

Ellsworth Adult Education & Sumner Adult Education

RSU#24 Adult Ed Main Office

1888 US Highway 1, Sullivan, ME 04664

422-4794 (phone) 422-3612 (fax)

www.ellsworth.maineadulted.org

www.sumner.maineadulted.org

Fall 2010 Course Catalogue



***“The beautiful thing about learning is
nobody can take it away from you.”*** B.B. King

News Flash!!!

Ellsworth Adult Education has moved downtown to the Mill Mall!



Adult Education^{MAINE}
Learning for Work and Life

RSU#24 Adult Education

1888 US Highway 1, Sullivan, Maine 04664

Adult Education Main Office

Phone: 207-422-4794

Fax: 207-422-3612

Director: Annie Sargent Slayton, aslayton@rsu24.org

Academics Coordinator: Ander Thébaud, athebaud@rsu24.org

Workforce/Enrichment Coordinator: Jean Girmscheid
jgirmscheid@rsu24.org

Sumner Adult Learning Center

Located at the Sullivan Town Office Building

Phone: 207-422-3889

Program Assistant: Jen Johnson, jjohnson@rsu24.org

Student Advisor: Ronda Alley, ralley@rsu24.org

Academics Teacher: Trudy Martin, tmartin@rsu24.org

Technology Teacher: Ami Gaspar, agaspar@rsu24.org

Ellsworth Adult Learning Center

Located at the Mill Mall

Phone: 207-667-4570

Student Advisor: Anne Patterson, apatterson@rsu24.org

Academics Teacher: Rebecca Albright, ralbright@rsu24.org

Academics Tutor: Nancy Poteet, npoteet@rsu24.org

NOTE: Ellsworth Adult Education Learning Center has moved downtown to the Mill Mall and the Main Office for both Ellsworth and Sumner Adult Education has moved to the Sullivan Town Office Building.

Lots of Changes, Lots of Opportunities

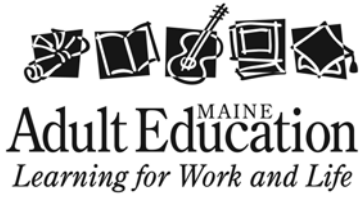
RSU#24 Adult Education staff have all been busy this year. The economy has brought many more friends and neighbors to us as they explore career and educational options during this difficult time. Our learning centers are teaming with learning, laughter and even tears. We all must support each other as we endure hard times and cultivate the courage to make changes in our lives. We hope you will join the many folks taking the steps to reach their dreams.

Ellsworth and Sumner Adult Education program staff has also been working to redesign adult education services in RSU#24 to provide efficient, quality and accessible services to the twelve communities in our district and beyond. At the same time as Hancock County Technical Center has gained new programming, Ellsworth Adult Education has lost its space of many, many years. We have been lucky enough to find a more accessible location with a storefront at the Mill Mall. The space is much smaller, but we hope it will serve as a very accessible learning center. We are located near the EMDC space, the Hancock County Higher Education Center and right between the brand new Elementary Middle School and Ellsworth High School. We hope to grow strong new roots as we bring adult education downtown!

As a majority of our staff is currently located in Sullivan the Sumner Adult Education facility has been chosen as the main office of the newly formed RSU#24 Adult Education program. This will have no impact on the services offered in Ellsworth. The intent is to consolidate our administration to provide more seamless services.

Annie Sargent Slayton, Director

ANP-S	Acadia National Park-Schoodic	LUTH	St. Andrew Lutheran Church
BEM	Bryant E. Moore School		175 Downeast Highway, Ellsworth
	125 State Street, Ellsworth	MG	Maine Grind , 192 Main Street, Ellsworth
EAE	Ellsworth Adult Education Learning Center	MVS	Mountain View School ,
	248 State Street, (Mill Mall) Ellsworth		542 Bert Gray Road, Sullivan
ECH	Ellsworth City Hall	PH	Henry D. Moore Parrish House
	One City Hall Plaza, Ellsworth		22 Village Road, Steuben
EDC	Ellsworth Developmental Center	PHMC	Prospect Harbor Methodist Church
	77 Union Street, Ellsworth		57 Main Street, Prospect Harbor
EHS	Ellsworth High School	SAE	Sumner Adult Education Learning Center
	299 State Street, Ellsworth		Sullivan Town Office
ELKS	Ellsworth Elks Lodge		1888 US Highway 1, Sullivan
	317 High Street, Ellsworth	SMHS	Sumner Memorial High School
ELS	Ella Lewis School , 15 Village Road, Steuben		2456 US Highway 1, Sullivan,
FCB	Franklin Community Building	SCB	Sorrento Community Building
	34 Main Street, Franklin		81 Pomola Ave, Sorrento
GRC	Gouldsboro Recreation Center	SSRC	Sorrento-Sullivan Recreation Center
	Pond Road/Route 195		1776 US Highway 1, Sullivan
FPF	Far Point Farm , 25 Telegraph Road, Steuben	YMCA	James Russell Wiggins Down East Family YMCA
HDM	Henry D. Moore Parish House		238 State Street, Ellsworth
	22 Village Road, Steuben	YOGA	The Yoga Place
HCHEC	Hancock County Higher Education Center		79 Main Street, 3 rd Floor, Ellsworth
	248 State Street, Mill Mall, Ellsworth		
HCTC	Hancock County Tech Center		
	105 Boggy Brook Road, Ellsworth		
HWC	Hancock Women's Club		
	1460 US Highway 1, Hancock		
LBC	Lamoine Baptist Church		
	24 Lamoine Beach Road, Lamoine		
LDS	Latter Day Saints Church		
	Beechland Road, Ellsworth		



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**For more information & easy registration 24 hours a day go to
www.ellsworth.maineadulted.org or www.sumner.maineadulted.org
 No lines. No traffic. No busy signals.**

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To the Adult Education Public:

We will no longer be mass mailing our catalogue to US Postal Patrons, so if you wish to continue receiving it, there are a couple of ways to ensure you get a copy of our future programs.

If you would like to receive a copy of the catalogue via e-mail, please e-mail us with your name and e-mail address.

If you would like to receive a printed version of our catalogue via the US Postal Service, please provide us with your name and mailing address.

Please send your requests to adulthoodeducation@rsu24.org or call 422-4794.

We will be updating this catalogue as the season progresses, so check our webpages for a link to the most current copy.

RSU#24 Adult Education Staff

Programs at a Glance



Learn to Read

If someone you know would like to improve his/her reading, please tell them we teach confidentially and FREE. In Ellsworth e-mail apatterson@rsu24.org, call 667-4570 or stop by our new Ellsworth Adult Ed Learning Center at the Mill Mall. In Sullivan email ralley@rsu24.org, call 422-3889, or stop by the Sumner Adult Ed Learning Center at the Sullivan Town Office to make an appointment. Tutoring is available at both centers and around the community.

Aprenda El Ingles.
Apprenez L'Anglais.
Erlernen Sie Englisch.
Aprenda O Ingeles.
Impari L'Inglese.

In Ellsworth call 667-4570

In Sullivan call 422-3889

FREE.FREE.FREE.FREE.FREE

English Language

Tutoring is available for speakers of other languages who wish to improve their speaking, reading and writing skills in English. Instruction is FREE and designed to meet your needs. Preparation for the citizenship test is available upon request. In Ellsworth e-mail apatterson@rsu24.org, call 667-4570, or stop by our new office at the Mill Mall. In Sullivan email ralley@rsu24.org, call 422-3889, or stop by the Sullivan Town Office to make an appointment. Tutoring is available at both centers and around the community.



College Transitions Program

This is a unique program designed to develop the skills necessary for success in college. The program consists of four complementary courses—*College Readiness, Math, Reading & Writing, Computers for College*—offered on Tuesdays at the Hancock County Higher Education Center in Ellsworth two times a year, Fall & Spring. This program is FREE thanks to the generous support of the Maine College Transitions project. For more information e-mail Ronda Alley at ralley@rsu24.org, call her at 422-3889 or stop by the Sumner Adult Ed Learning Center at the Sullivan Town Office Building or the Ellsworth Adult Ed Learning Center in the Mill Mall.

Ed2Go

Thanks to RSU#24-Sumner Adult Education's new connection with **Ed2Go**, you can select from over 300 on-line courses. The courses start every month and last about six weeks! To find out more about this option check out the Ed2Go link on our website at www.sumner.maineadulted.org or e-mail Ander Thébaud at athebaud@rsu24.org or call 422-4794.



Career & Life Planning

We are available to assist you in exploring career and life planning, job skill assessment, job search assistance and academic advising. To make a FREE appointment with Ronda Alley, Certified Life Coach, GCDF, please e-mail ralley@rsu24.org, call 422-3889, or stop by the Learning Center at the Sullivan Town Office. In Ellsworth contact Anne Patterson via email at apatterson@rsu24.org or call 667-4570.



Office Skills Certificates

Certificates in Clerical, Office Assistant and Medical Office Assistant are currently available. Current course offerings for these programs are identified and specific information for each is found in this course catalogue. To enroll, students must meet with Student Advisor, Ronda Alley. To make a FREE appointment with Ronda, please e-mail ralley@rsu24.org, call 422-3889 or stop by the Learning Center in Sullivan.



WorkReady™ Certificate

Earn a portable credential to tell employers you have the 'soft skills' necessary for success in the workplace. We work with businesses and local employers to offer interviews for all successful certificate candidates. To make a FREE appointment with Ronda, please e-mail ralley@rsu24.org, call 422-3889 or stop by the Learning Center in Sullivan.



Certified Nursing Assistant (CNA) Certificate

RSU#24 Adult Education is teaming up with area health care facilities to provide quality CNA trainings in Ellsworth and Sullivan. For more information attend one of the free monthly CNA Orientations. You can register at www.ellsworth.maineadulted.org or via e-mail jgirmscheid@rsu24.org or by calling 422-4794. Many students are eligible for financial assistance for this course.

High School Completion

In our community there are three routes to a high school diploma as an adult. Both provide a valuable diploma that prepares you for college and other post-secondary and career options. We do offer a cap and gown ceremony with a Pomp & Circumstance procession. All offerings taken for high school completion are free, convenient and confidential. Most services are offered at our learning centers based in Sullivan and Ellsworth. To learn more about our programs call 422-3889 or 667-4570 for a FREE orientation. When you come to the center you will meet with our student advisor to discuss options for earning a diploma.

The **Adult Diploma** gives you the chance to take up where you left off in school. Core diploma courses are available on Thursdays at the Learning Center in Sullivan. These courses are organized in two 17-week semesters. Taking advantage of this schedule, you can earn eight credits or more in one year. You can also receive credits for out-of-school activities including on-the-job training, work experience and volunteer work. Most people are a lot closer than they think!

The **GED Diploma** gives you the chance to demonstrate your knowledge and skills to graduate from high school. We offer two levels of instruction for the GED. All students are given an assessment to determine their starting place. Level A is for students whose skills fall below current high school levels. Level B is for students with skills within the high school level. The GED program offers an orientation, pre-testing (when appropriate) and tutoring/classes targeted toward improving GED scores. You can prepare for the GED in both Ellsworth and Sullivan.



Sumner Pathways is a student centered approach to learning using real life experiences and a menu of learning opportunities to meet the standards for a Sumner Memorial High School Diploma. Sumner High School and Sumner Adult Education students are eligible to apply.

University College at Ellsworth or Sullivan

Did you know you can take college courses at Sumner Memorial High School or at the Mill Mall?

Over 90 courses in a wide variety of associate, bachelors and masters degree programs are available on site. The University of Maine System offers live college courses via the Educational Network of Maine Interactive Television System (ITV). In other words, the ITV system allows you to attend a class that's actually taking place in Orono, Fort Kent or any of the other University of Maine System campuses. Sumner Adult Education is a receiving site for this program. You need only travel to Sumner Memorial High School to take college level courses.

The first step is to contact Hancock County Higher Education Center to make an appointment to discuss your academic options. The staff in Ellsworth provides the support and guidance in choosing classes and degree programs.

Next, when you sign up for a class, indicate you wish to take the class at Sumner Memorial High School. Then, the staff at Sumner Adult Education provides the day-to-day support such as insuring that equipment is working properly, taping class sessions, monitoring attendance, collecting and returning assignments and proctoring exams.



