

# Trumbull Adult and Continuing Education

## FALL 2010

**“LEARNING IS A LIFE  
LONG EXPERIENCE”**

NOW YOU CAN  
REGISTER ON LINE  
[www.trumbullconted.org](http://www.trumbullconted.org)



For Information  
Call:(203) 452-4554

*Welcome To  
Trumbull Adult &  
Continuing Education*

**“LEARNING IS  
A LIFELONG  
EXPERIENCE”**

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**STAFF**

*Ralph Iassogna, Superintendent  
Robert A. DeCerbo, Director  
Cheryl D. Gould, Secretary*

**GENERAL INFORMATION**

**Location of Class:**

Classes will be held at Trumbull High School, 72 Strobel Road, unless otherwise specified. **Due to the construction at the high school, room assignments for each class may not be made until one week before the class begins. Check our website for up to date information.**

**Tuition:**

The tuition for each course is listed in the Course Description. Tuition is payable upon registration.

**Registration:**

All registrations are processed in the order received. Registration may be completed in four ways:

**BY MAIL:**

Two courses may be listed per form. If you are signing up for more than two courses, attach a second form. Photocopying is OK. Include: Check(s) or money order. One check may be used to pay for more than one student.



**ON LINE:**

**[www.trumbullconted.org](http://www.trumbullconted.org)**

**FAX:**

**203-452-4595**



### **Confirmation:**

#### **CONFIRMATION WILL NOT BE SENT.**

Unless you are notified to the contrary, courses will run as scheduled. If registering late, call to be sure the course is not full or cancelled. If a course is filled or cancelled, every attempt will be made to notify you.

### **Storm Day Policy:**

When bad weather closes the regular public schools, or there is an "early dismissal," ALL Continuing and Adult Education classes will be cancelled. If the public schools have a "delayed opening," evening classes will be held unless otherwise announced on local radio stations WICC 60, WEBE, and WEZN, or [trumbullconted.org](http://trumbullconted.org)



### **Affirmative Action Nondiscrimination**

#### **Statement:**

It is the policy of Trumbull Continuing Education that no person shall be excluded from participation in, denied the benefits of, or otherwise be discriminated against any program, because of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, mental disability, and past/present history of mental disorder, learning disability, or physical disability. In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Trumbull Continuing Education Office, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.

### **Accessibility and Accommodation Statement:**

Those needing assistance to gain access to classrooms or any other part of the building should contact Trumbull Continuing Education at (203) 452-4554 prior to the event so the necessary accommodations may be provided. The adult education program is committed to making our course offerings accessible. We will work with individuals to support their special needs. Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Trumbull Continuing Education. Accommodations for the GED test are available for qualified individuals with a disability. For more information, contact Ajit Gopalakrishnan, Connecticut State Department of Education at 860.807.2125.

# ACADEMICS

## ESL & GED

### Placement Test

New and Returning students to Trumbull ESL and GED must take a placement test prior to being assigned to a class. Students should plan on coming early so they can register for the class prior to taking the test.

Tests dates are:

**Tuesday September 7**  
**Wednesday September 8**

**7:00 PM No Fee Room TBA**

### ESL-Beginner 0002

*Patrick Fahey*

This course is designed for the foreign-speaking person with limited English proficiency. Emphasis will be on pronunciation, vocabulary and conversation. Cultural notes on the United States for everyday living are included.

**M & W 10 Weeks No Fee**  
**September 13 7:00-9:30 Room TBA**

### ESL-Intermediate 0003

*Maryann Dikranian*

This course is designed for the foreign-speaking person wishing to expand his/her knowledge of English pronunciation, conversation and vocabulary. Basic verb tenses are covered as well as questions and command structures. American culture is also covered.

**M & W 10 Weeks No Fee**  
**September 13 7:00-9:30 Room TBA**

### ESL-Advanced 0004

#### Citizenship

*Pauline Rayer*

This course is designed specifically for the foreign-born. Emphasis will be placed on vocabulary expansion & instruction for those who wish to become U.S. Citizens.

