



OLD ORCHARD BEACH/SACO Adult & Community Education

Learning for Better Living



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We've got a fix for you!

DO IT YOURSELF HOME MAINTENANCE • PG 8

BACKYARD GARDEN SNACKING • PG 8

HOMEMADE VEGGIE BURGERS • PG 15

BASIC CAR MAINTENANCE • PG 6

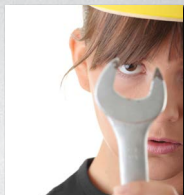


www.oobsaco.maineadulted.org

JANUARY-MARCH 2015



Do It Yourself Home Maintenance Series



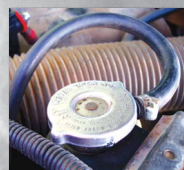
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Permaculture & Design Concepts Series



pg 8

Basic Car Maintenance



pg 6

The Art of Block Printing by Hand



pg 16

WELCOME!

We offer you a wide variety of choices: professional skills, the arts, personal care, finance, fitness, and so much more! Affordable, fun learning experiences right in your backyard. Best of all, your satisfaction is guaranteed on all non-credit courses!

ENRICH

- Fitness/Recreation** 3-6
Exercise, Yoga, T'ai Chi, Outdoor Adventures, Travel, Bird Feeding, Fly Tying, Snow Shoeing, Tree & Plant ID, Winter Tracking . . .
- Family, Home & Garden** 6-9
Sustainable Gardening, Hardscape, Landscape, Beekeeping, Medicare, Maintenance & Repair: Engines, Autos, Home, Home Buying, . . .
- Health/Mind, Body & Soul** 10-14
Healthy Eating & Living, Massage, Personal Care Products, Ayurveda, Hypnosis, Relationship Skills, Manifesting Your Desires . . .
- Culinary Arts** 14-15
Beer Tasting, Dinner for Two, Venezuelan & Vegetarian Cuisine . . .
- Creative & Performing Arts** 16-20
Painting, Drawing, Photography, Fiber Arts, Fused Glass, 3D Printing, Block Printing, Jewelry, Music, Bhangra, Latin Dance & more!

ADVANCE

- Professional Skills** 21-22
Computers, Career Exploration, Blogging, Social Media, Notary Public . . .
- Certificate Programs** 22-23
Dental Assisting, Pharmacology, CPR, Substitute Teaching
- Academics** 24-25
HiSET, HSD, ESOL, College Prep, College Readiness Certificate Program. . .

INFORM

- Policies** 26
Cancellations, Refunds, Closings
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How & where to register

Save the \$5 registration fee when you register online!

www.oobsaco.maineadulted.org • (207) 934-7922



NEW

Here is a taste of our online classes - go to www.oobsaco.maineadulted.org to see them all and get started on your 'at home' education!

BUSINESS

- Cash is KING!
- Entrepreneur Boot Camp
- Entrepreneurial Marketing
- Funding Your Business

BUSINESS COMMUNICATION

- Effective Copywriting
- Self Publishing eBooks
- Marketing eBooks
- Neuro-Linguistic Programming Fundamentals

CAREER SKILLS

- Getting Started in Voice Over
- Mastering Computer Skills for the Workplace

NEW MEDIA MARKETING

- eMarketing Essentials Certificate

SOCIAL MEDIA FOR BUSINESS

- Managing Social Media Platforms Certificate
- Social Media for Business Certificate
- Marketing Using Social Media

TRAINING & EDUCATION

- Certificate in Designing Webinars
- Certificate in Online Teaching
- Building Online Learning Communities

LEVEL ONE T'AI CHI

Learn the basic movements while keeping your focus on breathing and relaxation in this gentle exercise program. T'ai Chi benefits people of all ages and has been proven to reduce the risk of falling by enhancing balance and increasing body awareness. Increased coordination and flexibility can lead to stress reduction and pain management. Wear loose-fitting clothing and comfortable shoes. No class February 18th.

Wed 6-7 PM 1/21-3/4 Sessions: 6
\$49 Loranger Middle, Gym FTNS.62

Alex Turek, teaching since 2003, is certified to teach Dr. Lam's T'ai Chi for Arthritis, T'ai Chi for Diabetes and T'ai for Energy. She has trained for fourteen years and still takes monthly classes with 10th Degree Black Belt, Master John Fritz.

NEW

LEVEL TWO T'AI CHI

Strengthen and deepen your T'ai Chi practice by expanding your basic exercises while learning to put moves together to create a "form". Some meditation practices may be included as an aid to further relaxation, stress reduction, and to help with pain management. Wear loose-fitting clothing and comfortable shoes. No class February 18th.

Required: knowledge of Level One T'ai Chi.

Wed 7-8 PM 1/21-3/4 Sessions: 6
\$49 Loranger Middle, Gym FTNS.63

Alex Turek-see bio above.

ZUMBA FOR BEGINNERS

If you have never had the opportunity to take Zumba then this introductory class is for you! Have fun and work off pounds while moving through basic Latin dance moves for a healthier and fitter you. A fun and friendly instructor will break down steps and combinations, and have you dancing in no time. Wear loose, comfortable clothing, sport or dance shoes, and bring water. No class February 18th.

Wed 5:45-6:45 PM 1/28-3/11 Sessions: 6
\$59 Young School, Cafe/Gym FTNS.61

Linda Waters, a Group Exercise, Healthways Silver Sneakers, Zumba & Zumba Gold, BTS Group Groove, and Night Club Cardio certified instructor, has been dancing & teaching for 50+ years. She has studied all over the United States.

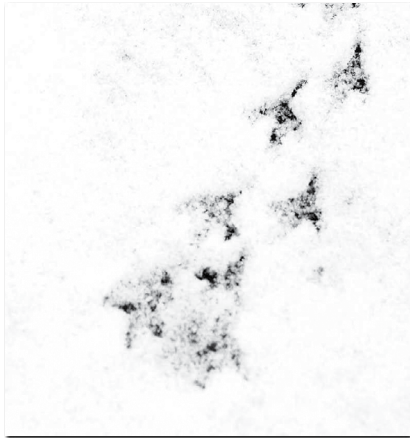
FITNESS / RECREATION

NEW ID USEFUL TREES & PLANTS

The key to living and connecting with our landscape is learning about the plants and trees around us. Plants and trees provide us with shelter, water, fire, food, cordage material, and medicine. Focus on using tree ID and learning basic terminology to continue your own journey with trees. We will be in the field practicing ID, collecting samples, and using proper harvesting techniques. We will be outside so please dress in layers, winter boots, bring extra clothing, a headlamp, notebook/journal and a pencil. Field Guides will be available to use during class. Snow date March 11th.

Wed 6-8:30 PM 3/4 Sessions: 1
\$25 OOB HS, 101 RECS.64

Lou Falank Jr.-see bio this pg.



Tracking - an adventure all its own.

NEW WINTER TRACKING & TRAILING

Winter is a great time to connect to the landscape around you. The snow provides a wonderful medium for capturing tracks and signs. Cover some track ID basics and use of field guides and other resources, then on to a nighttime tracking adventure! We will discuss how tracking can also help with providing food. Its an outside adventure, so please dress in layers, winter boots, bring extra clothing and a headlamp. Snow date February 11th.

Wed 6-8:30 PM 2/4 Sessions: 1
\$25 OOB HS, 101 RECS.65

Lou Falank Jr.-see bio this pg.



Take a walk in the wild!

NEW SNOW SHOEING SELECTION & USE

Join us for a night of fun, adventure, and northern winter travel for the absolute beginner and experienced alike. Traditional wooden and modern aluminum snowshoes with various binding types will be available to try out. Start off at OOB High School then enjoy creating your own trails behind the school. This is an easy way to escape cabin fever, stay healthy, and enjoy the Maine outdoors. Please dress in layers, winter boots, bring extra clothing and a headlamp. Snowshoes will be provided or bring your own. Snow day January 28th.

Wed 6-8:30 PM 1/21 Sessions: 1
\$25 OOB HS, 101 RECS.63

Lou Falank Jr., owner/operator of Mountain Bear Programs/Guide Service & instructor at Maine Primitive Skills School, has worked/volunteered with programs at camps and schools across Maine, New York & Pennsylvania.
www.mountainbearprogramsandguideservice.com

"very good hands on experience with practical life skills."

*-Leann L. Hanson
Student, 2014*

YOGA FOR CROSS-TRAINING

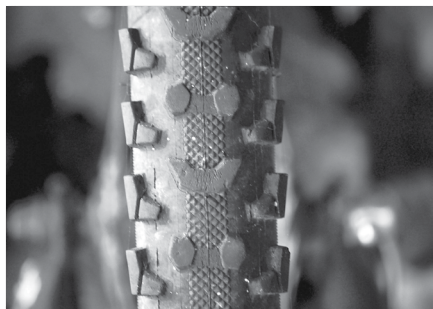
Cross-training simultaneously stretches your overused muscles and strengthens your underused opposing muscles.

Moving through the poses, you will stretch, strengthen, cultivate deep breathing, and sweat as you detoxify your system. Bring a mat, wear comfortable clothing, and minimize the use of perfumes, as some people are sensitive to scents. Register through OOB/Saco Adult Ed.

NOTE: This discounted introductory course is open to first time students of the Saco River Yoga studio only.

Wed 5:45-7:15 PM 1/7-2/25 Sessions: 8
\$79 Saco River Yoga, Saco MIND.64

Penny Clum, E-RYT 200/RYT 500 & founder of Saco River Yoga, and **Kathleen McCallum**, certified Yoga Nidra facilitator, use their unique skills to offer students the experience of a deeply peaceful and transformative environment.