FREQUENTLY ASKED QUESTIONS

- ***Are all ITV courses available at Sumner Memorial High School, even during the daytime?***
All courses are available at Sumner. Two classroom sites are available during the regular school day and four classrooms are used after 2:30pm.
- ***How do I take tests, turn in homework or get handouts from the professors?***
Sumner Adult Education staff is responsible for the overall delivery of distance learning. The staff will take attendance, send in your homework, proctor your exams and answer questions you may have. All of your homework and tests are mailed and received at Sumner. Your course fees cover the postage.
- ***How does ITV work?***
When you take an ITV course, you are actually participating in a live course. Although you are watching the professor on a television, the class is being broadcast live to sites throughout the state of Maine. You'll be taking the class with people from Portland, Houlton, Deer Isle and many other locations. To communicate with the teacher during class, each classroom is equipped with a cordless phone providing direct connections to the broadcast classrooms.
- ***What if I miss a class, how do I get the notes from the class I missed?***
ITV classes are taped, so if you miss a class you can watch the tape at a later time.

**To set up an appointment or to register for a course,
call the Hancock County Higher Education Center in Ellsworth at 667-3897 or 1-800-696-2540.**

Check out the website
www.learn.maine.edu
for current course listings.



Building the Basics

Advanced Basic Math "I know how to add, subtract, multiply and maybe divide, but I don't remember much else." This class will help you re-learn important math skills that go beyond basic computation. Your ability to use math in everyday life will improve as well. Call 667-4570 for an assessment appointment.

Anne Patterson

Day:	Tu/Th	Time:	10-12p
Wks:	15	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

Advanced Basic Reading "I know how to read, but I haven't read a book in years." "My grammar and writing really could be better as well." Is this you? Then join Nancy to develop reading and comprehension, grammar, spelling and vocabulary.

Nancy Poteet

Day:	Tu/Th	Time:	1-3p
Wks:	15	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

Back to Basics English If you think grammar is a mystery, or if your grammar skills are just feeling a little rusty, this class provides direct grammar instruction along with ample opportunity for in-class practice. We will dedicate our class to nuts and bolts grammar skills and also perfect our paragraph writing. If you need your grammar foundation strengthened, this class can help. **Rebecca Cross**

Day:	Thu	Wks:	16
Time:	1:30-3p	Fee:	\$0
Start:	09/16/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 5

Call 422-3889 or 667-4570 today!

Basic Math Skills "I have trouble with everyday math skills including money skills and basic arithmetic." If this is you, then this class will help you develop the math skills needed on a daily basis. This class covers basic computation, fractions, basic geometry, money skills and measurement. Call 667-4570 for an assessment appointment. **Anne Patterson**

Day:	Tu/Th	Wks:	15
Time:	10-12p	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

Basic Reading Skills "I have trouble reading signs, directions, recipes and mail. I'd also like to spell and write better." Let us help you improve your reading and writing skills for everyday life. You will work on phonics, beginning reading and building vocabulary skills. Also learn how to read pay stubs, job applications, food labels and more. **Nancy Poteet**

Day:	Tu/Th	Wks:	15
Time:	10-12p	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

The Building Blocks to Reading If you lack confidence in your reading skills, would like to better understand what you read or sound out words better join others tackling the same skills in a positive, respectful and supportive environment. You will work on alphabetic, fluency, vocabulary and comprehension skills. **Ami Gaspar**

Day:	Tu/F	Wks:	Ongoing
Time:	12-1:30p	Fee:	\$0
Start:	09/21/10	End:	11/21/11
Town:	Sullivan	SAE	TBD

English Language Learning (ELL) Practical instruction and practice in listening, speaking, reading, writing and grammar. The class format is flexible enough to meet individual needs. An introductory meeting will determine the most appropriate level – **Beginning** is for those with little or no English speaking experience and concentrates on learning to speak the language with confidence. **Intermediate** is for those who can speak and read Basic English focuses on grammar and reading skills. **Advanced** students concentrate on conversation, reading and vocabulary building. In Sullivan contact Ronda Alley at the Sullivan Adult Ed Learning Center for more information ralley@rsu24.org or 422-3889. In Ellsworth, contact Anne Patterson at apatterson@rsu24.org or 667-4570. Also offered as part of the ELL program will be Citizenship 101 and an ELL Community Group. *You can start anytime and stay until you have reached your goal.*

Reading & Writing Lab Don't miss this opportunity to work one-on-one with a teacher on your reading and writing skills. Come with any sort of question you might have, from how to read a longer passage to how to organize your thoughts before writing an essay. You can also use the lab as a time to edit your written work. Reading and Writing Lab is available to support you through whatever obstacles you encounter with your reading and writing endeavors. **Rebecca Cross**

Day:	Tu/Th	Wks:	16
Time:	9-11a	Fee:	\$0
Start:	09/16/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 5

High School Completion

English You will read a novel and participate in book group discussions. You will also learn how to write meaningful responses to what you read. We will continue grammar study, focusing on more advanced and subtle grammar skills. You'll hone your writing skills through multiple, diverse writing projects. This course meets the English requirement for diploma and is great preparation for college, too. **Rebecca Cross**

Day:	Thu	Wks:	16
Time:	11:30-1:30p	Fee:	\$0
Start:	09/16/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 5



The GED is free in Maine!

GED Fast Track Get your GED! Why not find out how close you really are? The GED Fast Track is a two-day session that allows students to find out about the GED and take practice tests. The practice tests help determine how close a student is to being able to pass the GED. Students will have an initial assessment, have an orientation to the GED and take the GED practice tests. The ideal student for this class should have no previous experience with GED. **Trudy Martin**
GED Fast Track September

Day:	Mo/Tu	Wks:	13
Time:	12-4p	Fee:	\$0
Start:	09/20/10	End:	09/21/10
Town:	Sullivan	SAE	Rm 1

GED Fast Track October

Start:	10/18/10	End:	10/19/10
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GED Fast Track November

Start:	11/15/10	End:	11/16/10
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GED Fast Track December

Start:	12/06/10	End:	12/07/10
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GED Fast Track January

Start:	01/10/10	End:	01/11/11
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GED Lab GED Lab provides the opportunity for those students pursuing their GED to work on individual subject areas. Prerequisite: The student must first go through the enrollment process and take the official practice tests before attending the GED Lab. **Trudy Martin**

Day:	Fri	Wks:	13
Time:	1-3p	Fee:	\$0
Start:	09/24/10	End:	01/14/11
Town:	Sullivan	SAE	Rm 1

GED Orientation Make an appointment to find out about the GED. Assess your skills, take the GED practice test and a student advisors will work with you to set up a study plan that works for you. You may be a lot closer than you think. You can start the GED anytime and stay only as long as you need. Make an appointment in Ellsworth by contacting Anne Patterson apatterson@rsu24.org or 667-4570. In Sullivan contact Ronda Alley ralley@rsu24.org or 422-3889. T

GED: Pre-GED Language Skills "I want my GED, but I wasn't in school long enough to get some basic math, reading and writing skills." Not quite ready to tackle the GED? This class will prepare you for the final GED prep level. Give yourself some time to fill in the missing blanks in your education. **Nancy Poteet**

Day:	Tu-Th	Time:	9-11a
Start:	09/14/10	End:	12/21/10
Wks:	15	Fee:	\$0
Town:	Ellsworth	EAE	NA

GED: Pre-GED Math Skills "I was never good at math. I don't remember how to do fractions, decimals or percentages. Algebra scares me." Now you are ready to make sure you are confident with basic math skills, so you can learn some pre-Algebra. This class is great for adults returning to college. **Rebecca Albright**

Day:	Tu/Th	Time:	1-3p
Wks:	15	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

GED Prep Improve your GED practice test scores to successfully pass the official GED exam. The class is offered in 4-week session blocks and will be geared toward working on the individual student's needs. This is a FREE class. Prerequisites (if applicable): Students must have gone through the enrollment process and taken all of the GED practice tests. Students may repeat this course anytime throughout the semester. **Trudy Martin**

GED Prep Session 1

Day:	Mon	Wks:	4
Time:	10-12p	Fee:	\$0
Start:	09/27/10	End:	10/25/10
Town:	Sullivan	SAE	Rm 1

GED Prep Session 2

Start:	11/01/10	End:	11/22/10
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GED Prep Session 3

Start:	11/29/10	End:	12/20/10
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GED Prep Session 4

Day:	Wed	Wks:	4
Time:	1:30-3:30p	Fee:	\$0
Start:	10/13/10	End:	11/03/10
Town:	Sullivan	SAE	Rm 1

GED Prep Session 5

Start:	12/01/10	End:	12/22/10
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GED Prep Language Skills "I need more confidence in my reading comprehension, a brush up on my vocabulary and a method for writing a good essay." Strengthen reading skills through comprehension by reading essays, plays, directions, fiction, technical writing, poems, interviews, employee handbook, credit card agreements, historical documents, etc. Learn to write a 5-paragraph essay. **Nancy Poteet**

Day:	Tu-Th	Time:	9-11a
Wks:	15	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

GED Prep Math Skills "I need to brush up on some math skills including some Algebra." This class will build up your pre-Algebra skills and touch on Algebra so you can be prepared for the GED. Most class work will be pulled from official GED practice materials. This class is also great for adults returning to college.

Rebecca Albright

Day:	Tue	Time:	4-7p
Wks:	15	Fee:	\$0
Start:	09/14/10	End:	12/21/10
Town:	Ellsworth	EAE	NA

GED Tutoring One to one and small groups to focus on specific needs of individual students. You will meet with the student advisor to arrange a learning plan that works for you. **Nancy Poteet**

Day:	Mo-Th	Time:	Appt
Wks:	15	Fee:	\$0
Start:	09/13/10	End:	12/22/10
Town:	Ellsworth	EAE	NA

GED Writing This FREE GED class is for students who need to improve their GED writing score. This class is a three-week block session, offered two times during the semester. Both the essay and grammar portions will be included in the class. Pre-requisites: Student must have gone through the enrollment process to take this class. Student must also have taken the writing practice test. This class will be offered several times through the semester and students can take it as many times as they like. **Trudy Martin**
GED Writing Session 1

Day:	Tue	Wks:	3
Time:	12-2p	Fee:	\$0
Start:	09/28/10	End:	10/12/10
Town:	Sullivan:	SAE	Rm 1

GED Writing Session 2

Start:	10/26/10	End:	11/09/10
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Juggling Life & Learning Being an adult student is both wonderful and challenging. In this class we will share the nuts and bolts of learning and develop strategies that will help you become an effective student. Some topics covered: organization, time management, study skills and goal setting.

Ronda Alley, et al

Day:	Thu	Wks:	17
Time:	9-11a	Fee:	\$0
Start:	09/16/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 1

Math Concepts This course is a continuation of "Math from the Beginning." It is designed for GED, Adult Diploma or for students who want to further develop their math skills. Students will work on strengthening decimal, fraction and percent skills as well as graphing, ratios, proportions and much more. Basic Geometry and Algebra concepts will be included as well. This class meets the requirement of a math credit in the Adult Diploma program. **Trudy Martin**

Day:	Thu	Wks:	16
Time:	1:30-3:30p	Fee:	\$0
Start:	10/28/10	End:	03/17/11
Town:	Sullivan	SAE	Rm 1



Math...from the Beginning Strengthen your basic math knowledge. This course will cover and review whole number operations, up to fractions, decimals, percents and much more. The math skills will be incorporated into real-life applications. This class is a diploma elective credit. GED students are encouraged to enroll. **Trudy Martin**

Day:	Thu	Wks:	16
Time:	11:30-1:30p	Fee:	\$0
Start:	09/16/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 1

"Arithmetic is where the answer is right and everything is nice and you can look out of the window and see the blue sky—or the answer is wrong and you have to start over and try again and see how it comes out this time." Carl Sandberg

Math Lab Our math lab provides an opportunity for our students to get assistance with whatever math they may be working on. Students must be enrolled in one of our programs to utilize the lab. **Trudy Martin**

Day:	Mon	Wks:	15
Time:	5-7p	Fee:	\$0
Start:	09/20/10	End:	01/10/11
Town:	Sullivan	SAE	Rm 1

Plato Lab Plato is a computer-managed learning system. It offers individualized, self-paced, modules of study in math, reading, writing, science, GED preparation and other areas. The Plato Learning Lab is an ideal way to refresh your knowledge and skills in a particular subject or to prepare for college placement tests or employment test. A teacher is available to assist you. Plato is a flexible learning system and is ideal for students who need time and flexibility to meet educational goals. Call 667-4570 to meet with Anne Patterson to enroll. **Diane Cyr**

Day:	Wed/Fri	Time:	ongoing
Start:	09/15/10	End:	12/17/10
Wks:	15	Fee:	\$75
Town:	Ellsworth	EHS	Rm 313



Poetry Learn to appreciate poetry as we examine various poetry types and techniques. This course will expose you to many genres of poetry, including word art, narrative, lyric, haiku, free verse and more. Students' interests will drive our focus. By the end of the course, you will have read a wide variety of poetry and will have created a personal poetry portfolio. **Rebecca Cross**

Day:	Thu	Wks:	16
Time:	3:30-5:30p	Fee:	\$0
Start:	09/16/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 5

“Every small positive change we make in ourselves repays us in confidence in the future.” Alice Walker



College Preparation

Accuplacer Language Prep Planning on taking the Accuplacer so you can enter a college program? These quick, 2-week sessions will help you beef up language skills in preparation of the Accuplacer test.