**M & W 10 Weeks No Fee**  
**September 13 7:00-9:30 Room TBA**

### Adult Basic 0005

#### Education English and Math (ABE)

*Hope Spalla*

This course is designed for those who feel they would like to improve their competency in basic math, reading and writing and in adult life skills. It is especially helpful to those planning to obtain a high school diploma through the External Diploma Program (EDP). Individualized programs will be prescribed based on diagnostic pretesting.

**M & W 10 Weeks No Fee**  
**September 13 6:30-9:00 Room TBA**

### GED Preparation 0006

*Hope Spalla*

The GED program is designed for people who have not completed their formal high school education. You can prepare to take the GED test through our classes, or take a practice GED test to determine your next step. These classes provide the necessary instruction for the Social Studies, English, Science and Mathematics sections of the GED High School Equivalency Examination. To participate in GED classes, applicants must be 16 years of age or older and no longer enrolled in school. Applicants must have a letter of withdrawal signed by a parent or guardian when registering.

Those who are interested in taking the GED test can contact us for information (203) 452-4554.

**M & W 10 Weeks No Fee**  
**September 13 6:30-9:00 Room TBA**

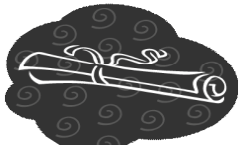


# EDP- External Diploma Program



## What is the External Diploma Program?

**EDP** is a high school diploma program for mature adults who have acquired their academic skills through life and work experience. Participants in this program must demonstrate their skills through the successful completion of a series of assignments. Candidates must complete these assignments with 100% accuracy. This is an opportunity for candidates to work independently, while maintaining weekly appointments with their EDP advisor/assessor.



## How do I “demonstrate” the skills I have?

Students are asked to demonstrate skills in practical ways. For example, you may be asked to: read a newspaper or a lease, measure for carpeting, write a letter to a member of Congress or to a landlord or compute interest on a charge card.

## Can my job and home management experience help satisfy the requirements?

**YES!** As part of the External Diploma Program, you are required to have individualized skill. This skill can be demonstrated by: advanced academic skills training in a new field, documentation of a current occupation or home management experience.



## The External Diploma Program also:

Offers flexible scheduling, requires complete mastery of skills, allows many skills to be completed at home, and allows adults to choose their instructional resources.

## How is the External Diploma Program different from school?

It is designed especially for adults. The External Diploma program is: flexible, self-paced, confidential, and conducted through one-to-one appointments with trained assessors.

**Who chooses the External Diploma Program?** Adults who are: Practical and highly skilled, usually 21 years or older, self-directed and mature, and interested in confidentiality.

## Is the External Diploma Program a real diploma, and can I use it to go to college?

**YES!** The diploma is issued by the Trumbull School Board and is accepted by colleges.



**How long does it take?** Completion time varies with each individual, averaging around six months.



Trumbull Continuing Education  
72 Strobel Road  
Trumbull, CT 06611  
Phone: (203) 452-4554  
Fax: (203) 452-4595



## ARTS & CRAFTS

### Knitting/Crocheting 0007

*Nancy Henderson*

Beginner: This course will cover the stitches needed to complete a basic sweater. Size 7 or 8 needles and scrap worsted weight yarn should be brought to the first class. Material list for projects will be given at the first class. Intermediate & Advanced are also welcome! Bring in your current project.

*Nancy is a professional knitter and crocheter, and pattern writer. She has worked for several yarn companies and now for America's #1 knit and crochet designer. She has taught continuing education classes for many years.*

**Wednesdays 10 Weeks \$90.00**  
**September 15 7:00-9:00 Room TBA**



### Learn To Draw 0008

*Mike Valentine*

This course is designed for beginner or intermediate students. The course covers drawing techniques including composition, perspective, shading, light and shadow and form. Students will produce drawings using detailed step by step instructions and live demonstrations by the instructor, to produce still life, outdoor scenes, portraiture and figure drawings. A variety of materials will be used, including pencil, graphite, charcoal, pen and ink and marker. Drawing animals will also be covered in addition. *The instructor is Mike Valentine a professional illustrator, commercial artist, fine artist and cartoonist.*

**Wednesdays 8 Weeks \$55.00**  
**September 29 7:30-8:30 Room TBA**

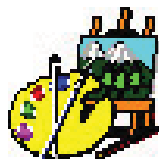


### Oil Painting 0009

*Michael Barrett*

This course teaches basic methods, proportion and placement, painting skills such as color mixture, and various styles and techniques. Students can experiment with styles and execute paintings of their choice, from portrait to landscape to still life. This course is continuous so that any student at any level can join. This course also stresses one-to-one consultation. Lab fee \$25.00 payable to instructor first night of class.