SPINNING FOR ROOKIES **DAY**

Time to get in shape at Saco Sport & Fitness, we'll show you how! Our instructors will coach and motivate you to create an unbeatable group energy. The music will beg your legs to pedal through this exhilarating indoor cycling experience. There are no complicated moves to learn, so coordination is no issue. All levels are welcome, but we will give lots of special coaching for Spinning rookies. First timers, please arrive 15 minutes before your first class for bike setup instructions. Bring a water bottle and towel, and enjoy the ride! Register through OOB/Saco Adult Ed.

Sun 9-9:45 AM 1/11-3/1 Sessions: 8
\$79 Saco Sport & Fitness, Saco FTNS.60

Paula Truman, certified Spinning instructor, teaches at Saco Sport & Fitness. She has been teaching indoor cycling for many years and works with all fitness levels, from beginners to the seasoned athlete.



Discover the world of birds with a seasoned bird watcher.

FEEDING & IDENTIFYING WINTER BIRDS

Learn how birds adapt to the many challenges that Maine's harsh winter weather brings, including finding food and water. We will also study the migratory birds that visit Maine including ducks and birds of prey. Join us for a really fun, informative evening exploring our feathered friends and helping them through the winter.

Wed 6-8 PM 1/28 Sessions: 1
\$15 OOB HS, 108 RECS.61

Linda Woodard, an avid bird watcher, has been the Director of Scarborough Marsh Audubon Center for 18 years. She has taught high school biology, bird watching, marsh ecology and a wide variety of environmental topics.



Interested in
A Taste of
Bhangra Dance?
pg 20

RECREATION / FAMILY, HOME & GARDEN



Fly Tying is a great winter hobby.

NEW FLY TYING

Fly tying is easy and fun when you know the basics. This class is for the complete novice or experienced tyer. Learn the tools and materials needed to work on standard and traditional Maine patterns, tie wet flies, dry flies, streamers and more. Work on knots, finishing, work with man-made and natural elements such as feathers, chanelle, tinsel, various threads and other readily available resources. Basic tools and materials will be provided but feel free to bring your own.

Tue 6-8 PM 1/27-3/24 Sessions: 8
\$79 OOB HS, 108 RECS.62

Mike Luchetti, of Vintage Outboard Restoration, former schoolteacher, avid fisherman has boat and motor repair teacher for the past 25 years repairs, builds and works on boats and motors daily and enjoys showing others what he has learned.

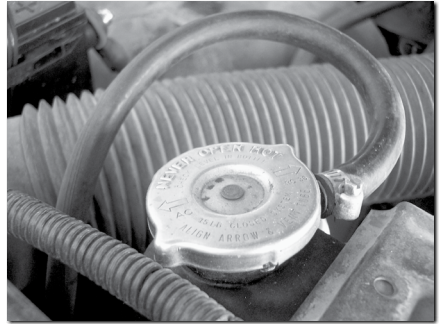
TRAVEL LIGHT FOR LESS

Tired of schlepping several heavy bags when traveling? Pack with veteran world traveler, Susan Lieberman, and find out what to take and how to pack it for travel abroad using one carry-on bag. Receive a packing checklist you can use for any trip, any time of the year. Susan will come with a bag packed for a three week trip which she will unpack and repack. Get the scoop on how and where to look for the best deals on transportation, accommodations, and attractions.

Thu 6-9 PM 1/29 Sessions: 1
\$29 OOB HS, 101 RECS.60

Susan Lieberman has traveled extensively throughout Europe and Asia. She never takes more than one bag and always finds the bargain-priced trip!

NEW BASIC CAR MAINTENANCE



Save yourself a lot of money with a little knowledge.

Have you ever had the ABS or check engine light repaired on your car? After asking your mechanic to explain these repairs, have you left the shop more confused than ever? Get to know your car better by understanding its basic operating systems so you can make more informed decisions regarding repair and maintenance. The systems to be discussed include: engine & emissions, brakes & suspension, transmission & drive train. You will have a much better understanding of your car and what the auto shop is talking about! Bring your questions and let us help you become a more confident and informed car operator.

Tue 6:30-8:30 PM 3/17-3/24 Sessions: 2
\$33 OOB HS, 109 HOME.61

Douglas Arnold is a senior master auto mechanic with 30 years experience. He is a student at SMCC in the Automotive Technology department and is employed in SMCC's Auto Dept as an assistant lab instructor and a tutor.



**Interested in
Certificate Trainings?
See pg 22-23**

NEW Dental Assisting
Program pg 23



Small engine repair is a handy skill to have!

OUTBOARD MOTOR REPAIR

Take the mystery out of using and maintaining your outboard motor. Get one-on-one, hands-on help to learn the basics of troubleshooting while working with the gear case, cooling, fuel and ignition systems. Start with a small, 6-horsepower or less, outboard motor, diagnose the problem and then repair it! Yearly maintenance will also be covered. Some small (6 HP or less) outboards will be available or bring your own non-working motor or one that needs some work. Be prepared to get your hands dirty. Instructor will supply all tools or bring your own. Tuition includes materials fee. No class February 19th.

Thu 6-8 PM 1/29-3/26 Sessions: 8
\$99 Instructor's Shop, Saco HOME.73

Mike Luchetti-see bio pg 6.

THE A, B, C & DS OF MEDICARE

Review the way Medicare covers inpatient, outpatient, and prescription drug costs. Learn about enrollment periods and the types of products designed to partner with Medicare, including supplement plans, Medicare Advantage plans and prescription drug plans. This seminar will be informative for current, newcomers, the adult children and all loved ones of Medicare beneficiaries.

Thu 6-8 PM 2/12 Sessions: 1
FREE OOB HS, Library HOME.71

Barbara Hopkins, Masters in Communications Management & certification in Corporate Training, is a licensed Maine agent, has 20 years experience in health insurance operations including 10 years conducting member education meetings throughout Maine.

NEW WHAT IS A SUSTAINABLE, TRULY GREEN HOME?

Discover ways to make your home more eco-friendly and efficient using renewable and eco-compatible materials to construct a new home or complete a renovation. Explore various systems and how each one effects the overall footprint of your home. Learn creative ways to source recycled and green materials and take a virtual tour through a local, sustainably built home. Ask the experts how to go green and leave with new ideas and resources for making your current home more environmentally friendly and healthy or for building a brand new, eco-friendly home.

Thu 6-8 PM 3/19 Sessions: 1
\$15 OOB HS, 111B HOME.72

Ginger Hill Design & Build was founded to create elegant, economical and environmentally sound spaces. The health and well-being of the homeowner, their family, the community and the planet form the core of Ginger Hill Design & Build's work.

INTRO TO BEEKEEPING



There are many reasons why beekeeping is becoming an increasingly popular hobby: making and selling your own honey, giving mother nature a hand at pollinating the plants and flowers in your own backyard, and the fun of just watching the bees go

about their business. Enjoy a brief overview of what is really involved in beekeeping: equipment, location for hives, harvesting, and dealing with pests and diseases. Find out what all the "buzz" is about so you can get started in this rewarding hobby.

Thu 6:30-8:30 PM 1/22 Sessions: 1
\$19 OOB HS, 109 HOME.68

Geoff MacLean is Vice President of Cumberland County Beekeepers Association, a USM Cooperative Extension Beekeeping instructor, and a beekeeper at Red Brook Honey in Scarborough. www.redbrookhoney.com

FAMILY, HOME & GARDEN

NEW

Do It Yourself Home Maintenance Series



PLUMBING

Would you like to fix or replace a leaky faucet? Unclog your drains the right way? How about fixing your toilet or installing a new one? Cover all these topics and more to get a better understanding of how the plumbing in your home works, what to fix, and when it's time to call a licensed plumber. Learn and save money!

Must register by 1/28/14.

Tue 6-8:30 PM 2/3 Sessions: 1

\$31 OOB HS, Tech Lab HOME.65

SIMPLE HOME UPDATES MAKE A BIG DIFFERENCE

You don't have to spend a lot of money on contractors or high-end materials to increase the value and esthetics of your home. Learn to modernize lighting fixtures or track lights, change light switches and face plates, tile your backsplash, easily refinish your counter tops and kitchen cabinets to look brand new. We will cover these topics and more! Bring your questions and project ideas.

Must register by 2/25/14.

Tue 6-8:30 PM 3/3 Sessions: 1

\$31 OOB HS, Tech Lab HOME.67

SMARTPHONE USES FROM A DISTANCE

Did you know you can control your home lights and heat when you are away with your smartphone? Or unlock the doors for the kids or a visitor? Even open the garage door or check in on how your pet is doing in your absence! Learn more about your smartphone and reap all the benefits of this amazing technology!

Must register by 3/25/14.

Tue 6-8:30 PM 3/31 Sessions: 1

\$31 OOB HS, Tech Lab HOME.66

Heather Giles attended Portland Arts & Technology for carpentry and has 12+ years of carpentry experience. She previously worked at Lowes and is currently at Home Depot as a department supervisor and also teaches "Do It Herself" classes there.

NEW

PERMACULTURE & DESIGN CONCEPTS

PERMACULTURE
IS THE
DEVELOPMENT OF
AGRICULTURAL
ECOSYSTEMS
INTENDED TO BE
SUSTAINABLE &
SELF-SUFFICIENT.