Nancy Poteet

Accuplacer Language Prep 1

Day:	Wed	Time:	4-6p
Wks:	2	Fee:	\$15
Start:	09/08/10	End:	9/15/10
Town:	Ellsworth	EAE	TBD

Accuplacer Language Prep 2

Start:	10/13/10	End:	10/20/10
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Accuplacer Language Prep 3

Start:	11/10/10	End:	11/17/10
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Accuplacer Math Prep Planning on taking the Accuplacer so you can enter a college program? These quick 2-week sessions will help you beef up math skills in preparation of the Accuplacer test.

Anne Patterson

Accuplacer Math Prep Session 1

Day:	Wed	Time:	2-4p
Wks:	2	Fee:	\$15
Start:	09/08/10	End:	9/15/10
Town:	Ellsworth	EAE	NA

Accuplacer Math Prep Session 2

Start:	10/13/10	End:	10/20/10
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Accuplacer Math Prep Session 2

Start:	11/10/10	End:	11/17/10
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Algebra I This college prep introductory Algebra class covers equations, polynomials, factoring, graphing and systems of equations. *This class meets the diploma math requirement. Prerequisite: Demonstrate knowledge of fractions, decimals and percents. An assessment must be scheduled by calling 667-4570.*

Kat Potter

Day:	Tue	Wks:	15
Time:	5:30-8:30p	Fee:	\$125
Start:	09/21/10	End:	1/4/10
Town:	Ellsworth	EHS	TBD

Biology with Lab What does it mean to be alive? We will explore the fascinating secrets of life in the lab-based Biology course. Topics to be covered include: biological molecules, classification, cells, cellular processes, DNA, genetics, evolution and ethical issues in biology. Instruction will vary from lecture to hands-on activities and lab. *This class meets the diploma Science requirement and is a common college pre-requisite.* **Kat Potter**



Day:	Thu	Wks:	13
Time:	5:30-8:30p	Fee:	\$125
Start:	09/23/10	End:	12/23/10
Town:	Sullivan	SMHS	Rm 2

Chemistry with Lab This course will cover general chemistry at the high school level. Depending on the students' goals, we can adjust the course to meet class interests, such as chemistry related to healthcare. We do weekly labs preparing you for Chemistry at the college level. Prerequisite: Algebra I or permission from the instructor. *This course meets the Science high school diploma requirement.* **Chris Beals**

Day:	Thu	Wks:	15
Time:	5:30-8:30p	Fee:	\$125
Start:	9/23/10	End:	1/5/11
Town:	Ellsworth	EHS	TBD

College Prep Math Lab Designed for people with a high school diploma or GED who want to brush up for college or need extra support in a math course. Anne will help students build on existing math skills so pre-assessment will be given to determine your skill level and learning needs. **Anne Patterson**

Day:	Wed	Time:	9-11a
Wks:	6	Fee:	\$0
Start:	09/15/10	End:	10/20/10
Town:	Ellsworth	EAE	NA

College Transitions Program Thinking about going back to school, but feeling unsure about your preparation? Whether it has been a long time or you didn't take college preparation courses in high school, this program might be your ticket to realizing your dream to go to college and start a career of your own choosing. This intensive and comprehensive program prepares you for college in the areas of reading and writing, math, computers, study skills, financial aid and the application process. Join the hundreds of students who have gotten a boost in skills, knowledge and confidence to start a new chapter in their lives. To apply for admission to this program, contact Ronda Alley at ralley@rsu24.org or call 422-3889. **Daniels, Gaspar, Martin, et al.**

Day:	Tuesday	Wks:	12
Time:	8:30p-4:30p	Fee:	\$0
Start:	09/28/10	End:	12/14/10
Town:	Ellsworth	HCHEC	TBD

Essentials of College Planning This Maine Educational Opportunity Center (MEOC) workshop will survey the basic steps for successful college enrollment. The session will discuss college and trade school options in our region, entrance requirements, readiness and transitional issues of adult students, admissions procedures and financial aid. We will review a typical admissions application, request admissions materials and financial aid information from prospective colleges for each participant and complete the financial aid form. This session is designed to set the stage for future workshops and individual counseling sessions. Participants should bring their 2009 1040 tax form (or income estimates for 2009) and any high school/GED and college transcripts they have available. This better allows Sally Daniels, MEOC Advisor, to customize workshop details to participants' needs and will make the MEOC enrollment and financial aid process easier. **Sally Daniels**

Essentials of College Planning-Ellsworth 1

Day:	Tue	Time:	4-7p
Wks:	1	Fee:	\$0
Start:	10/12/10	End:	10/12/10
Town:	Ellsworth	EAE	NA

Essentials of College Planning Ellsworth 2

Day:	Wed	Time:	1-4p
Start:	11/10/10	End:	11/10/10

Essentials of College Planning Sullivan1

Day:	Thu	Time:	1-4p
Wks:	1	Fee:	\$0
Start:	09/30/10	End:	09/30/10
Town:	Sullivan	SAE	NA

Essentials of College Planning Sullivan 2

Day:	Thu	Time:	10am-1pm
Wks:	1	Fee:	\$0
Start:	11/04/10	End:	11/04/10
Town:	Sullivan	SAE	NA



Metric Madness Planning on entering the medical field? Understand the metric system in order to be successful in the medical or scientific field. This is a short course and is designed to teach you the difference between milliliters, centimeters and kilograms. **Rebecca Albright**

Metric Madness 1

Day:	Wed	Time:	5:30-7p
Wks:	3	Fee:	\$15
Start:	09/15/10	End:	09/29/10
Town:	Ellsworth	EHS	TBD

Metric Madness 2

Start:	12/01/10	End:	12/15/10
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Psychology This course will explore the basics of psychology including founding researchers and major branches of psychology (i.e. behavioral, clinical). This course will prepare you for college psychology and many health care professions by exploring real-life psychological scenarios. **Kat Potter**

Day:	Wed	Time:	5:30-7:30p
Wks:	15	Fee:	\$75
Start:	09/15/10	End:	12/22/10
Town:	Ellsworth	EHS	TBD

Register on line at
www.ellsworth.maineadulted.org
www.sumner.maineadulted.org
 Either site will get you there!

Study Skills Workshop Learn specific study skills, which will contribute to success in college. Students will develop useful study habits in the area of note taking, effective listening, test taking and time management. This workshop will be particularly relevant for those entering college next semester. Pre-requisite: Essentials of College Planning workshop or permission from the instructor. **Sally Daniels**

Day:	Tue	Time:	6-8p
Start:	11/10/10	End:	11/10/10
Wks:	1	Fee:	\$0
Town:	Ellsworth	EAE	NA

Study Skills Workshop-Ellsworth

Day:	Thu	Time:	2-4p
Start:	11/04/10	End:	11/04/10
Wks:	1	Fee:	\$0
Town:	Sullivan	SAE	NA

Writing for College Prep Writing is an important means of communication and is a required course at many community colleges. Learn to write 3-6 page papers as well as how to prepare for a longer research paper. Learn how to efficiently use the Internet for research purposes as well as how to create annotations and a bibliography. Pre-requisite keyboarding and word processing skills.

Day:	Mon	Time:	6:30-8:30p
Wks:	10	Fee:	\$95
Start:	10/18/10	End:	12/20/10
Town:	Ellsworth	EHS	330

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.” Booker T. Washington

Computers & Technology

Computer Basics I This class is intended for the student who has limited to no knowledge of the computer and wants to utilize some of its basic functions. Topics covered include learning basic computer terminology, hardware, navigating through Windows XP operating system, using the mouse and keyboard. An introduction to the World Wide Web, email and basic word-processing will be included as time permits—a great introductory computer course for seniors. **Ami Gaspar**

Day:	Mo/Th	Wks	4
Time:	1:30-3p	Fee:	\$45
Start:	09/13/10	End:	10/07/10
Town:	Sullivan	SAE	Rm 2

Computer Basics II This course expands on skills learned in Computer Basics I. Topics covered are computer terminology, troubleshooting common problems, navigating through Windows and installing printers and software. We will explore the World Wide Web, e-mail, basic word processing and basic computer security. Bring your questions to the first class. Pre-requisite: Computer Basics I or permission from instructor. **Ami Gaspar**

Day:	Mo/Th	Wks	4
Time:	1:30-3p	Fee:	\$40
Start:	10/18/10	End:	11/08/10
Town:	Sullivan	SAE	Rm 2

Too Many Computer Choices?

Contact Ami Gaspar, our Technology Teacher, to schedule a FREE consultation, and she'll assist you in developing a plan tailored to meet your needs! E-mail agasp@rsu24.org or call 422-3889.

Computer Best of Web: Making the Most of Google Google is not just a search engine. Join us to explore all the FREE and accessible features including Gmail, Google Calendar, Google Docs and more. Google provides invaluable opportunities to organize your family, work and community life and share documents and community with family, friends and colleagues alike. Pre-requisite: basic computer skills. **Ami Gaspar**

Day:	Wed	Wks:	2
Time:	5:30-7p	Fee:	\$25
Start:	09/15/10	End:	09/22/10
Town:	Sullivan	SAE	Rm 2

Computer Best of Web: Online Financial Freedom

Want to know more about online banking? Ready to take the leap into managing your finances on the computer? Learn how to establish a safe, secure and easy way to keep track of expenses, create financial goals and find out where your money is going all without leaving home. *Pre-requisite: basic computer skills.* **Ami Gaspar**

Day:	Wed	Wks:	2
Time:	5:30-7p	Fee:	\$25
Start:	09/29/10	End:	10/06/10
Town:	Sullivan	SAE	Rm 2

Computer Lab This informal lab is for the person who would like to refresh their software skills, need tutoring or support or have specific project questions. Purchase a Computer Lab punch card (\$35) for four sessions. Come when you can, leave when you want. Bring a list of things you want to learn to the first session. We have wireless internet and a computer lab. Feel free to bring your own laptop. **Ami Gaspar**

Day:	Thu	Wks:	16
Time:	3:30-5:30p	Fee:	\$35
Start:	09/09/10	End:	01/27/11
Town:	Sullivan	SAE	Rm 2

Computer Literacy for Office Skills This course is for the student that is slightly more proficient than the average novice when it comes to computers. It provides an in-depth view of a computer and its workings. *This course meets the Office Skills Certificate and Diploma requirement.* *Pre-requisite: permission from the instructor.* **Ami Gaspar**

Day:	Wed	Wks:	17
Time:	1:30-3p	Fee:	\$65
Start:	09/22/10	End:	01/19/11
Town:	Sullivan	SAE	Rm 2

Computer Media: Music, Photos & More Want to do more with all those digital photos? Download photos from camera to computer, CD and flash drive. Learn how to make a slideshow set to music. Uncover your creative side! Create a presentation, gift or marketing tool. Please bring digital pictures/camera, music choices and ideas. *Pre-requisite: basic computer skills.* **Ami Gaspar**

Day:	Wed	Wks:	4
Time:	5:30-7p	Fee:	\$45
Start:	10/20/10	End:	11/10/10
Town:	Sullivan	SAE	Rm 2

Internet Advanced Customize and expand your internet knowledge. After a brief overview of terms, the class will explore web browsers, discuss the importance of internet security, cookies, use advanced search features on different search engines and organize bookmarks. All this and more while exploring some useful websites. Students will have a chance to progress at their own pace and support materials are included for future at-home reference. *This course meets the elective requirement for the Office Skills Certificate program.* **Ami Gaspar**

Day:	Thu	Wks:	3
Time:	6-7:30	Fee:	\$30
Start:	01/6/11	End:	01/20/11
Town:	Sullivan	SAE	Rm 2

Keyboarding I Students will learn the keyboard and practice typing using a self-paced computerized typing tutor. Work at your own pace and complete the course when you can type 30 words per minute. No typing or computer skills are necessary. This course meets the Keyboarding I requirement for the Office Skills Certificate program. The general public is encouraged to inquire about available slots. **Ami Gaspar**