**Wednesdays 10 Weeks \$185.00**  
**September 15 7:00-9:30 Room TBA**



### Fabulous Felted Art 0010

*Debbie Gilbert*

Imagine loose wool fibers, mixed with design, color and your imagination, magically transforming into beautiful felted pieces! In this class, you will learn about the techniques and materials used in the age-old craft of felting, to create unique wool art pieces. After learning the basics of the felting process with a small project, you will create wearable scarves, vessels and/or wall hangings. It's up to you! Lab Fee \$40; payable to instructor first night of class. Materials includes all wool and tools for felting. Participants should bring a large absorbent, towel and a waterproof bag.

**Wednesdays 4 Weeks \$60.00**  
**September 29 7:00-9:00 Room TBA**

### Draw Your Home In Pen & Ink 0011

*Allen Perille*

Step by step instruction on how to create a framed pen & ink drawing of your home. No artistic experience needed. We will work from a photo of your home and finish with a framed keepsake to enjoy! Drawings of homes also make a great gift! Most materials for the course will be supplied. First night lab fee is \$8.00 to cover art pens.

**Tuesdays 5 Weeks \$60.00**  
**September 21 7:00-9:00 Room TBA**

## COLLEGE How To Pay For College Without Going Broke

0012

*Michael Dailey*

Paying for college can be a daunting task. How can parents determine what they can afford before their child starts looking at schools? Will the family be eligible for need based aid or merit aid? How do you find out before your student applies? This class will show you how to avoid the ten biggest mistakes parents often make: why a majority of families will not receive the aid they are entitled to; how to reduce your out of pocket cost at your child's chosen school; why is it that colleges will not help you figure out the best way to pay their bill. This course is a must for parents of high school students who want to develop a game plan for funding college within the family budget and maximizing financial aid opportunities. Each attendee will receive a course binder, preliminary education funding analysis and help filing their Federal financial aid form.

**Tuesday**      **1 Night**      **\$20.00**  
**October 12**   **7:00-9:00**   **Room TBA**

## College Admissions      0013 Today: Getting Started, Organized, And Getting In!

*Mary Spiegel*

Understanding and preparing for the entire college search and admissions process is the topic of this one-night seminar for high school students and their parents. This one session will offer an overview of the entire admissions process from the perspective of an experienced admissions director and independent college advisor. Families are encouraged to come with their own individual questions.

**Wednesday**      **1 Night**      **\$20.00**  
**October 20**      **7:00-8:30**   **Room TBA**



## S.A.T. Prep - Math      0014

*Brian Smith*

This course prepares you for the new math section of the S.A.T. Not only will students be given an initial assessment, but, the course will focus on strategies to succeed with the new version. Students will also be exposed to all questioning techniques in an effort to improve confidence and scores.

For November 6 Exam

**Wednesdays**   **6 Weeks**      **\$250.00**  
**September 29**   **7:00-9:00**   **Room TBA**

## S.A.T. Prep - English      0015

*Hope Spalla*

This course prepares you for the verbal section of the S.A.T. Included are tactics for doing sentence completion, grammar, critical reading questions and vocabulary. Students will also learn how to write a well-developed essay which is a component of the S.A.T.

For November 6 Exam

**Thursdays**      **6 Weeks**      **\$250.00**  
**September 30**   **6:30-8:30**   **Room TBA**

**Individual Tutoring for each  
SAT and ACT PREP  
is available on request.  
Call 203-452-4554 for  
more information.**

## Kaplan Test Prep and Admissions

Kaplan, the world leader in test preparation, provides options to fit your budget, your schedule, and your college admissions goals. You'll score higher-guaranteed or your money back! The \*New\* College Prep Advantage Course-everything you need to get into college-PSAT, SAT and ACT as well as online resource library to prep for SAT Subject tests and AP exams. Register with Kaplan at 1800-KAPTEST or Kaptest.com/college.