GARDEN SITING & CREATION

Do you want to expand your garden or create a new one? Learn design concepts that will help you achieve the best results with the least amount of inputs. We will cover the following topics: garden location planning, site conditions, zones of use, relative location, bed building options and garden soil building.

Wed 6-8 PM 2/11 Sessions: 1

\$15 OOB HS, 111B HOME.63

BACKYARD GARDEN SNACKING

Learn to build a perennial edible landscape with companion planting and other permaculture techniques. Explore perennial vegetable plants suited for our region as well as multi-functional edible ornamentals! Class will also include an introduction to designing plant guilds.

Wed 6-8 PM 2/25 Sessions: 1

\$15 OOB HS, 111B HOME.60

No Dig, Weed-Free GARDEN BEDS **DAY**

Discuss weed-free garden beds and enjoy some hands-on activities. Build soil like nature does, reducing cost, minimizing outside inputs and maximizing yields! Class will require some light lifting and moving of materials as we put what we have learned into practice by building a new garden bed for the Saco Learning Center. Wear comfortable shoes and clothing and be prepared to get dirty.

Sat 9 AM-12 PM 4/11 Sessions: 1

\$15 Saco LC, Outside HOME.69

Julie McLeod, design services coordinator at The Resilience Hub, Portland, ME, is a permaculture designer with organic farming, place-based education, and an adventure education background.

www.resiliencehub.wordpress.com

NEW

INSTALLING HARDSCAPE

From walkways and patios we will cover all the aspects of installation using paver and natural stone installation or flagstone. For retaining walls we will discuss manufactured and dry laid walls, coping with drainage and elevations. Learn some of the easy ways to install and cut pavers, split stone, read the grain of a stone, and easy ways to split granite and stone with inexpensive chisels, feathers and wedges. Rob has extensive experience installing Hardscapes, and is certified by the International Concrete and Paver Institute to install manufactured concrete landscape products. His extensive landscape career has afforded him the opportunity to install dry stone walls and natural stone products.

Tue 6-8 PM 2/3-2/10 Sessions: 2
\$33 OOB HS, 101 HOME.64

Rob Moody has extensive knowledge from nursery development & landscape design to irrigation installation & engineering. He's worked at Moody's Nursery for 35+ years and was President of the Maine Landscape & Nursery Association. www.moodysnursery.com

NEW

INSTALLING YOUR LANDSCAPE

Start with a brief overview of landscape design and a discussion concerning the right plant for the right place. Detailed installation instructions will be given for plant set up, sod removal, planting and planting soil, watering in, landscape fabric installation, drip edges and crushed stone types, bark mulches, and the final finishing of your design.

Controversial topics include: basket removal from B & B plant material or not, planting root bound plant material, removing plants from pots easily, and resolve planting problems. With two generations of nursery experience behind him and over 40 years of plant installation experience, Rob guarantees his planted plant material, so it has to be right.

Tue 6-8 PM 3/17-3/24 Sessions: 2
\$33 OOB HS, Rm 101 HOME.70

Rob Moody-see bio above.



Hardscape is an important feature of any home & you can do it yourself!

NEW

BUYING YOUR FIRST HOME DAY

This two-day Maine hoMEworks class covers the entire process of buying a home: making the decision, budgeting for homeownership, repairing credit, getting approved for a mortgage, choosing a realtor, property inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn about down payment and closing cost assistance that is available to first-time homebuyers, veterans and others. Participants earn a Certificate of Completion required by HUD, USDA, ME State Housing Authority and other lenders. Free individualized counseling is available following the class. Please bring a drink, snacks and a bag lunch. Register another person at the time of your registration and get a \$10 rebate.

Sat 8:30 AM-2:15 PM 2/28-3/7 Sessions: 2
\$30 Saco LC, Rm 1 HOME.62

Lee Sullivan has experienced the home-buying process multiple times and successfully redeveloped several bank-owned residential properties. She is a HUD and hoMEworks-certified housing counselor and homebuyer educator.



See Pgs 11-15
Best Ever Home Made Veggie Burgers & more Healthy Eating Options



Ayurveda - important tools for health & healing

AYURVEDA THE “SCIENCE OF LIFE”

Ayurveda is the study of an ancient system of health and healing originating in India. A sister science to Yoga, Ayurveda is the language of nature and it communicates to you who you are! Learn about the energy of the five elements and in-depth characteristics of the three mind/body constitutions: Vata, Pitta, and Kapha. Determine your own constitution and discover foods, spices, and natural routines best suited for balancing your constitution. Discover how Ayurveda views the cause and prevention of disease, how to protect your “digestive fire”, and how knowledge of the six tastes can help you promote detoxification and health.

Thu 6:30-8:30 PM 1/15-1/22 Sessions: 2
\$39 OOB HS, Library HLTH.61

Caroline Morrison, BS, MS, is an Ayurvedic Practitioner. Through Ayurveda, nutrition, and sound & color light therapy, Caroline’s clients benefit from a mind, body and spiritual approach to health and wellness.

*“Dr. Jonathan Emlet
is very
enthusiastic
and informative,
making class
very
interesting.”
Patricia Pariseau
Student, 2014*

LIVING 3 RIGHT

EAT RIGHT, THINK RIGHT, MOVE RIGHT!

Through a 3-section process of education, preparation and action; build a foundation of knowledge and awareness to help change underlying behaviors. Our focus is on integrating how we eat, how we think, and how we move with practical strategies and discussion for improvement in each area. Past participants have had remarkable outcomes with significant benefit to their families as well. This program works!

Wed 6:30-7:30 PM 3/4-3/18 Sessions: 3
FREE OOB HS, 107 HLTH.65

Dr. Jonathan Emlet, DC, of Scarborough Family Chiropractic, has BAs in Biology & Life Sciences, a Masters in Nutrition & Human Performance, and lectures to share valuable tools on how to live healthier by focusing on what is natural for the body.

ALL ABOUT LYME DISEASE

Learn what Lyme disease is, how to prevent it, recognize the symptoms, coinfections, some of the controversies and asking your doctor to do a proper workup. This talk will be entertaining and informative, with plenty of chances to ask questions. Dr. McCloy’s approach is to get to the root causes of your medical condition and fix them using natural methods, rather than simply covering up the symptoms with drugs which ultimately causes more symptoms.

Tue 6-7:30 PM 3/3 Sessions: 1
\$19 OOB HS, 101 HLTH.60

Dr. Sean McCloy, MD, MPH, MA, is Medical Director/founder of Integrative Health Center of Maine and specializes in Lyme-literate treatment. He received his MD from NYMC, is dual board-certified Diplomate in both Family Medicine & Holistic Medicine.



TEACH OR VOLUNTEER!

We are particularly interested in instructors for dance, computer, cooking, yoga, languages, music, fitness, home improvement and NEW ideas of course!

Call (207) 934-7922 for a course proposal form or download one from our website:
www.oobsaco.maineadulted.org

RESOURCES FOR LIVING WITH CHRONIC PAIN

Ernie Merritt is passionate about sharing his story of successfully coping with his chronic back pain after four failed back surgeries. Ernie leads the Southern Maine Chronic Pain Support Group and is a wealth of information on local resources and new treatments for pain management. You can still live a fulfilled life with the right coping skills and personalized tools to meet your individual needs and challenges. Join others who understand and will give you the support and knowledge you need. Start feeling better physically and emotionally and learn to become your own healthcare advocate.

Wed 6-8 PM 2/11 Sessions: 1
\$9 OOB HS, 109 HLTH.69

Ernie Merritt III, facilitator of the Southern Maine Chronic Pain Support Group which is sponsored by the Arthritis Foundation & American Chronic Pain Association.
www.painsupportgroup.org



Quitting sugar is not easy - get some help from Hugh Sadlier.

HYPNOSIS FOR SUGAR ADDICTION

Hypnosis can help you get to the root cause of your sugar cravings. Repeated messages, experiences, and influences in our lives cause habits to take hold in our subconscious mind. Discover the underlying mental and emotional connections that are not available to your conscious mind. Release the connections and replace them with connections to positive outcomes.

Tue 6-8 PM 2/10 Sessions: 1
\$19 OOB HS, 109 HLTH.64

Hugh Sadlier, practicing hypnotherapy for 24 years, has worked with over 2100 people on more than 200 separate issues, including weight management & eating disorders. He practices at the Integrative Health Center of Maine in Portland.

MAKE YOUR OWN PERSONAL WINTER CARE PRODUCTS

Want to use a more natural product but find them a little pricey? Make natural skin care products with ingredients you probably have in your cupboards. They will be healthy, chemical-free and keep you looking beautiful! Make one product in class, and leave with recipes and lots of info on creating other healthy skin care products that cost pennies. Tuition includes materials.

Thu 6-8 PM 2/5 Sessions: 1
\$25 OOB HS, 111A HLTH.66

Lorna Henley, a longtime proponent of a more natural lifestyle & concerned with the many chemicals and GMOs in our modern world, started Medicine Wheel Herbs in 2012, offering chemical, preservative, dye & fragrance free, skin care products.

NATURALLY SWEET & HEALTHY

COOK & BAKE WITHOUT SUGAR OR ARTIFICIAL SWEETENERS

Sugar (glucose) is an addictive poison which many of us need to avoid or at least minimize. Learn to cook and bake without this "not so sweet" ingredient. Join author and nutritional expert, Nick Hill, as he discusses the dangers of so much sugar in our diet and information on how consuming sugar will shorten your life. Come see for yourself and taste a sugar-free, high-protein dessert.