Day:	Wed	Wks:	16
Time:	3-4:30p	Fee:	\$70
Start:	09/22/10	End:	01/19/11
Town:	Sullivan	SAE	Rm 2

Keyboarding II Students will increase speed and accuracy on the keyboard using self-paced software. Work at your own pace and complete the course when you type 50 (words per minute). This course meets the Keyboarding II requirement for the Office Skills Certificate program. The general public is encouraged to inquire about available slots. **Ami Gaspar**

Day:	Wed	Wks:	16
Time:	3-4:30p	Fee:	\$70
Start:	09/22/10	End:	01/19/11
Town:	Sullivan	SAE	Rm 2

Mac Computer Lab Do you have a Mac laptop? Did your child receive one from school? Want to learn more about working with a Mac? Then join me for some self-paced Mac instruction. For \$35.00 you may purchase a Computer Lab punch card for four sessions. Start anytime, stay as long as you like. Bring a list of things you want to learn. Please bring your Mac Laptop to class. **Ami Gaspar**

Day:	Mon	Wks:	14
Time:	3-5p	Fee:	\$35
Start:	09/13/10	End:	01/24/11
Town:	Sullivan	SAE	Rm 2

Mac Computers: Introduction to Microsoft Office

Do you have a Mac laptop? Did your child receive one from school? Want to learn more about working with a Mac? This class offers an overview of the Microsoft 2004 Office Suite: Word, Excel and PowerPoint. Bring a list of items you want to learn or have plagued you. Please bring your Mac Laptop to class. **Ami Gaspar**

Day:	Mon	Wks:	3
Time:	5:30-7:30	Fee:	\$35
Start:	11/29/10	End:	12/13/10
Town:	Sullivan	SAE	Rm 2

Mac Daddy of Computers Great, you decided to go Mac! Now learn the basics of the Macintosh operating system, Leopard. We will cover navigation, basic features and functions. Learn how to customize your computer work space, install programs and increase productivity. Please bring questions to the first class and your Apple laptop. No prior knowledge or skill level necessary. **Ami Gaspar**

Day:	Mon	Wks:	4
Time:	5:30-7:30p	Fee:	\$50
Start:	09/13/10	End:	10/04/10
Town:	Sullivan	SAE	Rm 2

Mac Laptop: Media Projects Want to learn how to use those fabulous media programs that came with your Macintosh computer? Learn how to make a CD/DVD picture slideshow set to music using iPhoto and iTunes. We will start with importing and organizing pictures and then work with iTunes to incorporate music. Basic computer skills necessary. Please bring your Apple laptop. **Ami Gaspar**

Day:	Mon	Wks:	4
Time:	5:30-7:30p	Fee:	\$50
Start:	10/18/10	End:	11/08/10
Town:	Sullivan	SAE	Rm 2

Microsoft Excel Designed for students with no previous experience in computer spreadsheets. Students will learn the functions and operations of the MS Excel desktop, various toolbars and basic menu commands. Upon completion of the course, students can create and save workbooks, apply cell functions and print. *This course meets the Spreadsheet requirement for the Office Skills Certificate program.* Prerequisites: basic computer skills or permission of instructor. **Ami Gaspar**

Day:	Thu	Wks:	4
Time:	6-7:30p	Fee:	\$45
Start:	09/16/10	End:	10/07/10
Town:	Sullivan	SAE	Rm 2

Microsoft Publisher Introduction is MS Word on steroids. Learn to use this program for desktop publishing. Learn the basics of graphic design with the computer and build your skills to produce newsletters, flyers, greeting cards and more. A completed project is the goal of this class. Please bring ideas to class. This course meets the elective requirement for the Office Skills Certificate program. **Ami Gaspar**

Day:	Thu	Wks:	3
Time:	6-7:30p	Fee:	\$35
Start:	12/02/10	End:	12/16/10
Town:	Sullivan	SAE	Rm 2

Microsoft Word 2007 This introductory course will give you hands-on experience learning the 2007 version of Microsoft Word. This course is appropriate for beginners and those with Microsoft Word experience but new to Microsoft Word 2007. Includes textbook. **Heidi Smallidge**

Day:	Mon	Time:	6-9p
Wks:	5	Fee:	\$95
Start:	09/13/10	End:	10/18/10
Town:	Ellsworth	EHS	Rm 316

Microsoft Word Introduction Geared to the novice word processor, this course offers a brief overview of basic formatting features to create, save and print documents. Students will learn the various toolbars and basic menu commands. Time permitting, the class may explore how to organize information into tables, apply headers, columns, graphics and formatting techniques to create newsletters, brochures and other documents. *This course meets the Word Processing requirement for the Office Skills Certificate program.*

Day:	Thu	Wks:	3
Time:	6-7:30p	Fee:	\$30
Start:	10/21/10	End:	11/04/10
Town:	Sullivan	SAE	Rm: 2

Very Basic Web Design Would you like to know more about web design? Want to know what is required to have and maintain a Web site? Learn the fundamental basics of web design including HTML language, internet terminology and adding graphics. You will critique other websites to inform your own website design. *This course meets the elective requirement for the Office Skills Certificate program.* **Ami Gaspar**

Day:	Wed	Wks:	3
Time:	5:30-7p	Fee:	\$30
Start:	12/01/10	End:	12/15/10
Town:	Sullivan	SAE	Rm 2

Web, E-mail and More This introductory computer course is intended for beginners and novices alike. Topics cover the World Wide Web, email accounts, downloading, attaching and much more. Absolutely no computer experience necessary. **Ami Gaspar**

Day:	Mo/Th	Wks:	3
Time:	1:30-3p	Fee:	\$75
Start:	11/29/10	End:	12/16/10
Town:	Sullivan	SAE	Rm 2



Business & Work Skills

Accounting (Bookkeeping I) An introductory course dealing with the financial affairs of businesses. Examine the accounting cycle and interpretations of financial statements with an emphasis on small business applications. Students completing this course will have a solid background for taking a college level accounting course. Fee includes textbook required for this course. *This meets the bookkeeping requirement for Office Skills.* **Kristen Stager**

Day:	Thu	Wks:	14
Time:	6-9p	Fee:	\$95
Start:	09/16/10	End:	1/13/11
Town:	Ellsworth	EHS	Rm D-218

Business Math Many people struggle with the every-day math skills required for work. This course covers the skills needed for an entry level office position, but is applicable to many other types of jobs. Topics covered include decimals, percents, fractions, working with money and more. An interview project will be a requirement of the course. This course meets the Business Math requirement for the Office Skills Certificate program. The general public is encouraged to inquire about available slots. **Trudy Martin**

Day:	Wed	Wks:	16
Time:	12-1:30p	Fee:	\$0
Start:	09/22/10	End:	01/19/11
Town:	Sullivan	SAE	Rm 1

Chainsaw Safety This course is designed to teach students the basic safety and skills required to operate a chainsaw safely and efficiently. Topics covered will include: personal protective equipment, safety features of chainsaws, basic maintenance including filing, techniques for felling, limbing and cutting up trees and related topics. The class is encouraged to bring their saws and manuals to class. The last class will be in the field (on Saturday morning) and provide an opportunity for students to implement techniques they have learned. All skill levels are welcome and can benefit from this class. **Chuck Simpson**

Day:	Wed	Wks:	4
Time:	6-8p	Fee:	\$40
Start:	10/06/10	End:	10/23/10
Town:	Sullivan	SMHS	Rm 1

Certified Nursing Assistant (CNA) A Certified Nurse Assisting course involving the State requirement of 180 hours broken out into 110 hours of classroom / lab and 70 hours of clinical experience and, if needed, 6 hours of CPR instruction. Classroom and lab will be held at RSU#24 schools with clinicals held at area healthcare facilities. Upon successful completion of this course and passing the State CNA exam, you will be state certified as a 'CNA'. An orientation is strongly encouraged as a part of the application process. See next course entry below for more information. We are also working to schedule a course in Sullivan.

CNA-Ellsworth

Day:	Tu/Th/Sa/Su	Wks:	16
Time:	3:30-7:30p	Fee:	\$950
Start:	09/07/10	End:	12/23/10
Town:	Ellsworth	HCTC	Health Occ

CNA Orientation Have you been thinking about taking the CNA training? During this orientation we will discuss the admissions process, course logistics, financial aid and more. Taking the CNA course is a significant commitment. Come find out what is involved and learn how it can be an excellent stepping stone to a career in healthcare. You'll also be walked through the application process efficiently which is important as the course is limited to 10 students and is our most popular course. **Annie Sargent Slayton**

CNA Orientation 1

Day:	Mon	Time:	5:30-7:30p
Wks:	1	Fee:	\$0
Start:	08/30/10	End:	08/30/10
Town:	Sullivan	SMHS	Rm 4

CNA Orientation 2

Start:	09/27/10	End:	09/27/10
Town:	Ellsworth	EHS	Rm 329

See next page for more sessions...

CNA Orientation 3

Start	10/25/10	End	10/25/10
Town:	Sullivan	SMHS	Rm 4

CNA Orientation 4

Start	11/29/10	End	11/29/10
Town:	Ellsworth	EHS	Rm 329

CNA Orientation 5

Start	12/20/10	End	12/20/10
Town:	Sullivan	SMHS	Rm 4

Register 24 hours a day. No busy signals.
www.ellsworth.maineadulted.org
www.sumner.maineadulted.org

Basics of Starting a Business Determine the pros and cons of being an entrepreneur and define the first steps. The seminar will cover the basics of a business plan, marketing and cash planning. It is suitable for those thinking about or in the early start-up phase of a new business who wish to assess the feasibility of their idea and take the first steps. For more information or to register, please call 667-1834 or e-mail glenon.friedmann@maine.edu.

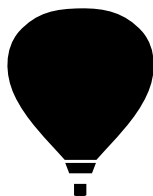
Glenon Friedmann

Day:	Thu	Wks:	3
Time:	9:30a-12:30p	Fee:	0
Start:	10/14/10	End:	10/28/10
Town:	Ellsworth	HCHCEC	TBD

Creating Your Future: Learn and Earn Your Way to Success Want to plan your future, not just your next job? During this workshop you will explore your values and interests, uncover your transferrable skills, look at the ways your job or career choices affect your personal finances and find out what skills, education or training you may need to fulfill your life plan. At the end of the training you will have a plan with next steps towards achieving your job and personal finance goals. Two follow-up sessions are scheduled to provide on-going networking and support. This course is offered by Maine Centers for Women, Work & Community. For information or to register contact martha.duncan@maine.edu or call 667-1834.

Martha Duncan

Day:	Wed	Wks:	9
Time:	9:30a-12:30p	Fee:	\$0
Start:	9/29/10	End:	11/24/10
Town:	Ellsworth	HCHCEC	TBD



Domestic Violence Response Initiative for Dental Care Providers (4 Category 1 credits) Every 9 seconds a woman is battered in the United States. Could one of those women be sitting in your dental chair? The goals of this 3-hour training for dental professionals include: understanding the importance of screening, provide tools for effective, efficient screening and documentation procedures, encourage the development of a safe, supportive environment for victims of domestic violence and to provide information about referrals. Upon completion of the 3-hour training, participants will receive 4 (four) category I credits by the Board of Examiners with the Maine Dental Association. There is NO COST for this training. This course is offered by The Next Step Domestic Violence Project. To register, please contact Angie Butler 667-0176.