For November SAT Administration

**Mon & Wed**   **10 Sessions**   **\$499-\$999**  
**September 27**   **5:00-9:30**   **Room TBA**

## COOKING

### Cooking by "Patrizia" 0016

*Pat Grosso*

A series of cooking classes designed to introduce you to the joys of cooking Italian! The series will feature: fresh ingredients, interesting tastes, and simple techniques. From pasta to fish, appetizers to deserts, your palates will be treated to great tastes and textures! Join me for a series of "tasty" cooking experiences. Lab fee \$25.00 payable first night of class. Class limited to 12.

**Tuesdays 6 Weeks \$75.00**  
**September 28 6:30-8:00 Room TBA**

## DANCE



### Latin Dance Beginner I 0017

*Deb Linley*

Learn the basics of Latin dance in a fun and supportive environment! Students will learn salsa, merengue, rumba and cha-cha in this 5-week introductory course.

Dance is a great work-out, so whether you are dancing for exercise or sheer enjoyment, come join us for the craze that is sweeping the nation.

**Tuesdays 5 Weeks \$75.00**  
**October 19 7:00-8:00 BHS**

### Latin Dance Beginner II 0018

*Deb Linley*

Students will review and strengthen previously learned skills while advancing on to new steps. We will also be reinforcing techniques of lead and follow. Dances covered will be the salsa, merengue, rumba and cha-cha so whether you'd like to learn new skills, or brush up on your old ones join us for an evening of fun and stress relief! Prerequisite -Latin Dance Beginner I or equivalent experience.

**Tuesdays 5 Weeks \$75.00**  
**October 19 8:00-9:00 BHS**

### Beginners Belly Dance 0019

*Deborah Bailey*

Leave your sweatpants and your jogging shoes at home. More women are shimmying into healthier bodies and more confident attitudes with the help of a new workout trend. Belly dancing is becoming an increasingly popular way for women to develop strong abdominal muscles, definition in their arms and legs and an hourglass shape. Belly dancing doesn't just tone your muscles it can even help you lose weight and is also a great form of weight bearing exercise. The best advantage of this dance form is that it's fun and it helps you to stay in shape. All you need to bring is water and a hip scarf.

**Tuesdays 6 Weeks \$85.00**  
**October 12 6:00-7:00 Sr. Lounge**

## DRIVER EDUCATION PROGRAM

Trumbull Continuing Education offers a comprehensive Driver Education Program. This program consists of 30 hours classroom instruction, includes 8 hours of safe driving practices, 8 hours of on the road training, and a mandatory 2 hour parent training workshop. Students must be 16 years of age prior to the start of the classes.

On the road training is by appointment. Register early!

Registrations available in school store or contact George Romano for more information at 203-452-4577.



## FINANCIAL

### **Strong Women, Powerful Financial Strategies** 0020

*Henry J. Cormier*

Women face some unique issues when planning their financial future. This dynamic workshop will address the concerns of women and specific issues that affect them in financial planning, as well as help give women like you the solid financial strategies needed to achieve peace of mind and financial security. It's your financial future, take control and feel good about it. *This class is presented by Henry J. Cormier, CFP® Senior Financial Advisor and Private Wealth Advisor with Ameriprise Financial Services, Inc. This is an educational seminar. there is no obligation.*

**Wednesday 1 Night \$20.00**  
**September 22 6:30-8:30 Room TBA**

### **How An Estate Plan 0021 Helps Put You In Control**

*Henry J. Cormier*

Estate planning can be for everyone. This workshop will provide you with answers to questions about the components of a basic estate plan, who is involved in the process and what is needed in complex situations. Some of the topics we will cover: What is estate planning and who benefits; Who needs an estate plan; How can you manage your estate taxes now and for your heirs; How can you care for the people you love and leave a meaningful legacy.

**Monday 1 Night \$20.00**  
**November 15 6:30-8:30 Room TBA**

### **Helping You Plan 0022 For A New Retirement**

*Henry Cormier*

Retirement today isn't what it used to be. Your retirement can be the beginning of a new lifestyle and a time of opportunity and discovery. This dynamic workshop will help you explore your options for feeling more confident, in control and on track with your retirement planning – and help you develop a strategy that's right for you. Some of the topics we will cover are: Envisioning your ideal retirement, Determining your future income needs and sources, Managing your risks in retirement savings, Managing tax and estate planning strategies, 401(k) rollover options.

