nov 30-Dec 7                6:30-8:30 pm  
Mon-Wed                    Fee: \$30.00**

#### Windows Tips/Tricks

*Bob Dumais                                Room 204*

Expand your knowledge & learn to use the many features of Windows. Topics include: customizing start & quick launch menus, protecting your data, security when web surfing, how to tweak settings to fit your personal style, and managing applications. Learn to change default settings & modify them to improve performance, shortcuts for your desktop, internet toolbars, and error reporting.

**November 2-4 & 9  
6:30-8:30 pm                    Fee: 30.00**