Tue 6-8 PM 1/27 Sessions: 1
\$19 OOB HS, 101 HLTH.68

Nick Hill has been an organic chemist for more than fifty years and is a certified health counselor. At the age of 82, he enjoys amazing health and is medicine free.

"Nick presented such a fascinating lecture. I learned so much that I signed up for his following courses!"
Patricia Youland
Student, 2014

HEALTH

NEW

NICK HILL'S ANTI-AGING SECRETS

Nick Hill is 82 years young and in perfect health. For most of his life he ate a typical American diet of processed, packaged food and smoked heavily for thirty-three years. He got fat, ached all over and had cancer three times. He is cancer-free and never had surgery, chemo or medications. Now, with proper nutrition, his blood pressure rivals that of a teenager, his blood glucose, cholesterol and triglycerides are normal. Don't miss this opportunity to join Nick as he describes his journey from sickness to health using natural lifestyle approaches.

Tue 6-8 PM 3/31 Sessions: 1
\$19 OOB HS, 101 HLTH.70

Nick Hill-see bio pg 11.

FATS DON'T MAKE YOU FAT!

Some fats are critical for good health although most people do not understand what fats do in the body. Which fats are healthy and which are unhealthy? What is the difference between an oil and a fat? What do omega 3, omega 6 and omega 9 mean? What exactly is a trans fat and why are they bad for your health? Learn from organic chemist and nutrient expert Nick Hill which fats make you fat and which make you thin. Join us for a night of "Fat Facts" and get the right fats back into your diet for better health and weight control.

Tue 6-8 PM 2/24 Sessions: 1
\$19 OOB HS, 101 HLTH.63

Nick Hill-see bio pg 11.

EAT TO LOSE

Discover a safe way to drop pounds and feel fully satisfied. Learn why diets don't work and what you can do today to kick start your weight loss efforts, without starving yourself or depending on extreme exercise workouts. Begin eating the foods that will support fat burning, while avoiding the top fat storing foods typical in the standard American diet.

Mon 6:30-8 PM 3/9 Sessions: 1
\$15 OOB HS, 101 HLTH.72

Mary Moskowitz is a counselor at Mainly Health & Nutrition at the Integrative Health Center of ME in Portland and a board-certified Holistic Health Counselor through the Institute for Integrative Nutrition in NYC.
www.mainlyhealthandnutrition.com

NEW

EAT, DRINK AND BE WELL

There is no perfect diet as one person's food is another person's poison. Learning to eat the right foods that fit your lifestyle will go a long way towards keeping you healthy and lean. Enjoy learning the nutritional value of incorporating clean eating, with recipes on how to prepare and cook fresh whole foods that are full of fiber and life-giving energy that will keep you satisfied. Sample some easy to make meals and treats that will help you look and feel your best and support your weight loss goals. This is a demo/discussion class. Tuition includes materials.

Mon 6-8 PM 2/9 Sessions: 1
\$26 OOB HS, 111A HLTH.62

Robert Cyr is a Supervisor for Delhaize America, a Safety and Wellness instructor, Certified Health Coach, Organic Gardener, Personal Chef, and author of his new book *Truckin Bob's Convoy to Healthy Living*.

ALLERGIES

NOT JUST A RUNNY NOSE!

Many people do not realize these inflammatory conditions: skin rashes, runny nose, breathing problems, chronic pain, weight gain, bloating, digestive issues, insomnia, mood swings, auto-immune conditions, and more can all be related to environmental allergies. Allergies are a symptom of something deeper within the body. Learn what may be causing your inflammatory symptoms, and how you can experience renewed health by applying 5 simple strategies. Don't settle for another temporary fix, get back in control of your health and your happiness! We can help.

Thu 6-8:30 PM 3/26 Sessions: 1
\$19 OOB HS, 101 HLTH.71

Kim Clavette, Certified Health Coach through the Institute for Integrative Nutrition in NYC, specializes in helping clients regain their health via digestive wellness and non-toxic living.

MIND, BODY & SOUL

CREATE A LIFE YOU LOVE!

Learn Eastern energy medicine techniques to release and balance areas where you feel stuck. It is our response to events in our life that determines the outcome. Change your experience by manipulating your physical, mental, emotional and spiritual energy to achieve a healthy vitality and a richer, more meaningful life. If you are willing to spend 20 minutes a day using any one of these tools, you can change your life! Please wear comfortable clothing for gentle movement, bring a snack & beverage, a pen, and your own wisdom to share with the group. Handouts will be provided.

Sat 9 AM-1 PM 1/17 Sessions: 1
\$45 Saco LC, Open Rm MIND.67

Willow Femmechild, RN, BSN, MA, is a nurse with an MA in Holistic Clinical Counseling, studied Eastern energy medicine, worked as a professional Health Coach, and has a private practice in Health, Wellness, and Life Coaching. www.willowfemmechild.com

THE LOVE COACH

EXPANDED BY POPULAR DEMAND!

Would you like to meet the man of your dreams, enjoy a wonderful courtship, and spend the rest of your life in a loving relationship? These seemingly elusive wishes can be yours by following a few common sense, goal-oriented dating and mating techniques. Hear how and why women are, again and again, attracted to the wrong kind of person, and why some relationships go nowhere. This does not have to be the case for you. You, too, can get on track toward the love life you have always wanted. Your experience will be enhanced if you read Dr. Diana Kirschner's *Love in 90 Days* and the Kindle-only *The Diamond Self Secret*.

Tue 6-8:30 PM 1/27-2/3 Sessions: 2
\$39 OOB HS, 107 MIND.65

Betts G. Mayer, a retired psychotherapist, founded The Gabrielsen Group in Pennington NJ, specializing in marriage & addiction counseling. She is currently a Senior Love Mentor™ for Dr. Diana Kirschner, author of *Love in 90 Days* and *Sealing The Deal*.

DE-STRESS WITH HYPNOSIS

Stress can be incapacitating and crippling – contributing to many diseases in our minds and bodies. Hypnosis can help you release your habitual reaction to stress and replace it with a positive, relaxed response. Learn to enter the hypnotic state whenever you desire, using it to reinforce a comfortable, confident, satisfying way of handling your stress. The repetition of that response, in self-hypnosis, causes it to become the new permanent habit in your subconscious mind. Since hypnosis can be done just about anywhere, there's no need to bring a mat – unless you are uncomfortable sitting in a chair.

Tue 6-8 PM 1/20 Sessions: 1
\$19 OOB HS, 109 MIND.62

Hugh Sadlier-see bio pg 11.

HANDS ON HEALING

What is your chakra system? Where are chakras and how do they work? Participate in hands-on activities that show how energy can change, shift, and move. Discuss how the benefits of energy healing modalities such as Reiki and Primus Activation Healing Technique can benefit you. Experience a Primus Guided Meditation leaving you balanced, calm, and relaxed. Leave class feeling like you have had a massage for your soul. Please wear comfortable clothing and bring water.

Thu 6:30-8:30 PM 3/5 Sessions: 1
\$15 OOB HS, Library MIND.61

Jean Sullivan, certified PAHT and Reiki Practitioner, is a workshop leader and has presented at the Enlightenment Expo, Psychic Sunday in Portland and the Holistic Fair in Augusta. Jean has spent over 15 years in education. www.heartfeltenergies.com



MIND, BODY & SOUL / CULINARY

NEW

FIND CALM IN THE CHAOS

Making time for calm and quiet every day is an important habit in good times and even more important in stressful times. Finding moments of peace and rest help ground us and give us strength to manage busy schedules and persevere with more grace and ease through difficult times. This beginner class is designed to give you insight on the things in your life you are ready to let go of in order to make room for more peace, calm and inner rest. A combination of teaching, coaching and experiential learning is used throughout the course. Please dress comfortably and feel free to bring a pillow and/or blanket for extra comfort. We will be sitting during the class. No class February 16th.

Mon 6-7:30 PM 2/2-3/2 Sessions: 4
\$55 OOB HS, Library MIND.66

Rhonda White, MBA, MEd, Certified Life Coach, teaches individuals and groups the art of living a more peace-filled lifestyle.

NEW

HOW TO MANIFEST YOUR DESIRES

WITH THE NEW EARTH ENERGY

As the Earth continues to change her energy, it is important to know how your energy and the Earth's need to be in alignment for the manifestation of your desires. This class offers information on how to make that happen by learning the old way of manifesting versus the new, the power of quiet time, using visualization and other tools, creating ceremony and spells, using focused intention, and breaking negative patterns. If you're ready to find out why you have had trouble manifesting and the law of abundance isn't working for you, this class will offer the tools. By learning to use the new energy, you will be better able to manifest your desires, create a healthier you and break the patterns that do not serve.

Wed 6:30-8:30 PM 2/25-3/18 Sessions: 4
\$69 OOB HS, 108 MIND.60

Sue Yarmey, a practicing psychic for 40 years, is a graduate of the Silva Method and has had Shaktipat Initiation with Anandi Ma. She has lectured & conducted readings throughout the US, and was Portland's first radio psychic.
www.sueyarmey.com

NEW

PARTNER THAI BODYWORK

This ancient healing art helps bring about a deep state of relaxation, reduce muscular tension and balance the body energetically. With a partner, share the experience of learning some Thai Bodywork fundamentals that work the head, hands and feet. With these simple touch techniques you can help support and comfort the people in your life. Thai Bodywork is performed on the floor. Bring a mat, two blankets (one to lay on, one to cover up with) and a pillow. Wear loose comfy clothing that covers your arms and legs and keeps you warm.