**Tuesday 1 Night \$20.00**  
**November 9 6:30-8:30 Room TBA**

### **Estate Planning 0023**

*Patricia R. Beauregard, Esq.*

This is a detailed seminar on estate planning techniques and estate administration, with an emphasis on reducing or avoiding transfer taxes and maximizing lifetime wealth. There will be an in-depth review of federal and state transfer tax laws, including recent changes. Learn about the probate process and avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations.

**Wednesdays 3 Weeks \$50.00**  
**September 29 7:00-9:00 Room TBA**



## Financial Strategies 0024 For Successful Retirement

*Steven Jacques*

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are important to people near retirement. Topics include how to reduce pressures on your retirement income and which assets are appropriate for retirement income, which are appropriate for lifetime use and which assets are appropriate for future generations; how to make appropriate health care decisions, especially who will provide care, where you live and how you will pay for your health care. We will explore some options that allow you to transfer assets to other generations of your family. By condensing up-to-date financial information into three classroom sessions, this seminar gives you answers you need. An optional financial planning consultation is provided after the class. You may bring your spouse at no extra cost. Material Fee of \$30.00 is payable to instructor first night of class.

**Tuesdays 3 Weeks \$35.00**  
**September 6:30-8:30 Room TBA**



## Away for the Day

### FALL / WINTER 2010 SCHEDULE

**Hartford Attractions** On our guided tour of the Connecticut Trash Museum, we'll explore all aspects of waste management, and with our step-on guide, we'll learn about Katherine Hepburn's youth in our capital city.  
Tuesday August 31 \$108

**Isamu Noguchi** When we visit the airy Isamu Noguchi Museum, we'll have a guided tour of an exhibit titled "Noguchi ReINstalled." This gifted prolific artist was not only a sculptor, but he also designed playgrounds and gardens. Lunch at the Water's Edge.  
Wednesday September 15 \$122

**"How to Succeed in Business Without Really Trying"** Join us at Goodspeed for this musical satire in which a window washer charms his way up the corporate ladder.  
Wednesday October 6 \$124

**"King Tut and the Golden Age of the Pharaohs"** This may be the last chance to see the king's treasures.  
Tuesday October 12 \$102

**"Memphis"** Set in the 1950s, this Broadway musical explores the birth of rock and roll. From its opening to its rousing finale, "Memphis" is high-octane entertainment.  
Wednesday November 10 \$160

**"White Christmas"** At Hartford's Bushnell, this holiday musical, which brims with Irving Berlin hits such as "Blue Skies," tells the story of two theater buddies putting on a show in an inn and finding their perfect mates, as well. Lunch at Vito's.  
Saturday November 20 \$150

For a complete brochure, call Jill Meyer at 203-226-4310 or send an e-mail to [jill@awayfortheday.net](mailto:jill@awayfortheday.net)

# HEALTH

## Live Your Life Not Your Diet 0025

Annette Alfieri

Thinking about food 24/7? Have you given up on ever losing weight? It's time to consider a different approach because weight loss is NOT just about the food. We will look at the effects of sleep, stress, toxins, hydration levels and even how you eat and why. Weigh-in and free Total Metabolic Testing done on each participant.

Annette Alfieri, MS is a clinical nutritionist in Southport who specializes in weight loss and overcoming weight loss resistance.

**Wednesday 1 Night \$25.00**  
**October 6 7:00-9:00 Room TBA**

## The Dieter's Mindset 0026

Annette Alfieri

Have you tried countless diets, only to fail again and again? Well, maybe it's not the diet at all. It's your mindset. Most of us instinctively know what we should be eating. So why don't we do what we know we should? In order to be successful at anything, you first have to "get in the game." This class will work on proven tips and techniques to get you ready to move forward. At the end of this class you will be mentally "ready" to succeed and lose the weight once and for all.