Session 1

Day:	Thu	Wks:	1
Time:	5:30-8:30p	Fee:	\$0
Start:	9/30/10	End:	9/30/10
Town:	Ellsworth	EHS	TBD

Session 2

Start:	10/14/10	End:	10/14/10
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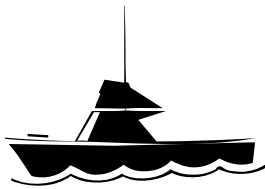
Session 3

Start:	10/28/10	End:	10/28/10
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Financing Your Future: Make the Most of Your Money This workshop can help you gain the skills and confidence you need to stretch your money, pay your bills, reduce your debt, find money for savings and set personal finance goals. At the end of this class you will have a plan in place to achieve greater financial stability. A follow up session is scheduled to provide additional networking and support. This class meets one of the requirements for the Family Development Account (FDA) matched savings account. To register or for more information, please call 667-1834 or e-mail martha.duncan@maine.edu **Martha Duncan**

Day:	Wed	Wks:	6
Time:	9:30a-12:30p	Fee:	\$0
Start:	12/01/10	End:	01/05/11
Town:	Ellsworth	HCHCEC	TBD



Fishing Vessel Drill Conductor Training McMillan Offshore Survival Training (M.O.S.T.) is offering this USCG approved one day course providing both classroom and hands on exercises designed to assist fishermen in developing a survival strategy, familiarize trainees with required USCG lifesaving equipment, rehearse in-water survival skills and increase their level of self confidence. Persons completing this course will be nationally certified fishing vessel drill conductors. Participants should bring their own immersion suit and any other equipment that they would like to practice operating (i.e. EPIRB, expired flares). The registration fee of \$175 is payable to McMillan Offshore Survival on the day of the training. If you have questions about the course, call 1-800-379-6678. **John McMillan**

Fishing Vessel Drill Conductor Training-October

Day:	Sat	Wks:	1
Time:	8:30-5p	Fee:	\$175
Start:	10/16/10	End:	10/16/10
Town:	Steuben	ELS	Gym

Fishing Vessel Drill Conductor Training-November

Start:	11/06/10	End:	11/06/10
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Fishing Vessel Drill Conductor Training-December

Start:	12/11/10	End:	12/11/10
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Getting Started in Family Child Care Part A This training introduces the aspects of opening up a family child care business in the home. It covers state inspection procedures and addresses the reasons and importance of becoming a family child care provider. The curriculum identifies and provides a full array of resources to aid providers in establishing a successful and organized in-home business. (Required by DHS for obtaining a family child care business.) Bring your \$10 fee to the first session (check payable to Child Family Opportunities). **Faith Perkins**

Day:	Thu	Wks:	2
Time:	6-9p	Fee:	\$10
Start:	10/07/10	End:	10/14/10
Town:	Sullivan	SMHS	Rm 5

Getting Started in Family Child Care Part B This training is the companion to Getting Started Part A and covers child development, health and safety and curriculum as well as professional development in a family childcare setting. This curriculum is rich with resources needed to support the family childcare provider in their professional journey in working with children and their families in their care. Bring \$10.00 check payable to Child Family Opportunities (free if you attend Part A). **Faith Perkins**

Day:	Thu	Wks:	2
Time:	6-9p	Fee:	\$10/Free
Start:	10/28/10	End:	11/04/10
Town:	Sullivan	SMHS	Rm 5

Medical Terminology Thinking about a career in the healthcare field? Come learn important terminology so critical for so many medical positions, both direct care and administrative! Bring 3x5 index cards and get ready to study your own flashcards! **Rita Spinney**

Day:	Tue	Time:	6:00-9p
Wks:	15	Fee:	\$130
Start:	09/07/10	End:	12/14/10
Town:	Ellsworth	EHS	D-217

Register 24 hours a day. No busy signals.
www.ellsworth.maineadulted.org
www.sumner.maineadulted.org

New Ventures™ This is a course in business planning. Your customer, marketing, recordkeeping, taxes, financing and legal aspects are covered in-depth. When the course is finished you'll have a completed business plan. Three follow up monthly networking sessions are part of the package. You must complete an application by Monday, September 20th, attend an orientation on Friday, September 24th and attend an interview to be accepted into this class. This course is offered by Maine Centers for Women, Work and Community. For more information or to register contact glenon.friedmann@maine.edu or call 667-1834. **Glenon Friedmann**

Day:	Fri	Wks	12
Start:	10/1/10	End:	12/17/10
Time:	9:30a-2:30p	Fee:	\$0
Town:	Ellsworth	HCHEC	TBD



Office Skills Orientation Thinking about a change in careers? Come find out about our Office Skills program. We'll cover everything from the schedule, application process, financial aid, course content and logistics.

Ronda Alley

Office Skills Orientation-September

Day:	Tue	Wks:	1
Time:	3-5p	Fee:	\$0
Start:	09/07/10	End:	09/07/10
Town:	Sullivan	SAE	Rm 5

Office Skills Orientation-October

Day:	Tue	Wks:	1
Time:	5-7p	Fee:	\$0
Start:	10/12/10	End:	10/12/10
Town:	Sullivan	SAE	Rm 5

Office Skills Orientation-November

Start:	11/09/10	End:	11/09/10
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Office Skills Orientation-December

Start:	12/14/10	End:	12/14/10
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Office Skills Orientation-January

Time:	5-7p	Fee:	\$0
Start:	1/3/11	End:	1/3/11

Small Engine Repair An introduction to small engine repair. Hands-on opportunities to learn to repair the problems found in many two cycle engines. You will have an opportunity to bring your own small engine to work on in class. **Mo Pierson**

Day:	Mon	Time:	6-9p
Start:	09/20/10	End:	11/01/10
Wks:	6	Fee:	\$50
Town:	Ellsworth	HCTC	Auto

Register 24 hours a day. No busy signals.

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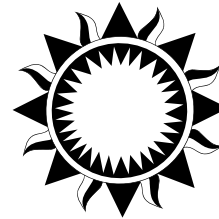
Solar Energy Workshop (Module A) This workshop provides a comprehensive guide to lowering your home's energy footprint including heat and electricity, basic design, construction and maintenance of solar systems, both commercial and home-made including solar panels, solar water heaters, solar ovens and solar hot air systems. An economical guide to purchasing battery banks and solar panels and other information needed to economically convert your home-and much more. So if you are interested in how to build your own 40 gallon solar batch hot water system using recycled parts for under \$100, this is the class for you. **Lee Zwicker**

Solar Energy Workshop-Summer

Day:	Wed	Wks:	3
Time:	6-9p	Fee:	\$40
Start:	10/13/10	End:	10/27/10
Town:	Sullivan	SMHS	Rm 6

Solar Energy Workshop-Ellsworth

Start:	11/03/10	End:	11/17/10
Town:	Ellsworth	EHS	TBD



Starting Your Own Business Betty Egner is a Certified Business Counselor with the Maine Small Business Development Centers, Hancock and Washington Counties. She will explore entrepreneurship, business plan basics, free assistance providers, resources to get you going and navigating funding. Your \$15 fee is payable to C.E.I. If you have specific questions, contact Betty at Coastal Enterprises, Inc. at bj@ceimaine.org. **Betty Egner**
Starting Your Own Business 1

Day:	Tue	Time:	6-8p
Wks:	1	Fee:	\$15
Start:	10/19/10	End:	10/19/10
Town:	Ellsworth	EHS	D-219

Starting Your Own Business 2

Day:	Thu	Time:	6-8p
Start:	10/21/10	End:	10/21/10
Town:	Sullivan	SMHS	TBD

Welding This is a beginning course with all aspects of welding covered. Students learn the characteristics of metals and how to identify them. Students start with oxy-acetylene and cover heliarc. This is not a course to earn a license, but for the use and practice of the type of welding a student prefers. This is a good choice for home projects or first step towards a career in welding. Class limit is 5. **Steve Belyea**

Day:	Thu	Wks:	8
Time:	6-8p	Fee:	\$175
Start:	09/23/10	End:	11/18/10
Town:	Sullivan	SMHS	MS



WorkReady™ Certificate Training Earn a portable credential to tell employers you have the 'soft skills' necessary for success in the workplace. We will simulate the workplace environment, offer training and evaluate performance in seven key employment areas Including: 1) identifying personal motivations and challenges to success; 2) developing a plan for employment; 3) effective communication; 4) working with others; 5) applying for jobs; 6) business practice; and 7) safety. A simple application process is required to participate in this training. **Ronda Alley**

Day:	Wed	Wks:	16
Time:	8:30-11:30p	Fee:	\$0
Start:	09/29/10	End:	01/19/11
Town:	Sullivan	SAE	Rm 5



Personal Enrichment

Arts & Crafts

Acrylics I Work with professional artist Philip Frey using the new GOLDEN OPEN acrylics which remain wet far longer than other acrylics. Focus on still life painting to explore this versatile paint. Check out Philip Frey's website at: www.philipfrey.com. Contact Adult Ed. for supplies list to be purchased before the first class. **Philip Frey**

Day:	Tue	Time:	1-4p
Wks:	6	Fee:	\$70
Start:	09/14/10	End:	10/19/10
Town:	Ellsworth	LUTH	NA

Art: Focus on Inner Expression This art class will be designed by the students with the focus being on inner expression. We will do some inner work to release your creativity. Watercolor, drawing, oil, acrylic, charcoal and multi-media will be explored. If you are stuck in a rut or just want to discover different media, this class is for you! Contact Adult Ed. for suggested supplies list. **Rebecca Albright**

Day:	Mon	Time:	9-12p
Wks:	8	Fee:	\$75
Start:	09/13/10	End:	11/08/10
Town:	Ellsworth	EAE	NA

Basic Jewelry Making For beginners interested in exploring jewelry making—learn how to wire wrap, make earrings and use crimp beads. Contact Debbie at dblueberryware@yahoo.com with questions and contact Adult Ed. for a supplies list. **Debbie Sargent-Butterwick**

Day:	Mon	Wks:	6
Time:	6-8p	Fee:	\$40
Start:	09/20/10	End:	11/01/10
Town:	Ellsworth	EHS	Art A

Basket Weaving for Beginners Learn to weave three baskets, 1 per session: round, square to round and small pack. These make great gifts! All materials are provided by the instructor and students will take home the finished basket. **Gin Randolph**

Day:	Thu	Time:	6:30-8:30p
Wks:	3	Fee:	\$35
Start:	10/07/10	End:	10/21/10
Town:	Ellsworth	EHS	Art A

Beaded Bracelet Jewelry When we saw these bracelets, we went "Wow!" Crafty Jan will teach you in an evening how to create a stunning beaded bracelet with an easy pattern. Impress your friends, make gifts or possibly add to your jewelry making knowledge. Students will be provided a supplies list so that they may make their own selection of beads.

Jan Blackney

Day:	Tue	Wks:	1
Time:	5:30-8:30p	Fee:	\$20
Start:	10/26/10	End:	10/26/10
Town:	Sullivan	SMHS	Rm 5

Bead Jewelry Making This bead jewelry making class uses small glass seed beads to make earrings, rosettes, rings, daisy chain necklaces and more. Materials needed include: beading needles, size 11 beads and bugle beads. Some supplies may be purchased from the instructor during class. If you have questions, please contact the instructor at dblueberryware@yahoo.com **Debbie Sargent-Butterwick**

Day:	Tue	Time:	6-8p
Wks:	6	Fee:	\$40
Start:	09/21/10	End:	11/02/10
Town:	Ellsworth	EHS	Art A

Beginning Knitting This class is for beginners or for those who need a refresher course. Local fiber artist, Biddy Esher, will cover the basics: casting on, increase, decrease, how to correct dropped stitches and binding off. A suggestion for a first project is a simple scarf. Please bring medium weight yarn (worsted weight, 4-ply) and size 7 or 8 needles. **Biddy Esher**

Day:	Wed	Wks	4
Time:	5:30-7:30p	Fee:	\$40
Start:	10/20/10	End:	11/10/10
Town:	Sullivan	SMHS	Rm 4

Crafts for Fun This is a fun 8-week course exploring a wide variety of crafts including knitting, crocheting, embroidery, ribbon embroidery, quilling (an ancient art of paper rolling for decorative uses such as picture frames, scrapbooking, invitations, etc.), jewelry making, napkin folding, flower arranging and appliqué. Projects and time spent will vary according to student's interests. Other ideas and suggestions are welcome.