Mon 6:30-8:30 PM 3/16 Sessions: 1
\$19 OOB HS, Library HLTH.67

Jill Dennison, with a degree in Health Science with Holistic Integrative Health, is a registered Yoga teacher, Thai Bodywork practitioner, a Yoga teacher for 10+ years & offers individual Ayurvedic Yoga & Thai Bodywork sessions.
www.apurvahealth.com



Ramp up your 'meal appeal' with David Glidden of the Chef and the Gardener

DINNER FOR TWO NEW MENU!

Join Chef Dave as he guides you, step-by-step, in creating a fabulous meal that you can make at home! On the menu: Mushroom powder crusted Statler chicken breast with leek risotto and vegetable ratatouille. Learn to debone a whole chicken, as well as make risotto rice and ratatouille. This class is hands-on so bring a sharp knife, an apron and your appetite! Tuition is per person and includes food.

Mon 6-8 PM 2/23 Sessions: 1
\$29 OOB HS, 111A CLNR.63

David Glidden, owner/chef of The Chef & the Gardener in Saco, worked in some of Greater Portland's finer restaurants over the last 28 years. He specializes in local, whole foods, vegetarian and gluten-free cooking.
www.chefandgardener.com





Check out Saco's **NEWEST BREWERY**, *Barreled Souls!*

NEW CRAFT BEER TASTING AT ITS BEST!

Do you enjoy fine, hand-crafted beers? Are you interested in learning more about the process and ingredients responsible for their taste? If so, join us at Barreled Souls Brewing Company, Saco's newest brewery, for an in-depth experience in the production, packaging and tasting of our beers. Class will cover the various ingredients and their uses, an overview of the unique brewing process used at Barreled Souls, and a guided description and tasting of the beers offered. You'll take a tour of the brewery followed by a sampling/discussion session of six of Barreled Soul's beers. Pizza will be provided. Tuition includes food and beer. Register through OOB/Saco Adult Ed. Come join the fun! Cheers!

Mon 6:30-8 PM 3/2 Sessions: 1
\$24 Barreled Souls Brewery, Saco CLNR.60

Matt Mill's background is in Restaurant/Bar management. **Chris Shofield** has home brewed for 13 years, was assistant brewer at Federal Jacks, and head brewing consultant for a brewpub in Corpus Christi, TX. www.barreledsouls.com

AREPERA DAY VENEZUELAN STUFFED BREAD



Arepas is a traditional bread and dietary staple considered to be Venezuela's crown jewel. Areperas, similar to a Gordita or Pupusa, consist of a thick gluten-free corn tortilla, fried or baked to a golden brown, filled with ingredients ranging from tangy shredded chicken to meltingly-tender braised beef or veggies. Paired with fried Yuca with cheese and avocado sauce, there are few meals that achieve a similar height of complete satisfaction. Luis will prepare an arepa with shredded chicken salad and avocado sauce called la reina pepiada and explain their nutritional values and why it's so important to have them in your diet. This is a demo class, so come prepared to sit back and enjoy! Tuition includes food. Register through OOB/Saco Adult Ed.

Sat 11 AM-1 PM 3/7 Sessions: 1
\$29 Luis' Arepera, Saco CLNR.61

Luis Moncada, owner/chef of Luis' Arepera & Grill in Saco, is a Venezuelan-born chef who uses recipes that have been handed down in his family for generations.

NEW BEST EVER HOMEMADE VEGGIE BURGERS

Build the best ever plant-based, meat-free burgers, a great alternative to store-bought veggie burgers. Use the 'batter' for everything from burgers to meatballs to salad and soup toppings. They are gluten free and tasty, made from healthy, real food ingredients, unlike the processed burgers found in the grocery store. On the menu: black bean burger, a quinoa squash burger, and a tempeh veggie burger. We will also discuss and try some different tasty toppings and wraps for your burgers. Tuition includes food.

Tue 6-8:30 PM 2/24 Sessions: 1
\$39 OOB HS, 111A CLNR.65

Jean Mack, a Community Health Educator, has thrived on a vegetarian diet for many years. She currently works for Dining Services at Bowdoin College in Brunswick.

CREATIVE ARTS

NEW

IPHONE PHOTOGRAPHY

"The best camera you have is the one that is with you," is an adage that has always been true – and in this digital age, that camera is often your smartphone. This workshop will improve your phone-snapping skills, improve your composition and aesthetic. Explore its capture and editing tools to effectively communicate your photographic vision. We will look at master photographers and contemporary iPhone photography for inspiration, and have weekly shooting exercises. We will also explore post-production editing and sharing programs such as Photoshop Touch and Instagram. By the end of the course you will confidently use your iPhone to capture moments that are a phone click away. Please bring a fully charged iPhone and laptop computer, if you have one.

Mon 6-8:30 PM 3/16-3/30 Sessions: 3
\$59 OOB HS, iMac Lab CRTV.76

Liz Bieber is a photographer specializing in portrait and event photography. In 2008, she graduated from the Master's Program in Film & Media at Hunter College. Liz teaches photography courses and workshops locally, including MECA and SMCC.

HOW TO USE YOUR DIGITAL CAMERA

Digital cameras offer a marvelous photography experience, but can seem more complicated than a traditional film system. Bring your digital camera, fresh batteries, and your manual to learn the basics of this computer with a lens! Subjects include resolution, metering, exposure compensation, white balance, macro techniques, and using menus and possible settings. Register early, this is a popular class.

Thu 6-9 PM 2/12 Sessions: 1
\$29 OOB HS, 103 CRTV.75

David Draper manages Hunt's Photo in So Portland and is familiar with all major types of digital cameras. A wealth of photographic wisdom!

GET MORE FROM YOUR DIGITAL CAMERA

Are you and your camera ready for the next level? Learn methods to control depth of field, contrast and composition, ISO settings, exposure compensation, and controlling sharpness and motion using shutter priority. If time allows, we will discuss bracketing, macros, tripods, and shutter releases. Register early, this is a popular class.

Please bring a digital camera (with fresh batteries) that allows specifying aperture and shutter speeds, a fully charged battery and manual. Digital SLR's and most cameras in the \$500+ class have this feature.

Thu 6-9 PM 3/12 Sessions: 1
\$29 OOB HS, 103 CRTV.74

David Draper-see bio this pg.

NEW

THE ART OF BLOCK PRINTING

BY HAND

Learn the process of translating your custom design or drawing onto fabric. Get the basics of block-printing: designing the block, carving, and printing on both paper and fabric. Complete the course with an understanding of composition, line, and how to create a repeating pattern. Wear appropriate clothing or bring a smock. Class size is limited so register early through OOB/Saco Adult Ed!

Please bring: two yards of light-colored, cotton fabric; Rives BFK or Canson printmaking paper, Speedball linoleum carving tool, MOO Carve Carving Blocks or Stradtler Master carve 4" x 6" or smaller, (approx. \$20-\$25); and images for inspiration. **OPTIONAL:** Acrylic fabric screenprinting relief printing ink.

Thu 5:30-8:30 PM 3/19-3/26 Sessions: 2
\$40 Engine, Inc., Biddeford CRTV.61

Rachel Church, artist/printmaker at Running with Scissors Studios in Portland, BA in Art, USM, interned at Engine House Press & due to the Kate Mahoney Memorial Scholarship, spent a year with Peregrine Press in Portland. www.artgirlrachel.wordpress.com



Blogging for \$\$ pg 21
Social Media Marketing for Small Business pg 21



Create a beautiful fused glass dish with Polly Plourde. A wonderful gift!

NEW FUSED DISH WITH TREE MOTIF

Create an 11" fused glass dish featuring a summer or Autumn tree motif. Select the colors for your leaves and using glass nippers, cut and shape them to assemble and glue onto your dish. Or select a Birch tree project and cut the trees and grass by hand, assemble the project then accent the piece with glass frit and stingers. The dish is then fired in a kiln and formed to the shape of a dish. Material fees, paid to instructor in class, are \$40 for 11" plate or \$70 for 15" x 12" Birch grove with stand. Register through OOB/Saco Adult Ed.

Wed 6-9 PM 2/25-3/4 Sessions: 2
\$19 Innovative Glass & Home, Saco CRTV.69

Polly and Dan Plourde—see bio below.

FUSED MOSAIC DISH

Create an incredible mosaic fused glass dish. Select the glass colors that work for you and begin to create your functional, original piece of art. Material fees, paid to instructor in class, will depend on the size of the project you choose (13"x6" serving tray - \$24, 8" square bowl- \$20, 12" square bowl - \$45). Register through OOB/Saco Adult Ed.

Wed 6-9 PM 1/21-1/28 Sessions: 2
\$19 Innovative Glass & Home, Saco CRTV.70

Polly and Dan Plourde create custom-made stained glass valances and other glass window treatments in their Biddeford studio. They also participate in 10-12 craft fairs per year, including the Fryeburg Fair. www.maine crafts.net

NEW BEGINNING OIL PAINTING

Explore the versatility of oil painting through still life setups and landscape photos. Emphasis will be on color theory, paint application, and composition. Prior experience in drawing and painting is helpful, but not required as there will be sufficient time for experimentation to develop your own unique style. We will use walnut oil as a safe alternative to harsh solvents for cleaning brushes. No class February 17th.