**Wednesday 1 Night \$25.00**  
**October 13 7:00 - 9:00 Room TBA**

## Nutrition Class 0027

Laura Siebold

Do you have a hard time when reading the ingredient list at the grocery store? Are you confused between the differences of a good fat and a bad fat? Or do you just want to eat better to feel better? A course on basic nutrition might be just what you need. After all, you are what you eat!

Laura Siebold is a clinical nutritionist in Trumbull.

**Mondays 2 Weeks \$40.00**  
**November 8 7:00-8:30 Room TBA**

## What The Heck Should I Be Eating? 0028

Annette Alfieri

Have you ever wondered what good nutrition really is? Are you eating for optimal health? Have you ever thought it would be nice to see a nutritionist? Well this is your chance! We will talk about micro and macronutrients, the best way to start the day, how to shop and what to buy, the worst food you might be eating, what a well-rounded meal looks like and so much more!

**Wednesday 1 Night \$25.00**  
**October 27 7:30 - 9:00 Room TBA**



# FITNESS & SPORTS

## Beginner Yoga 0029

Patrick Casey

This course adapts to the needs of each individual. Yoga is a series of stretches, that, with the proper breathing, releases stress and toxins in the body. With this practice of Yoga you will develop better posture, become more flexible, and achieve all over body strength. This is a full body workout with endless health benefits. Bring your yoga mat, a towel, and water to class.

**Mondays 10 Weeks \$145.00**  
**September 13 7:15-8:30 Room TBA**

## Intermediate Yoga 0030

Patrick Casey

This is a step up from beginner Yoga with new postures, longer holding times, and an understanding of the philosophy of yoga. Students must have attended a beginner yoga class.

**Tuesdays 10 Weeks \$145.00**  
**September 14 7:15-8:30 Room TBA**



## Zumba 0031

Michele Santoro

A latin-inspired dance fitness class that incorporates Latin and international music and dance movements. It's great for the body and the mind. Please bring water. Wear comfortable clothing and sneakers that provide good support. Barefoot, socks or heels are not allowed. **You must be at least 18 years of age to attend this class. No children allowed.**

**Wednesdays 12 Weeks \$130.00**  
**September 15 7:00-8:00 BHS**

## Pilates 0032

Linda Turiano

Join our fun Pilates classes. Help strengthen muscles for sports. Improve your golf score, your tennis score, and all other sports performances. Class ideal for men and women of all ages. See if Pilates exercises can help with that nagging, constant back ache that plagues you after you walk or just stand for awhile. Pilates classes help build strength and flexibility, with an emphasis on lengthening the body and aligning the spine. You can appear taller just by doing these exercises. Pilates focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. Pilates also strengthens the deep torso muscles which are important to help alleviate and prevent back pain. Teacher is excellent with years of experience to help you get the best out of this class while having a great time. Bring a floor mat, hand weights, and water for hydration. Mats available for purchase or bring your own. Come join this fun and rewarding class, make those improvements today, and have fun doing it!

**Mondays 12 Weeks \$180.00**  
**September 13 6:00-7:00 Room TBA**

## Pilates On The Ball 0033

Linda Turiano

Join our body shaping workout. Pilates on the ball are fun ball exercises that target your tummy to give you firm, flat abs along with lean legs and firm buns. Help build lean, fat-burning muscle that can enrich your athletic life. Improve golf, tennis, racquetball, and many more sports endeavors. The exercises focus on the core muscles. Excellent teacher with years experience makes the class fun and rewarding. Bring your own ball and floor mat or purchase ours. Wear comfortable clothing and bring water for hydration. Please note: **Mandatory-Prior Pilates Experience A Must- NO Exceptions.**

**Wednesdays 13 Weeks \$190.00**  
**September 8 6:00-7:00 Room TBA**



## **Sculpt and Ab Class 0034**

*Deborah Bailey*

Increase your strength and endurance and tone your abdominals with this total body workout. Using weights, along with continuous, intense movements, you will redesign your body into one that is sleek and toned! This class will make you feel strong from the inside out by using your deep core and back muscles more efficiently. By working your abs you will develop strong back and sculpted abdominal muscles. This class will make you feel strong from the inside out. Bring 3-5 lb weights and an exercise mat is needed.