Debby Ciampa

Day:	Tue	Time:	6-9p
Wks:	8	Fee:	\$60
Start:	09/14/10	End:	11/02/10
Town:	Ellsworth	EHS	Art B

Create Your Own Quilted Bag Perhaps you've seen these fabulous bags in shops or at a craft fair and thought "I could do that!" Learn how. The student will purchase their own selection of fabrics (36 5-inch squares) and bring them to class along with a sewing machine (if they have one), thread, scissors, straight pins and batting. **Jan Blackney**

Day:	Tue	Wks:	1
Time:	5:30-8:30p	Fee:	\$20
Start:	10/19/10	End:	10/19/10
Town:	Sullivan	SAE	Rm 5

Register 24 hours a day. No busy signals
www.ellsworth.maineadulted.org
www.sumner.maineadulted.org

Digital Photography I Do you like to take photographs? Is that digital camera confusing and all you use is auto? Begin to explore what your camera can do for you and your creativity. We'll cover the basic functions of the digital camera, how to make well-composed photographs, study different types of light, how to take better portraits and landscapes, work with different lens capabilities and much more. There is a possible field trip on a weekend (TBA). Please bring your camera and manual to all classes. **Jenné Heavrin**

Digital Photography I Session 1

Day:	Tue	Wks:	5
Time:	10-12p	Fee:	\$50
Start:	09/07/10	End:	10/05/10
Town:	Steuben	PH	TBD

Digital Photography I Session 2

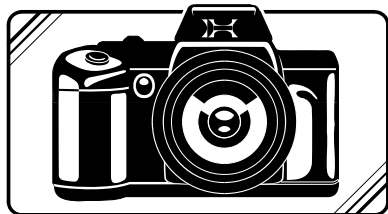
Day:	Tue	Wks:	5
Time:	5:30-7:30p	Fee:	\$50
Start:	09/07/10	End:	10/05/10
Town:	Steuben	PH	Rm 2

Digital Photography I Session 3

Day:	Wed	Wks:	5
Time:	10-12p	Fee:	\$50
Start:	09/08/10	End:	10/06/10
Town:	Hancock	HWC	

Digital Photography I Session 4

Day:	Wed	Wks:	5
Time:	5:30-7:30p	Fee:	\$50
Start:	09/08/10	End:	10/06/10
Town:	Sullivan	SMHS	Rm 2



Digital Photography II Take it up a notch. This class will bring you into the second level of digital photography. Advance in your knowledge of camera functions, delve into much more composition theory and study different kinds of light in creative and more interesting ways. We will work closely with your mode dial, ISO settings, f/ stops, shutter speeds and have fun exploring your creative side. A weekend field trip may be scheduled (TBA). Please bring your digital camera and manual to each class. **Jenné Heavrin**

Digital Photography II Session 1

Day:	Tue	Wks:	5
Time:	10-12p	Fee:	\$50
Start:	10/12/10	End:	11/09/10
Town:	Steuben	PH	NA

Digital Photography II Session 2

Day:	Tue	Wks:	5
Time:	5:30-7:30p	Fee:	\$50
Start:	10/12/10	End:	11/09/10
Town:	Sullivan	PH	NA

Digital Photography II Session 3

Day:	Wed	Wks:	5
Time:	10-12p	Fee:	\$50
Start:	10/13/10	End:	11/10/10
Town:	Hancock	HWC	

Digital Photography II Session 4

Day:	Wed	Wks:	5
Time:	5:30-7:30p	Fee:	\$50
Start:	10/13/10	End:	11/10/10
Town:	Sullivan	SMHS	Rm 2

Drawing I This course is designed to teach the fundamentals of drawing. We start with basic drawing techniques and develop skills through various exercises as well as drawing from life. Work with professional artist Philip Frey to develop your ability to put to paper what you see through a series of fun lessons. The ancient art of drawing is a relaxing and joyful process that can help us slow down and see more clearly the world around us. Check out Philip Frey's website at: www.philipfrey.com. Please contact Adult Ed. for a supplies list. **Philip Frey**

Day:	Tue	Time:	1-4p
Wks:	6	Fee:	\$70
Start:	11/02/10	End:	12/07/10
Town:	Ellsworth	LUTH	NA

Knit Two Socks at Once This class is for the seasoned knitter who has knit socks or mittens before on 4 double point needles. Learn how to knit a pair of socks at the same time on 2 circular needles. Students are asked to bring two balls of sock yarn (either fingering or sports weight) and two 16-inch circular needles to match. **Biddy Esher**

Day:	Tue	Wks:	2
Time:	5:30-7:30p	Fee:	\$20
Start:	11/02/10	End:	11/09/10
Town:	Sullivan	SMHS	Rm 4

Knit Your Own Mittens, Holiday Stocking or Socks Choose your project! Mittens: learn to make the thumb gusset. Socks: learn to turn the heel and finish the toe. Holiday stockings: learn color knitting. Prerequisite: must know how to cast on, knit and pearl. **Barbara Sawyer**

Day:	Tue	Wks:	5
Time:	6-8p	Fee:	\$40
Start:	10/19/10	End:	11/16/10
Town:	Sullivan	SMHS	TBD

Mittens from Recycled Sweaters Have a favorite sweater and an old fleece you don't wear anymore? Make them into a pair of mittens! Learn how to recycle your sweater and fleece wear into lined wool mittens to keep hands warm this winter. Experience with a sewing machine is required. Please bring an old sweater, fleece, thread and scissors to class and if you have a sewing machine, bring that, too. **Jane Keegan**

Day:	Sat	Wks:	1
Time:	1-5p	Fee:	\$25
Start:	10/23/10	End:	10/23/10
Town:	Sullivan	SAE	Rm 5

Paper Quilling (an ancient art of paper rolling) Learn the essential basic paper quilling skills used to create amazingly intricate designs and use your new skills to create several Make-N-Take projects, like a lollipop gift tag or seasonal greeting cards and more! The class covers the use of quilling tools with lots of hands-on practice, useful tips and hints to help you really get hooked on this fabulous art form. Materials fee included. **Joy Crockett**

Paper Quilling Session 1

Day:	Tue	Wks:	1
Time:	6-8:30p	Fee:	\$30
Start:	11/09/10	End:	11/09/10
Town:	Sullivan	SMHS	Rm 20

Paper Quilling Session 2

Day:	Tue	Wks:	1
Time:	6-8:30p	Fee:	\$30
Start:	11/16/10	End:	11/16/10
Town:	Ellsworth	EHS	TBD

Precious Metal Clay for Beginners Learn to make your own fine silver jewelry with Precious Metal Clay. PMC is a clay with fine silver particles in an organic binder that can be worked much like any other clay, and when fired at a high temperature, the binder burns away, leaving a pure silver piece. Students will work the clay in all forms, from wet clay through the firing process. Many techniques will be covered, with plenty of time for experimentation and questions. At the end of the course, you will have, at minimum a finished necklace and pair of earrings, as well as the skills and knowledge to work with PMC on your own. A tool kit and supplies will be available for purchase from the instructor. The cost for the tool kit, which includes everything you will need to work with PMC, a 16 gram package of PMC, and the findings to finish a necklace and a pair of earrings is \$75. Additional PMC will be available for purchase. **Lisa Salsbury**

Day:	Mon	Time:	5:30-8:30p
Wks:	4	Fee:	\$40
Start:	10/4/10	End:	10/26/10
Town:	Ellsworth	EHS	TBD

Register 24 hours a day. No busy signals.
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www.sumner.maineadulted.org

Precious Metal Clay Experimentation This course assumes basic knowledge of PMC. Each week, one or two new, more advanced techniques will be covered with plenty of time for experimentation. Suggestions will be taken at the first class for techniques to try. Supply costs will be dependant on the techniques covered. **Lisa Salsbury**

Day:	Mon	Time:	5:30-8:30p
Wks:	3	Fee:	\$40
Start:	11/2/10	End:	11/16/10
Town:	Ellsworth	EHS	TBD

Rug Making Workshop Learn the history of rug making while you discover the different techniques of locker hooking, traditional rug hooking and rag rug weaving with a simple frame. Students will develop their own style and artistic design. The workshop is designed to bring out the artist in each student. Supplies will be provided at an additional cost of \$36 and payable to the instructor at the first class. **Donna Pickard**

Day:	Sat	Wks:	8
Time:	1-3:30p	Fee:	\$70
Start:	09/11/10	End:	10/30/10
Town:	Steuben	FPF	

Rustic Furniture Workshop Wayne Hall is a master craftsman with wide teaching experience in building rustic furniture using branches, saplings and boards. Join this class to build a small table or bench suitable for a lamp or potted plants. Learn about local trees, harvesting and seasoning, the use of modern and antique tools, mortise and tenon joinery, glues and finishes and setting up your own shop on a modest budget. A simple student tool list will be discussed the first night. A materials fee of \$30, made payable to the instructor, is due the first night. **Wayne Hall**

Day:	Thu	Wks:	6
Time:	6-9p	Fee:	\$65
Start:	09/23/10	End:	10/28/10
Town:	Ellsworth	HCTC	Woodshop

Sewing-Basic to Advanced A basic skills class for beginners as well as advanced techniques for the more experienced sewer. All levels are welcome. Material costs will depend on your project. Students need to bring their portable sewing machine and an extension cord starting with the second class. The first project will be a designer handbag and future projects will be student's choice. **Debby Ciampa**

Day:	Thu	Time:	6-9p
Start:	09/16/10	End:	11/04/10
Wks:	8	Fee:	\$60
Town:	Ellsworth	EHS	Art B

Stained Glass This class teaches the basic skills of the craft and covers its history. As students get the basics, more advanced techniques and tools are brought into play. Fun and enjoyment are emphasized as well as appreciation of the craft. Material costs for first project are \$10.00. Tool kits available for use during class time at no cost, along with scrap/practice glass. Students may purchase tool kits as needed, desired or pocketbook dictates. **Chris Burdette**

Day:	Thu	Time:	6:30-9p
Start:	09/16/10	End:	11/18/10
Wks:	10	Fee:	\$88
Town:	Ellsworth	EHS	Art B

Watercolor Painting will cover all of the basics: choosing materials, mixing colors, washes, lights and darks, creating mass, textures, dry brush and scraping. Sky, water, rocks and trees will be covered. Mary begins each class with a demonstration, then students paint while she circulates, giving individual attention to each student. A discussion and Q&A will cap the class. A final showcase on the last day of class is a real favorite. **Mary Laury**

Day:	Wed	Time:	8:30-12:30p
Wks:	7	Fee:	\$90
Start:	09/29/10	End:	11/03/10
Town:	Ellsworth	LUTH	NA

Wood Working I A basic introduction to both power and hand tool safety and operation. The first two weeks will be instruction on the proper and safe use of the equipment. The remaining weeks, students will work on their individual projects. The course will also include discussion of and use of basic woodworking joints. Students will have hands-on experience while creating a project. Material cost depends on project. Project size will be limited. **Elden Estey**

Day:	Tue	Wks:	10
Time:	6-9p	Fee:	\$75
Start:	9/21/10	End:	11/23/10
Town:	Ellsworth	HCTC	Wood

Wood Working II An opportunity to move beyond the basics in this wood working course. Elden will offer you a chance to “hone” your skills, maintain your tools, provide opportunities to use the available equipment and improve your understanding of project construction while having a valuable resource as you have need for your project area. Project size will be limited due to storage space. **Elden Estey**

Day:	Wed	Wks:	10
Time:	6-9p	Fee:	\$75
Start:	9/22/10	End:	12/1/10
Town:	Ellsworth	HCTC	Wood

Cooking

Cajun Cuisine Spend an evening with one of the South's Cajun Queens of the Kitchen. Learn the art of making a roux; create a mouth-watering meal of Cajun gumbo along with traditional red beans and rice and enjoy a tantalizing dessert. Be entertained in the company of one of Downeast Maine's hidden artists in the kitchen. Be prepared to laugh and eat. **Laissez les bon temps rouler!** (Class size is limited to 6.)

Gail Gilchrist

Day:	Wed	Wks:	1
Time:	5-8p	Fee:	\$35
Start:	10/20/10	End:	10/20/10
Town:	Winter Hbr	Call for location details	

Cake Decorating Basic Learn a new craft and have fun at the same time! Learn to create cakes like the pros, while covering all aspects of decorating from baking to borders and all the in-betweens with hands-on experience. Class limited to 10. Expect materials to cost between \$15 - \$25 additional. **Dawn Closson**

Day:	Wed	Time:	6:30-9p
Wks:	8	Fee:	\$60
Start:	09/08/10	End:	10/27/10
Town:	Ellsworth	HCTC	Cafe

Cake Decorating Advanced In this "next step" class, students will gain experience creating those more intricate decorations often desired on special cakes (i.e., roses). Class limited to 10. Expect materials to cost between \$15-\$25 additional. Pre-requisite: Cake Decorating Basic or permission from the instructor.

Dawn Closson

Day:	Wed	Time:	6:30-9p
Wks:	4	Fee:	\$35
Start:	11/10/10	End:	12/08/10
Town:	Ellsworth	HCTC	Cafe

Italian Cooking of Tuscany Join us for a hands-on Italian cooking class where you will explore the simple yet classic culinary tradition of the Tuscan region. Just back from her Tuscan cooking adventure, Ann Verissimo will impart her latest gastronomic knowledge of this culinary region while students assist in preparing a number of recipes and then eat the fruits of their labor. Mangia! (Class size is limited to 6.)