Please bring: palette, palette box or cellophane wrap, 5 (9x12 inch) primed canvas panels or stretched canvas, palette knife, brushes: 1 inch flat, 8 mm filbert, 12 mm filbert, and 2 mm round; glass jar, one 2 oz. tube each of the following M. Graham oil paint: cadmium yellow, cadmium red medium, cobalt blue, titanium white (optional: alizarin crimson, ultramarine blue, viridian), M. Graham walnut oil medium (8 oz.), supply case, and sketchbook (optional) (materials approx. \$60-\$70). Contact Chris at chris@christopherdreed.com with questions.

Tue 6-8 PM 2/3-3/10 Sessions: 5
\$69 OOB HS, Art Rm CRTV.60

Chris Reed, BA in Visual Arts from Bowdoin College, creates abstracts in acrylic and encaustic. He has taught at Sam's Place in Saco, the New School & River Tree Arts in Kennebunk. His work has been exhibited in Portland & Saco.

NEW INTRO TO ABSTRACT ART

Have you ever looked at the works of Picasso, Matisse, or Bracque and thought, "Even I can do that!"? Using a variety of inexpensive, readily-available materials, and working in 2-3 dimensions, we will start with a subject and change some of its basic design elements in a variety of ways. Shape, space, plane, color, line, and texture can all be manipulated and rearranged. No prior experience needed, just a willingness to have fun thinking outside the box!

Please bring markers, watercolors or pencils, a 9 x 12" or larger sketchpad and scissors.

Thu 6:30-8:30 PM 2/26-3/26 Sessions: 5
\$79 OOB HS, Art Rm CRTV.64

Iona Desmond is an artist and teacher with over 38 years of experience. Her pastels and sculptures are in many private collections in the US and Canada and she has won several awards for her artwork.

CREATIVE ARTS

NEW

CROCHETED WIRE NECKLACE

Learn to use crochet stitches in a new way! Using wire and high quality glass beads learn to construct a necklace or bracelet simply by crocheting. No prior experience is necessary. Choose from our variety of colorful beads to accent your stunning jewelry and give it a unique look. Give your piece a finishing touch with a beautiful gold or silver plated clasp. Tuition includes materials for one necklace or bracelet.

Wed 6-8 PM 2/25 Sessions: 1
\$39 OOB HS, 111A CRTV.67

Artascope instructors are experienced crafters providing a relaxed environment, lots of support, quality materials/tools to ensure a positive experience. Leave class with new skills and an amazing project you created yourself.
www.artascope.com

DRILLED SEA GLASS JEWELRY

Learn the secret to drilling glass, stones and shells. Add colorful beads and an easy wire-wrapped loop technique to create your unique pendant. Use our collection of sea glass, beach stones and shells, or bring your own favorites. You will create one pendant in this class, which you can hang from our satin or suede cords. Tuition includes materials for one pendant.

Wed 6-8 PM 1/21 Sessions: 1
\$39 OOB HS, 111A CRTV.68

Artascope-see bio above.

NEW

GLASS PAINTING

Learn to paint on glassware! Create fun, unique and personalized gifts. Leave with a custom, hand-painted glass and basic painting skills to use for future projects!

Please bring a clear, dishwasher-safe wine glass, pint glass or coffee mug. You'll need fine to medium-sized acrylic paint brushes, sizes: 2/0, 1, 4 & 8 (approx. \$10-\$15). Tuition includes paint.

Tue 6-8:30 PM 1/27 Sessions: 1
\$25 OOB HS, 111A CRTV.71

Kelly Thayer, BA in Studio Art from U Maine, is the owner/artist at Kreationz working with all types of materials. She is also a certified group exercise instructor, has been a dancer for 10 years and teaching for four.



Whether its pencils or brushes, Russ Whitten can inspire any beginner or seasoned painter!

NEW

ONE NIGHT PICASSO

In a single evening, learn to control watercolor like a pro! Create your own painting with a beautiful mix of soft clouds, and the spray from an ocean's crashing wave. No experience required.

Please bring: #10 watercolor round brush, 1" watercolor flat brush and 1 sheet of Arches 140 Lb cold press watercolor paper (materials approx. \$20).

Mon 6-9 PM 3/23 Sessions: 1
\$29 OOB HS, Art Rm CRTV.65

Russel Whitten-see bio below.

NEW

FLESHING OUT YOUR STICK FIGURES

DRAWING FOR BEGINNERS

This class will provide training in the direct observation of form and its surrounding elements. The emphasis will be on tonal drawing to re-creating the appearance of nature with use of still life forms. The development of forms as derived from the study of perspective, composition, and value will play as the foundation for this class. No class February 16th.

Please bring: Vine Charcoal, kneaded eraser, charcoal paper, a basic pencil (materials approx. \$20).

Mon 6-8:30 PM 1/26-3/2 Sessions: 5
\$89 OOB HS, Art Rm CRTV.63

Russel Whitten, a local artist/teacher, studied at The Art Students League of New York, Heartwood College of Art, and is a member of the Art Guild of the Kennebunks and The Ogunquit Art Association. Students love his easy, supportive style.

CREATIVE ARTS

WATERCOLOR BASICS

Build a strong foundation in watercolor by studying color theory, color mixing, application, how to create the illusion of distance, and composition. Students will be 'walked through' their first painting, then the sky is the limit! The instructor will be there to help you continue to build your skills and confidence.

Please bring to class: 1 small tube each: Cadmium Yellow (light), Cobalt Blue, Alizerin Crimson, 1 Round # 10 watercolor brush, 1" wide flat brush; 1 - drawing pencil #3B; 1 - eraser; 1 - light board or piece of cardboard and two sheets of Arches watercolor paper, 140 lb. cold press.

Thu 6-8:30 PM 1/8-2/5 Sessions: 5
\$89 OOB HS, Art Rm CRTV.66

Russel Whitten-see bio pg 18.

MINIATURE PUNCH NEEDLE RUG HOOKING **(DAY)**

This old craft mimics the appearance of hooked rugs - but in miniature dollhouse size! Choose from among a variety of complete kits (\$25) which include original folk art design, all hand-dyed wool and natural wool threads, with instructions. Learn the technique for completing and displaying this beautiful and portable fiber craft.

Please bring the following to class: bag lunch, small sharp fabric scissors, a Cameo Small Punch needle (from instructor, \$15) and 7" Morgan brand locking embroidery hoop (from instructor, \$12). You can preview these kit designs at www.jconnerhookedrugs.com.

NOTE: Please email Janet at jconnerhookedrugs@gmail.com with your kit selection before class.

Sat 9 AM-1 PM 1/24 Sessions: 1
\$35 Saco LC, Rm 1 CRTV.72

Janet Conner holds a BS in Art Education from Moore College of Art and Design in Pennsylvania. She is a member of the Saco Valley Fiber Artists and exhibits regionally and at Maine Fiber Arts Center.
www.jconnerhookedrugs.com



Rachel Church, printmaker, brings old and new technologies to the ancient art of block printing.

NEW PLATEMAKING

IN THE DIGITAL AGE

3D PRINTING & PRINTMAKING

Learn to design a low-relief printed plate on the computer using modeling software, then bring it to life with a 3D printer. Mix digital technology and old techniques to create artwork like never before! Basic printing supplies are provided (student-grade paper and two colors of water-based inks). Please bring water-based relief printing ink, three pieces (either Rives BFK or Canson) printmaking paper, flat wooden spoon or Barren for hand printing, or pay \$10 to instructor for these materials. Printing costs, for finished plate, of \$5-\$10, depending on weight, are also paid to your instructor. Wear appropriate clothing or bring a smock or apron. Class size is limited so register early through OOB/Saco Adult Ed.

Thu 5:30-8:30 PM 2/5-2/12 Sessions: 2
\$60 Engine, Inc., Biddeford CRTV.62

Rachel Church-see bio pg 16.

To register see pg 27
Save the \$5 registration fee
when you register online at
www.oobsaco.maineadulted.org

MUSIC & DANCE

NEW BOOTS & BELLIES

Syrena introduces the excitement of “fusion” by mixing two distinct styles into one unique experience! She incorporates belly dance movements into fun choreographies to modern Country music. It’s the best of both worlds - the easy-to-learn layout of a line dance lesson with the beautiful movements of belly dance. Come experience the excitement of belly and line dance fusion and burn some calories to boot! Please bring water, wear non-restrictive clothing and comfortable shoes. Hip scarves are encouraged, but not required, and some will be available to borrow. This is a fragrance free class! No class February 16th.

Mon 6:30-7:30 PM 2/2-3/16 Sessions: 6
\$65 Young School, Cafe/Gym DANC.63

Syrena has been belly dancing since the age of 10. After a hiatus during her teen years, she moved to Portland in 2010 where she joined a positive and supportive belly dance community that she strives to help expand.

LINE DANCING

Turn on the music and turn up the fun! Get your groove on with a variety of line dance patterns, from the Electric Slide to country standards and Latin dances like Samba and Salsa. Join in for some fun and exercise – no partner needed! No class February 19th.

Thu 6:30-7:30 PM 1/29-3/12 Sessions: 6
\$65 Young School, Cafe/Gym DANC.60

Elizabeth Richards has been teaching Ballroom Dance since 1999. She has been dancing for more than 20 years, and loves to share the joy of dancing with her students.

COMMUNITY TAP DANCE

Have fun, burn calories, and get a great workout! Basic tap steps will be taught in fun combinations using jazz, Broadway, musical theater, rock, rhythm and blues, and more. No previous experience needed. Please bring water, wear cool, loose clothing and flat or low-heeled tap shoes. No class February 16th.

Mon 5:45-6:45 PM 1/26-3/9 Sessions: 6
\$69 Saco LC, Open Rm DANC.62

Linda Waters, a Group Exercise, Healthways Silver Sneakers, Zumba & Zumba Gold, BTS Group Groove, and Night Club Cardio certified instructor, has been dancing & teaching for 50+ years. She has studied all over the United States.

NEW LATIN DANCING

Put a little heat into your winter with some spicy Salsa, captivating Cha Cha and romantic Rumba. Latin dancing is flirty and fun, a great way to liven up the cold winter months. No prior dance experience necessary. Course fee is per person. Wear soft soled shoes and comfortable clothing. No class February 19th.

Thu 7:30-8:30 PM 1/29-3/12 Sessions: 6
\$65 Young School, Cafe/Gym DANC.61

Elizabeth Richards-see bio this pg.

NEW A TASTE OF BHANGRA DANCE

Bhangra is a high-energy dance form that originated in the fields of Punjab, Northern India. Traditional movements in Bhangra celebrate the harvest, giving Bhangra it’s “agrarian” feel. Traditionally a male folk dance, Bhangra is now danced by both men and women, and is influenced by Western dance and music such as Hip Hop. Learn traditional steps while getting a great cardio workout! This class consists of a warm up, a choreography section, and a short cool down. Bring water and wear loose comfortable clothing; dance shoes are optional as the dance is traditionally done barefoot.

Tue 6:30-7:30 PM 1/20-2/3 Sessions: 3
\$39 Young School, Cafe/Gym DANC.64

Hannah Kramer teaches, performs locally, & goes to Boston weekly to rehearse with the Boston Bhangra team. She occasionally hosts a Bollywood/Bhangra music show on WMPG & has hosted/performed in cultural events with the India Association of Maine.

BEGINNER GUITAR

Have you ever wanted to play guitar? Now is the time! We will focus on the names of strings, notes in the first position and build to learning chords and strumming patterns. Before you know it we will be playing pop and rock songs.

Required: A nylon or steel stringed acoustic guitar, picks (plectrums), an electronic tuner, and the book *Hal Leonard Method Complete Set with CD* (approx. \$20-\$25).

Wed 6-7 PM 1/21-2/11 Sessions: 4
\$55 Saco Middle, A-2 MUSC.60

Travis Taylor has been playing the guitar for 14 years, and with a local band for six. He has been teaching guitar at Saco Middle School for the past 10 years.

BLOGGING FOR \$\$

Blogging establishes credibility and authority, helping potential customers find you when searching the web. Learn the tricks to success without being a perfect writer as blogging is all about voice, perspective and thought leadership. Explore content planning, styles and platforms; what successful blogs look like in your field, and how to insert your voice into the online conversation.

Tue 6-8 PM 1/27-2/10 Sessions: 3
\$45 OOB HS, 103 PROF.68

Malorie Pastor—see bio this pg.

CRIME SCENE INVESTIGATION REALITY VS. TELEVISION

CSI fans will get a taste of what really goes on during a crime scene investigation. We'll cover responding to and investigating a crime scene, types of evidence, seven S's of CSI, evidence collection, latent prints, gunshot patterns, crime scene photography and what happens after evidence is collected. Instructors will provide case scenarios to help students understand the complexities of a crime scene, as well as provide practical exercises to analyze crime scene evidence.

Thu 6-8:30 PM 2/5 Sessions: 1
FREE OOB HS, Cafe PROF.62

Detectives from the Saco Police Department will present this class. The detective have more than thirty years of collective experience in investigating a wide variety of crime scenes.

WANT TO BE A PRIVATE EYE?

Private investigating is a diverse profession requiring a broad range of knowledge and skills. Explore this popular profession and get your questions answered by an experienced, licensed investigator. Learn about licensing requirements, education and experience required, the types of investigation and equipment used. We will share some real life stories of past investigations and results. Equipment used during an investigation will be displayed and discussed. Bring your curiosity and questions!

Thu 6-9 PM 2/26 Sessions: 1
\$15 OOB HS, Library PROF.64

Edward Spicer is a licensed PI in Maine, MA, NH, and RI with 31 years of investigative experience in both law enforcement and the private sector.

NEW SOCIAL MEDIA MARKETING FOR SMALL BUSINESS

Did you know that last year 70% of businesses acquired customers through social media? What about the fact that 62% of online shoppers had read product comments from their friends on Facebook? Is your small business utilizing social media to its fullest potential? Come learn how to leverage social media marketing for your small business. Learn what social networks like Facebook, Twitter, Pinterest and LinkedIn can do for your business and how to market yourself and your business on a budget.

Tue 6-8 PM 3/3-3/24 Sessions: 4
\$59 OOB HS, 103 PROF.72

Malorie Pastor, with degrees in Media Studies from USM & a MA in Public & Organizational Relations from Montclair State in NJ, has worked with nonprofits, corporate organizations and an ad agency doing marketing, communications, PR & social media.

BECOMING A NOTARY PUBLIC

A notary's primary duty is to formally witness transactions involving paper documents and, in Maine, officiate at weddings. Prepare to be commissioned as a notary public, learn the history of the office, its powers and duties, eligibility, procedures, and record-keeping. Leave with all the testing and paperwork completed and ready to submit to the State.

NOTE: Applicants must be a Maine or New Hampshire resident, regularly employed or carrying on a trade or business in Maine. License fee is approximately \$50.

Mon 6-8 PM 2/2-2/9 Sessions: 2
\$49 OOB HS, 103 PROF.63

Frank Lee, a Firefighter/Paramedic, has been involved with technology instruction and security since 1996 and currently works with technology integration in the Emergence Medical Services field. Frank has been a Maine Notary Public since 2006.



COMPUTERS / CERTIFICATE PROGRAMS

COMPUTER BASICS EMAIL & MS WORD

Email, surf the Internet, download attachments, and attach documents. Write and edit in Microsoft Office using all the techniques to create the perfect document. Students will be able to cut and paste pictures and text from the Internet and create their own web email account. This is a basic beginners class. Students should have access to a computer outside of the classroom and be familiar with the keyboard and mouse. No class February 16th.

Mon 6-8 PM 1/26-3/2 Sessions: 5
\$79 OOB HS, 204 PROF.60

Dennis Nightingale, BA in Computer Information Systems from Baker College, is a Computer Systems Specialist for the Oncology Dept at Maine Med. He previously worked as a computer programmer in the Telecommunications industry & as a consultant at IBM.

EXCEL SPREADSHEET BASICS

Excel is a powerful tool for performing calculations, developing budgets, and analyzing and managing data. Master the essentials of creating and modifying a spreadsheet including: text and number formatting, sorting and filtering data, basic formulas, and charts.

Prerequisite: Completion of a Computer Basics course, Microsoft Word or equivalent familiarity creating documents, formatting text, navigating menus/toolbars in software programs.

Please bring a thumb drive and binder for handouts.

Mon 6-8 PM 3/9-3/30 Sessions: 4
\$75 OOB HS, 204 PROF.65

Dennis Nightingale-see bio above.

FREE Career Counseling Services

- Take a career interest inventory
- Write a résumé
- Conduct a job search
- Prepare for an interview

Email our
Student Services Coordinator,
Liis Nigol, at
lnigol@rsu23.org or call
(207) 282-3846

SUBSTITUTE TEACHER TRAINING

Prepare to be a substitute teacher in Old Orchard Beach and Saco. Learn the expectations of substitute teaching at all levels of education through a series of strategies you can use in your classroom. Upon successful completion of this course students will feel comfortable teaching and your employment will be guaranteed in the OOB/Saco districts at a higher rate of pay. Fingerprinting and background checks are hiring requirements to be addressed in class. All paperwork to be accepted as a substitute must be completed before the end of the course. Certificates awarded upon successful completion of the course. No class February 16th and 18th.

M/W 5:30-8 PM 2/2-3/4 Sessions: 8
\$89 Saco Middle, A2/A4 PROF.69

Celeste Libby has been a teacher at Saco Middle School for 17 years. She currently teaches 6th grade students. She is dually certified in Elementary Education K-8 and Special Education K-12.

HEARTSAVER® CPR & FIRST AID FOR ADULTS & CHILDREN

This is a video-based, instructor-led course that teaches the critical skills needed to respond to and manage first aid, choking or sudden cardiac arrest emergencies in the first few minutes until emergency medical services (EMS) arrive. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies, as well as adult CPR and Automated External Defibrillator use. CPR certification is valid for two years and First Aid certification is valid for three years. Tuition includes materials.

Thu 6-9 PM 1/15-1/22 Sessions: 2
\$69 OOB HS, 103 PROF.61

Frank Lee-see bio pg 21.

NEW 3D?...CHECK IT OUT!
pg 19

CERTIFICATE PROGRAMS

FREE

CERTIFICATE PROGRAM INFO SESSION

PHARMACOLOGY TECHNICIAN & DENTAL ASSISTING

WEDNESDAY 6-7 PM 1/21 FREE OOB HS, LIBRARY

This session is recommended for all students considering taking classes in or towards our Certificate Programs. Your instructor will discuss prerequisites, materials needed, costs, & all requirements for program completion.

Please bring your questions & concerns. Meet your teacher, fellow classmates & get started on your new career path.

Registration is required. We welcome you!