Ann Verissimo

Day:	Sat	Wks:	1
Time:	3-6p	Fee:	\$35
Start:	11/06/10	End:	11/06/10
Town:	Hancock	Call for location details	

General Enrichment

America's Boating Course Learn the fundamentals of safe boating and qualify for the certification required of most states. This course covers safety equipment, trip planning, navigation rules & aids, state & federal regulations, anchoring, adverse conditions, emergencies, communications, trailering and knots & lines. Whether on freshwater or salt and under power, sail or paddle, this course is for you! Want an introduction to navigation and chart reading? The Mastbets will extend the course and you'll be ready to navigate this rocky coast safely. The student manual costs \$33. Students who wish to continue through the optional two weeks may wish to purchase a course plotter and dividers (\$7.50 each). Offered by Penobscot Bay Sail and Power Squadron (PBSPS). There is a \$5 registration fee payable to RSU24 Adult Education. For information please call John Mastbeth at 359-8015. **Kathy & John Mastbeth**

Day:	Mon	Time:	6-8p
Wks:	6	Fee:	\$5
Start:	09/13/10	End:	10/25/10
Town:	Ellsworth	EHS	D-219

Register 24 hours a day. No busy signals.
www.ellsworth.maineadulted.org
www.sumner.maineadulted.org

Astrology Find out why celebrities consult their astrologers. This class is for the beginner who will discover the basics of astrology, learn how to forecast and work with relationship charts. We will explore every student's chart (if interested) as well as look at the multi layers of astrological events that will occur on 12/21/12. **Rebecca Albright**

Day:	Mon	Time:	5:30-7:30p
Wks:	8	Fee:	\$50
Start:	09/13/10	End:	11/08/10
Town:	Ellsworth	EHS	TBD

Astronomy You don't have to go far to see one of the best views in Maine—the night sky. This class will cover constellation study, the early history of astronomy, the moon and its phases and the seasons. At least one session will be spent outdoors studying the night sky. If it is clear the first session, wear warm clothes, sturdy shoes and bring a flashlight! Jupiter will be a highlight in October. **Linda Penkalski**

Day:	Thu	Wks:	5
Time:	7-8:30p	Fee:	\$30
Start:	10/07/10	End:	11/04/10
Town:	Sullivan	SMHS	Rm 1

Estate Planning One of the most important activities people should do is make plans for wills and estates. We all tend to put it off so start now. Those who participate in this seminar will receive a broad overview of the probate process in Maine, as well as information concerning estate taxes and estate planning techniques. Topics of discussion will include Revocable Living Trusts, Medicaid Trusts and Life Insurance Trusts, Living Wills, Health Care and Financial Powers of attorney and other topics of interest to you. Rebecca will involve other experts from these topic areas to assist. **Rebecca Sargent**

Day:	Mon	Time:	6-8p
Wks:	3	Fee:	\$30
Start:	09/20/10	End:	10/04/10
Town:	Ellsworth	EHS	D-218

Evaluating Your Stamp Collection You or your family may have an old stamp collection that's gathering dust. Is it valuable? Does it have stamps worth saving? How do you get rid of it for the max? How do you store it to preserve it? Bring it in, and a panel of active collectors will evaluate it and answer these questions and others you may have on stamp collecting—or Philately. Sponsored by Union River Stamp Club. Class limited to 4-6 collections.

Robert Girmscheid

Evaluating Your Stamp Collection Session 1

Day:	Thu	Wks:	1
Time:	6-8p	Fee:	\$10
Start:	09/23/10	End:	09/23/10
Town:	Ellsworth	EHS	TBD

Evaluating Your Stamp Collection Session 2

Day:	Thu	Wks:	1
Time:	6-8p	Fee:	\$10
Start:	10/28/10	End:	10/28/10
Town:	Sullivan	Site TBD	Rm TBD



Hunter Safety Students are provided with a course handbook, outdoor survival information and additional handouts at the Friday evening session and return 8 days later on a Saturday from 8-4 p.m. for lectures and demonstrations by instructors, homework, field experiences and a final written exam. You must attend both sessions to receive your certificate. Saturday lunch available for an additional fee. To register, call the Sullivan Town Office: 422-6282 or 6719. **Harland Hitchings**

Day:	Fri/Sat	Wks:	2
Time:	5-8/9-5	Fee:	\$10
Start:	09/17/10	End:	09/25/10
Town:	Sullivan	SSRC	

Maine Driving Dynamics Learn safe driving and lower points on your driver's license. Over 64 years old—pay only \$10! **Donald Saunders**
Maine Driving Dynamics 1

Day:	Mo/We	Time:	6:30-9p
Wks:	1	Fee:	\$40
Start:	09/21/10	End:	09/23/10
Town:	Ellsworth	EHS	Rm D-321

Maine Driving Dynamics 2

Start:	11/08/10	End:	11/10/10
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NRA Basic Pistol Safety You can't get a concealed weapon permit without this course. Phil will teach the basic knowledge, skills and attitudes necessary for owning and using a pistol safely. Course cost includes textbook and range time. You must be 18 to register. The final session will be on the range. Sponsored by the NRA. **Phil Phillips, Certified NRA instructor**
NRA Basic Pistol Safety 1

Day:	Tue	Time:	6:30-9p
Wks:	5	Fee:	\$60
Start:	09/07/10	End:	10/05/10
Town:	Ellsworth	EHS	D-319

NRA Basic Pistol Safety 2

Start:	10/12/10	End:	11/09/10
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NRA Basic Pistol Safety 3

Start:	11/16/10	End:	12/14/10
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Health & Wellness

Personal Essay/Memoir Writing What is your story? And how best to tell it? Suitable for writers at any level, this course will use the genre of personal essay and memoir writing to write creatively and reflectively about our own experiences. Students will be encouraged to keep a journal, to read pieces by published writers and to complete a number of essays or short memoir pieces. As a group of writers, we will offer feedback, encouragement and support to one another while we develop both our self-understanding and skill as writers. **Sarah Domareki**

Personal Essay/Memoir Writing Session 1

Day:	Mon	Time:	12-2p
Wks:	6	Fee:	\$40
Start:	09/13/10	End:	10/25/10
Town:	Ellsworth	EAE	NA

Personal Essay/Memoir Writing Session 2

Day:	Mon	Time:	12-2p
Wks:	6	Fee:	\$40
Start:	11/08/10	End:	12/13/10
Town:	Ellsworth	EAE	NA

Register 24 hours a day. No busy signal.

www.ellsworth.maineadulted.org

www.sumner.maineadulted.org

Spanish for Beginners An introduction to the basics of modern spoken and written Spanish. The course strives to develop the student's vocabulary, grammar and writing skills while enhancing the student's oral and auditory abilities through guided conversation, songs, game playing and other activities. While focusing on Central and South American pronunciation and usage, the course also offers forays into the language and culture of Spain. **Ines Weaver**

Day:	Mon	Time:	6:00-7:30p
Start:	10/04/10	End:	11/29/10
Wks:	8	Fee:	\$70
Town:	Ellsworth	EHS	TBD

Day:	Wed	Time:	6:00-7:30p
Start:	10/06/10	End:	12/1/10
Wks:	8	Fee:	\$70
Town:	Sullivan	SMHS	TBD

Adult Fitness Find out why this **FREE** class has been a success for 6 years! Work at your own fitness level. We begin with overall warm-up and stretching exercises and then move onto a cardio workout containing kick boxing aerobics and step aerobics. We complete our fitness regimen with strength training and isolated muscle work and then finish with a cool down segment which incorporates yoga. Bring 2-3 pound dumbbell weights for beginners. **Karen Dove**

Day:	Mo/Th	Wks:	16
Time:	6-7:15p	Fee:	\$0
Start:	09/09/10	End:	01/28/11
Town:	Sullivan	MVS	Gym

Adult Walking for Fitness Whether you're walking for fitness, weight loss, marathon training or race walking, putting one foot in front of the other is one of the easiest forms of exercise. Perhaps you would like a safe and sheltered area to do your walking. Why not make use of the gym during our Adult Fitness class? Come walk the perimeter of the gym at your own speed and get your workout. It's **FREE!**

Karen Dove

Day:	Mo/Th	Wks:	16
Time:	6-7:15p	Fee:	\$0
Start:	09/09/10	End:	01/28/11
Town:	Sullivan	MVS	Gym

Basic Strength Exercises Designed for women and men, this exercise program is very basic. The program utilizes hand and leg weights to develop muscle strength and is done slowly to benefit from resistance and to avoid injury. It is a safe way to maintain muscle elasticity, strength, increase flexibility and range of motion. Most of the exercises can be done while sitting. **FREE!**

Day:	M/W/F	Wks:	ongoing
Time:	10:30-11:30a	Fee:	\$0
Start:	09/08/10	End:	01/28/11
Town:	Ellsworth	LDS	NA

Energy Medicine Stress is a factor in each of our lives and the more compassion we have for ourselves, the more balanced a life we can live. When we are balanced we are *present* and more available for family, friends and ourselves. You'll develop a relationship with your vital energy systems; learn and practice easy profound exercises; learn about our lymph system; how to avoid illness through massage and hydration, about meridians and how to keep our energy flowing and balanced through the deep riverbeds that carry us through our day. We'll also explore energy systems, weight control and hormones. **Renee Cloutier**

Day:	Sun	Time:	3-4:30p
Wks:	5	Fee:	\$45.00
Start:	9/19/10	End:	10/17/10
Town:	Ellsworth	YOGA	

Energy Medicine for a Healthy Pregnancy Learn and practice simple and effective exercises that help the mother and baby's energies stay healthy and in balance. Learn ways to feel and support the energetic connection you share with your growing baby. Lastly, practice ways to support a natural birthing process and practice relaxing and supporting a feeling of safety for ourselves and our babies. **Renee Cloutier**

Day:	Mon	Time:	3:30-5p
Wks:	5	Fee:	45.00
Start:	09/13/10	End:	10/11/10
Town:	Ellsworth	YOGA	

Get Strong, Get Healthy For men and women. This 75-minute exercise routine begins with slow stretching, working into an aerobic warm up followed by upper and lower body strength training using weights and is followed by floor exercises incorporating yoga movements. **FREE!**

Get Strong, Get Healthy-Ellsworth

Day:	Mo/We	Wks:	Ongoing
Time:	5:15-6:30p	Fee:	\$0
Start:	09/08/10	End:	01/26/11
Town:	Ellsworth	BEM	Café

Get Strong, Get Healthy-Gouldsboro

Day:	Mo/Fr	Wks:	Ongoing
Time:	8:30-9:45a	Fee:	\$0
Start:	09/10/10	End:	01/28/11
Town:	Gouldsboro	GRC	Gym

Get Strong, Get Healthy-Lamoine

Day:	Wed	Wks:	Ongoing
Time:	8:30-9:45a	Fee:	\$0
Start:	09/08/10	End:	01/26/11
Town:	Lamoine	LBC	

Get Strong, Get Healthy-Prospect Harbor

Day:	Thu	Wks:	ongoing
Time:	3:30-4:45p	Fee:	\$0
Start:	09/09/10	End:	01/27/11
Town:	Gouldsboro	PHMC	

Hearts Get Strong, Inches Be Gone A twice a week low impact workout that is 50-60 minutes of moving, adding some light weights and incorporating an abdominal workout and flexibility stretches. Work at your own pace and level. Anyone can do this. All levels welcome. Please bring a floor mat and 1-5 lb. weights.

Donna Abbott

Hearts Get Strong, Inches Be Gone Session 1

Day:	Mo/We	Wks:	8
Time:	9-10a	Fee:	\$40
Start:	9/20/10	End:	11/15/10
Town:	Franklin	FCB	

Hearts Get Strong, Inches Be Gone Session 2

Start:	11/17/10	End:	1/19/11
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Make Tracks Walking Program Take one step at a time to a healthier you! Join the group that walks at the Downeast Family YMCA October through May in the

gym or outside (weather permitting). This is offered free of charge. For more information, please contact Robin at 667-3086 or Bernadette 664-5434.

Day:	Tu/Th	Wks:	TBD
Time:	11-12p	Fee:	\$0
Start:	10/04/10	End:	05/31/11
Town:	Ellsworth	YMCA	TBD

T'ai Chi comes from the Orient and is a gentle method of exercise for health and vitality. It is a soft style of the martial arts that combines slow, graceful movement with calm, regular breathing. It provides increased strength and muscle tone; enhanced range of motion and flexibility; improved balance and coordination; and helps reduce blood pressure and heart rate. **FREE.**

Day:	Fri	Wks:	ongoing
Time:	9:30-10:30a	Fee:	\$0
Start:	09/10/10	End:	01/28/11
Town:	Ellsworth	LDS	NA

T'ai Chi

Day:	Wed	Wks:	ongoing
Time:	5:15-6:15p	Fee:	\$0
Start:	09/08/10	End:	01/26/11
Town:	Ellsworth	ECH	2 nd floor

T'ai Chi

Day:	Tue	Wks:	ongoing
Time:	9:30-10:30a	Fee:	\$0
Start:	09/07/10	End:	01/24/11
Town:	Winter Hbr	ANP-S	Frasier Pt

During inclement weather and Winter months, go to PHMC.