NEW

DENTAL ASSISTING

Prepare for an entry-level position in one of the fastest growing health care sectors. Receive instruction of all areas of pre-clinical dental assisting and training in the professional skills required to function as an assistant in a dental practice. The following will key topics will be covered:

Administrative: the history of dentistry and dental assisting; introduction to the dental office; the legal aspects of dentistry; policies and guidelines.

Clinical: introduction to oral anatomy; dental operator; dental equipment, introduction to tooth structure; primary and permanent teeth; the oral cavity and related structures; proper patient positioning; dental hand-pieces; sterilization; and other areas.

In addition to entry-level administrative jobs, this course is ideal for students interested in pursuing a future formal Dental Hygienist program. Tuition includes textbooks. Certificate awarded upon successful completion of the course. No class February 16th and 18th.

Prerequisite: high school credential.

M/W 5:30-9 PM 2/2-4/6 Sessions: 17
\$1,199 OOB HS, 110 PROF.71

Our instructors for both Dental Assisting and Pharmacology are local industry professionals and bring formal teaching and/or field training experience to the classroom. Most have at least seven years of practical work, often times entering the classroom after decades in the field.



PHARMACY TECHNICIAN

This comprehensive program will prepare students to work as a pharmacy technician in a retail or other pharmacy setting and to take the Pharmacy Technician Certification Board's exam. Course content includes: pharmacy medical terminology, history of pharmacy, pharmacy practice in multiple environments, pharmacy calculations and measurements, reading and interpreting prescriptions and defining drugs by generic and brand names. Through classroom lecture and hands-on labs, review dosage calculations, drug classifications, the "top 200 drugs", I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. Tuition includes textbooks. Certificate awarded upon successful completion of the course. No class February 17th and 19th.

Prerequisite: high school credential.

Tu/Th 5:30-9 PM 2/3-3/31 Sessions: 15
\$999 OOB HS, 110 PROF.67

ACADEMICS

**DROP -IN REGISTRATION
FOR NEW OR RETURNING STUDENTS
TUESDAY, JANUARY 6TH, 2015, FROM NOON TO 3 PM**

**Saco Learning Center,
80 Common St, Saco, ME 04072**

TO REGISTER OR FOR MORE INFO

Call (207) 282-3846 to schedule your FREE appointment with our Student Services Coordinator.

FOR A CATALOG & SCHEDULE

CALL (207) 282-3846 OR VISIT:
WWW.OOBSACO.MAINEADULTED.ORG

OPEN ENROLLMENT

MANY CLASSES ALLOW STUDENTS TO ENROLL AFTER THE START DATE SO IT IS 'NEVER TOO LATE'.

AGE POLICY

COURSES ARE OPEN TO STUDENTS 17 AND OLDER UNLESS OTHERWISE STATED.

FREE

ADULT BASIC EDUCATION COURSES

HIGH SCHOOL COMPLETION

BE A HIGH SCHOOL GRADUATE!

These courses provide an opportunity to earn a high school diploma or prepare to pass the HiSET. See pg 25 for more details.

HiSET ORIENTATION SESSIONS

Get an overview of the HiSET and take the practice exams. Score 12 or higher to be scheduled for the official HiSET tests. Those with scores under 12 are registered for our HiSET workshops or classes to improve their skills before taking the actual HiSET. Pass and you will receive your Maine High School Equivalency Diploma

ESSENTIAL SKILLS

IMPROVE READING, WRITING, & MATH!

Improve these essentials and nurture other life skills toward the goal of completing high school, helping children with homework, or preparing for a new job or career.

ESOL

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

An introductory course focusing on basic English conversation, reading, and writing skills. OOB/Saco Adult Education will strive to set up an individual tutor for non-native students who need basic English instruction. Students who have some English language facility may be able to join our other reading and writing classes.



We got our High School credential, so can you!

COLLEGE READINESS



MAINE College Transitions

College Prep for Adults

FREE COLLEGE READINESS PROGRAMS

We offer a College Readiness Certificate Program, college preparation classes and workshops. Prepare for college-level math, English, brush up your computer skills and more. Check out our College Readiness Certificate Program and take the classes you need for college. Take the Accuplacer test, learn about college and financial aid applications, explore career options and much more.

ACCUPLACER TESTING

This test will help you identify which academic skills you need to improve for entry into college-level classes.

"If it were not for the CRC (College Readiness Certificate) program, I would already be struggling in English and math. Because of those classes I am #1 in my algebra class and I just got my first essay back and earned 100%! I have recommended the CRC program to a few people and I will continue to do so."

*- Kristen Tuggle
CRC Student, 2012*

FREE INFORMATION SESSION FOR OUR COLLEGE READINESS CERTIFICATE PROGRAM

Thursday, January 22nd, 2015
10 AM -12 PM OR 4 PM - 6 PM
Saco Learning Center, 80 Common St.

CALL (207) 282-3846

COLLEGE? YES! You DO HAVE OPTIONS

COLLEGE READINESS CERTIFICATE PROGRAM

This FREE program consists of four classes, meeting one day a week for 14 weeks from September to December or January to June. Learn what you need to know to prepare for college.

LEARN MORE, EARN MORE!

Check out our Career Counseling Services

- Take a career interest inventory
- Write a résumé
- Conduct a job search
- Prepare for an interview

Email Liis Nigol, our
Student Services Coordinator, at
lnigol@rsu23.org or call
(207) 282-3846

Schedule your appointment today!

POLICIES



MISSION STATEMENT

Old Orchard Beach/Saco Adult & Community Education offers learning opportunities to enrich the quality of life for citizens in our community by providing programs to assist in pursuing a variety of personal enrichment, educational, and vocational goals.

OUR GUARANTEE

We strive to offer educational programs of the highest quality. If, after the completion of a course, you feel that the quality was unsatisfactory, you may request a refund.

Our Adult Education program is made possible through the support of Regional School Unit #23 and the Saco School Department.

OOB/Saco Adult & Community Education is not responsible for typographical errors.

OOB/Saco Adult & Community Education endeavors to provide a diverse listing of course offerings to our community. The views and ideas expressed by course instructors are not necessarily those of OOB/Saco Adult & Community Education staff. Course attendees are urged to utilize their best independent judgment in evaluating statements or suggestions made by course instructors.

REGISTRATION & FEES

All fees must be paid in full at the time of your registration. All courses are open to persons age 17 and older.

CHANGES & CANCELLATIONS

We reserve the right to cancel classes, as well as reschedule them or change instructors when absolutely necessary. Courses with insufficient enrollment will generally be canceled one to five business days prior to the class start date. We notify all registered students, by phone or email, of any changes whenever possible. When a class has already filled, canceled, or if you have been placed on a waiting list, you will receive a full refund. Do not buy materials for a class unless you know it will run.

REFUNDS & WITHDRAWALS

In order to receive a refund, notify our office seven calendar days prior to the course start date. Your refund will be less a \$5 processing fee.

To request a refund or credit, because the course content was unsatisfactory, please provide a written request to our Director, stating the reasons for your dissatisfaction within 10 days of the course completion date for consideration.

Refunds or credits are not an option when the course is listed as nonrefundable. If your refund is granted, a processing fee will be retained, as well as any materials fees that are owed to the course instructor.

TRANSFERS & CREDITS

Transfer credits, instead of refunds, are given when your request is within 6 business days before the course start date. A credit placed on your account is good toward any of our Adult Ed classes for up to one year from the issue date.

If you request a transfer credit within three business days prior to the course start date, it will be less any materials fees owed to the instructor.

STORMS & CLOSINGS

Adult Education classes are canceled whenever day schools are canceled. Please check your local radio and television stations or call our storm line at (207) 934-7922, ext. *827. We will contact you with class rescheduling information whenever possible.

REGISTRATION

HOW TO REGISTER

ONLINE

www.oobsaco.maineadulted.org

FAX (207) 934-3705 Fill out and fax the Registration Form below with your credit card info.

PHONE (207) 934-7922
Please have your course information and credit card handy.



IN PERSON Come see us at the address below. We are open from 10 AM to 9 PM, M-Th.

MAIL Fill out and mail the Registration Form to:
OOB/Saco Adult Ed, 40 E. E.
Cummings Blvd., Old Orchard Beach,
ME, 04064

Please include your check payable to:
OOB/Saco Adult Education or your
credit card information and signature.

Please Print Clearly

Check here if
new address

Student Name (First, Last)

Address

City

State

Zip

Birthdate (mo/day/yr)

Home Phone (With Area Code)

Work Phone (With Area Code/Ext.)

E-mail Address

Course Information

Course Code	Course Title	Start Date	Course Fee	Book Fee	Amount Enclosed
Our registration fee is per person, per semester (waived when registering online or for those 65 or older)					\$5
TOTAL					

Credit Card Information By signing our Registration Form you acknowledge and accept the refund policy and release OOB/Saco Adult Education from any and all responsibility in case of accident and approve the charge made to your account if paying by credit card.

MasterCard VISA
 DISCOVER AMEX Credit Card Number (Please print clearly) Security code Exp. Date

Print Card Holder's Name

Signature

Date

NEED ANOTHER REGISTRATION FORM? Visit www.oobsaco.maineadulted.org

TRY SOMETHING NEW!

*Just a taste
of what's inside.*

Fly Tying
pg 6



A Taste of
Bhangra
Dance
pg 20



Snow Shoeing
Selection
& Use
pg 4



WE HAVE VARIETY. YOU'VE GOT CHOICES!

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OOB/Saco Adult & Community Education
A Division of Regional School Unit 23
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Old Orchard Beach, Maine 04064