Yoga - Kripalu One of our most popular fitness courses! Students are introduced to hatha yoga postures and breathing exercises using the uniquely effective Kripalu yoga teaching approaches. Emphasis is listening to your body and honoring your individual limitations and adapting postures accordingly to avoid injury and discouragement. Expect to learn techniques easily practiced at home to develop increased flexibility and greater muscular strength while toning glands, organs and bodily systems. Wear comfortable clothing and bring a mat (or blanket) and small pillow. **Mary Seward/Molly Shields**

Day:	Wed	Wks:	8
Time:	5:30-7p	Fee:	\$40
Start:	09/29/10	End:	11/17/10
Town:	Sorrento	SCB	

Kripalu Yoga 2

Day:	Wed	Wks:	7
Time:	5:30-6:30p	Fee:	\$40
Start:	09/29/10	End:	11/17/10
Town:	Ellsworth	YOGA	

Kripalu Yoga 3

Day:	Wed	Wks:	7
Time:	5:30-6:30p	Fee:	\$40
Start:	12/01/10	End:	1/26/11
Town:	Ellsworth	YOGA	

Home & Family

Decluttering Make a difference in your life. Get tips and share support to take concrete steps to rid yourself of clutter. Learn simple strategies to make space in your life, literally and figuratively. You won't be disappointed. **Jenné Heavrin**

Decluttering Session 1

Day:	Thu	Wks:	3
Time:	10-12p	Fee:	\$25
Start:	09/09/10	End:	09/23/10
Town:	Steuben	PH	NA

Decluttering Session 2

Day:	Thu	Wks:	3
Time:	5:30-7:30p	Fee:	\$25
Start:	09/09/10	End:	09/23/10
Town:	Sullivan	SMHS	Rm 2

How Safe is Your Well? Ever wonder about the quality of the drinking water from your well? How often should you test it and for what? This one-hour class, sponsored by The Univ. of ME Cooperative Extension, will discuss common well contaminants, how to take care of your well, how to get your well water tested and the importance of testing. **Laura Wilson**

How Safe is Your Well? Session 1

Day:	Wed	Wks:	1
Time:	6-7p	Fee:	\$0
Start:	09/15/10	End:	9/15/10
Town:	Ellsworth	EHS	TBD

How Safe is Your Well? Session 2

Day:	Thu	Wks:	1
Time:	6-7p	Fee:	\$0
Start:	10/28/10	End:	10/28/10
Town:	Steuben	ELS	

How Safe is Your Well? Session 3

Day:	Wed	Wks:	1
Time:	6-7p	Fee:	\$0
Start:	11/17/10	End:	11/17/10
Town:	Sullivan	SMHS	Rm 19

Interior Design Hands-on fun with interior design. Learn how to put a beautiful room together using simple, easy and less expensive design principles. A four-week fun filled class. **Jenné Heavrin**

Interior Design Session 1

Day:	Thu	Wks:	4
Time:	10-12p	Fee:	\$35
Start:	10/07/10	End:	10/28/10
Town:	Steuben	PH	

Interior Design Session 2

Day:	Thu	Wks:	4
Time:	5:30-7:30p	Fee:	\$35
Start:	10/07/10	End:	10/28/10
Town:	Sullivan	SMHS	Rm 2

Parenting Support Are you having a difficult time parenting in these trying times? Are you overwhelmed with juggling work, home and parenting responsibilities? Join me for parenting support with step-by-step guides to healthy parenting styles, communication builders and enhancing discipline skills.

Angela Kennedy

Day:	Tu/Th	Wks:	4
Time:	5:30-6:30p	Fee:	\$20
Start:	09/28/10	End:	10/07/10
Town:	Sullivan	SMHS	Rm 9

Register 24 hours a day. No busy signals.

www.ellsworth.maineadulted.org

www.sumner.maineadulted.org

Woodlot Management Sponsored by the Maine Forest Service, this course is geared towards people interested in learning more about our forest resource. Topics include forest management planning, firewood, tree and plant ID, forest measurements, compass and GPS skills, wildlife management, working with consulting foresters and professional loggers, common tree pests and diseases, forestry rules and regulations and much more! Steve MacDonald, District Forester with the Maine Forest Service, will be leading the course. **Steve MacDonald**

Day:	Wed	Wks:	8
Time:	6-8p	Fee:	\$10
Start:	10/13/10	End:	12/08/10
Town:	Sullivan	SMHS	Rm 19

Music & Dance

Ballroom Dancing Have you watched those dancing shows on TV and thought you'd like to try ballroom dancing? Well, get those dancing shoes on! Learn the basics of ballroom dancing which will have you "cutting a rug" in no time. Students will be taught the jitterbug, waltz and the fox trot steps. (For both the beginner and intermediate student; bring a partner or not.) **Larry Norton**

Ballroom Dancing-Ellsworth

Day:	Thu	Time:	7:00-8:30p
Start:	09/16/10	End:	11/04/10
Wks:	8	Fee:	\$50
Town:	Ellsworth	EHS	Café

Ballroom Dancing-Sullivan

Day:	Mon	Wks:	8
Time:	7-8:30p	Fee:	\$50
Start:	09/20/10	End:	11/15/10
Town:	Sullivan	SMHS	Café

Beginning Line Dancing Perhaps you've seen the line dancers at Jordan's Snack Bar and wanted to try your "feet" at it. This class introduces basic line dancing steps and is an aerobic alternative. Taught at a slower pace, it is a stimulating, enjoyable, weight-bearing activity providing the same fitness benefits as a low impact aerobics class. **FREE!**

Day:	Thu	Wks:	ongoing
Time:	6:30-8p	Fee:	\$0
Start:	09/09/10	End:	01/27/10
Town:	Ellsworth	ELKS	NA

Line Dancing Line dancing is a stimulating, enjoyable, weight-bearing activity providing the same fitness benefits as a low impact aerobics class. It helps maintain bone strength, improve flexibility, enhance correction of "two left feet" syndrome and is a great stress reducer. **FREE!**

Day:	Mon	Wks:	ongoing
Time:	9:30-11p	Fee:	\$0
Start:	09/13/10	End:	01/24/11
Town:	Ellsworth	EDC	NA

Social Dancing: The Slow Songs Do you lack confidence at weddings, nightclubs and parties when the dancing starts? This is your chance to break through your inhibitions and gain the skills that will make you comfortable with any partner on the dance floor. Dancing is a great way to meet people, reduce stress and express yourself in a creative way. This class will guide you through the basic patterns and styling of "nightclub two-step" and "blues dancing." These two partner dances fit well with a variety of popular music styles, including rock, pop, blues and soul. All are welcome with a partner or without. Let the instructor know if solo (667-9870 or 244-5286).

Elizabeth Pouwels & David Lamon

Day:	Tue	Time:	6:30-7:30p
Wks:	8	Fee:	\$70
Start:	09/14/10	End:	11/02/10
Town:	Ellsworth	MG	Dance Studio

West Coast Swing: The Basics Discover one of the country's hottest social dances-West Coast Swing! WCS is a fun-filled partner dance with a distinctly smooth, contemporary look that can be danced to a variety of music, including blues, R&B, pop, jazz and even rock. This class covers basic patterns and concepts that will have you moving and smiling on the dance floor. Instructors have studied with many of the top professional swing dancers across the U.S. and enjoy sharing their love of this dance with others. All are welcome with a partner or without. Let the instructor know if solo (244-5286 or 667-9870).

David Lamon and Elizabeth Pouwels

Day:	Tue	Time:	7:30-8:30p
Wks:	8	Fee:	\$70
Start:	09/14/10	End:	11/02/10
Town:	Ellsworth	MG	Dance Studio

Teach for Us!

Do you have a knowledge, skill, art or craft that you would like to share with our community?

Consider securing a course proposal packet to give you ideas about how to plan an offering.

RSU#24 Adult Education program serves twelve towns, so we are hoping to expand our offering locations throughout our new district. To find out more:

1) Go to www.ellsworth.maineadulted.org or www.sumner.maineadulted.org to download our course proposal packet.

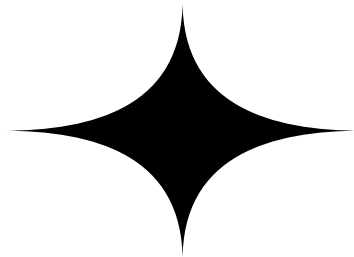
2) Call the Adult Education office at 422-4794 to request a course proposal packet via email or US Postal Service.

3) Call Jean Girmscheid or Annie Sargent Slayton about a course idea you have. We enjoy talking with people about the talents and knowledge they would like to share with the community!

Course Proposal Deadlines:

Nov. 1, 2010: Winter/Spring Course Catalogue

June 1, 2011: Fall Course Catalogue



Policies & Procedures

Four Convenient Ways to Register

1. Register Online at www.ellsworth.maineadulted.org or www.sumner.maineadulted.org using PayPal. **You do not have to have a Pay Pal account to register.** You can sign in as a guest and your credit card information will not be saved.
2. Mail in registration: Mail registration form from the last page of this catalogue and payment to RSU#24 Adult Education, 1888 US Highway 1, Sullivan, ME 04664.
3. Walk in registration: The Adult Education Office is at 1888 US Highway 1, Sullivan, ME 04664. Call 422-4794 for current office schedule in Sullivan and Ellsworth.
4. Phone registrations are accepted using VISA, MasterCard or Discover. **Phone inquiries are welcome, however, we must receive the registration fee to confirm.**

Registration, Lab & Book Fees

1. Course fees must be paid in full at registration.
2. Payment may be made by check, money order, VISA, MasterCard or Discover. Cash payments accepted in person at the Adult Ed. Office only. Make checks payable to RSU#24 Adult Education.
3. A charge of \$30 will be made for returned checks.
4. Receipts are available at the Adult Ed Office.
5. Individual tuition, lab and materials fees are listed in the course description where applicable.
6. In cases of documented hardship, payment plans can be arranged in writing with the Director for certificate programs.

Senior Citizen Discount Anyone over 62 is eligible for a 10% discount on most courses.



Gift Certificates are available for purchase at the RSU#24 Adult Education Office at the Sullivan Town Office.

Refunds If the course is cancelled or you withdraw two business days prior to the first class you will automatically receive 100% refund. If you are dissatisfied with the course, please submit a letter of explanation to Annie Sargent Slayton, Director. We strive for 100% satisfaction and depend on your input!

Registration Confirmation

1. **To ensure a place in the class you must register at least five (5) business days in advance. Your place will be held only if payment has been received.** Late registrations will be accepted where space is available.
2. Assume your class is running unless you hear from us. Individuals who mail in their registrations may call the Adult Education office at 422-4794 for verbal confirmation.
3. Courses will be cancelled 4 business days in advance of the class in cases of insufficient registrations.

Holidays & Vacations: Most classes will not meet on holidays or during RSU#24 school vacations. The course schedule is reviewed at the start of each course.

Weather Related Cancellations When RSU#24 schools are cancelled, both daytime and evening Adult Education classes are cancelled. If the weather deteriorates during the day a decision is made by 3 p.m. Whenever possible our staff will contact students. A message announcing the cancellation can be heard on the answering machine at the Adult Education Office at 422-4794 and whenever possible will be posted on our website. Instructors will schedule make up time as needed.

Age Policy All courses are open to individuals 17 years and older and who are not attending elementary or high school unless otherwise noted in the course description. In some cases special permission can be granted in writing by the director.

Course Changes We reserve the right to cancel courses, change times or locations and substitute instructors. We are not responsible for typographical errors, however we will give a \$20 gift certificate to the first person to identify 10 'typos' in this course catalogue. Call the Adult Education Office at 422-4794 to report your findings!

Sumner Memorial
High School
2456 US HWY 1
SULLIVAN, ME
04664

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Fall 2010

Whether you are looking for an opportunity to complete your high school education, continue your education, improve your reading, writing or math skills, explore a personal interest, improve your health, develop new skills to enhance your employment options, or just have a fun night out with friends, hopefully you'll find something just for you!

RSU#24 Adult Education
1888 US Highway 1, Sullivan, ME 04664
Phone: 207-422-4794 Fax: 207-422-3612

Classes fill quickly. Register Now!

www.ellsworth.maineadulted.org

www.sumner.maineadulted.org

Register on-line 24 hours a day.

No lines. No busy signals. No driving.