**Tuesdays 6 Weeks \$75.00**  
**October 12 7:15-8:00 Sr Lounge**

## **Beginner Adult 0035**

### **Tennis**

*Marcy's Tennis Academy, LLC*

Learn how to play the lifetime sport of tennis with Marcy's Tennis Academy! Tennis lessons include emphasis on stroke development and hand and eye coordination skills. The following strokes will be taught through drills and games: forehand, backhand, volley, lob, serve and overhead. Students must bring their own tennis racket and one can of new tennis balls to the first class. We will bring the rest. **Must be 16 years or older.**

**Mondays 6 Weeks \$110.00**  
**September 20 7:00 -8:30 BHS**



## **Golf-Beginners/Inter 0036**

*Joseph Moyer*

This course is for beginning golfers. The fundamentals of grip, posture, stance and swing will be discussed. Additional short game instruction will also be presented. Participants should bring golf clubs. Course fee does not include golf balls at the driving range, (\$8.00 per bucket.) Register early only 6 per class.

**Mondays 6 Weeks \$90.00**  
**September 27 5:00 - 6:00 BHS**

### **Golf-Beginners/Intermediate II**

**Mondays 6 Weeks \$90.00**  
**September 27 6:00 - 7:00 BHS**

## **LANGUAGE**

### **Portuguese 0037**

*Virginia Dileo*

Portuguese is a language spoken by many people in this area and therefore the knowledge of the Portuguese language can be beneficial to getting a job. This course is designed for students who have little or no previous knowledge of the Portuguese language. Students will learn the skills needed to read, write, and carry on a basic conversation. If you plan to travel abroad, to Brazil, or any other Portuguese speaking country, learning the language can certainly make the trip more exciting. Come join this fun class with an excellent, dynamic teacher and learn something new.

**Mondays 12 Weeks \$120.00**  
**September 20 6:30-8:30 Room TBA**

### **Spanish-Beginner 0038**

*Virginia Dileo*

Learn to communicate in Spanish. Spanish is useful for so many jobs today. Knowing Spanish can give you an edge in your current job or help you get a job. And, in this difficult job market, any tool that can give you an edge is worth investing time in. If you ever dream of traveling abroad, knowing Spanish will make that trip much more enjoyable. Spanish is not a difficult language to learn. This course is designed for students who have little or no previous knowledge of Spanish. Students will learn the skills needed to carry on basic conversations. Come join this fun and lively class. According to students who have taken this class, the teacher is dynamic, enthusiastic and excellent. You won't be disappointed!

**Tuesdays 12 Weeks \$120.00**  
**September 21 5:30 - 7:30 Room TBA**

### **Hindi 0039**

*Saneev Wadhwa*

Hindi language course is designed to teach Hindi language to students by well developed syllabus and text books. Students start with learning basic knowledge of Hindi and acquire advanced Hindi proficiency at higher levels. The student will also learn about Indian culture along with the language. Cost of the textbooks for the course is included in the course fee.

**Mondays 12 Weeks \$150.00**  
**September 13 6:30-7:30 Room TBA**

## Conversational Spanish

0040

Virginia Dileo

Learn to communicate confidently in Spanish. The conversational Spanish course will provide the student with the basic skills needed to carry on a conversation. Prior knowledge of Spanish is helpful. Students carry on increasingly challenging conversations with each other and the teacher as the class progresses. This class can be instrumental in helping you get a job or give you an advantage of your current job. So many companies need people who speak at least some Spanish. In today's difficult job market, any edge will help. And if you plan to travel abroad, speaking the language can make the trip much more fun.

**Tuesdays**      **12 Weeks**      **\$120.00**  
**September 21**   **7:30 - 9:30**   **Room TBA**

## Italian Travel

0041

Sara Dean

A good mini course for those who plan to visit Italy, but do not have the time to study the Italian language. It includes basic vocabulary, Italian culture, geography and history, as well as travel tips.

**Mondays**      **4 Weeks**      **\$55.00**  
**September 20**   **7:00 - 9:00**   **Room TBA**



## Italian - Beginner

0042

Sara Dean

No previous knowledge of the Italian language is necessary. This course will provide the student with the basic skills needed to read, write and carry on a basic conversation. This is a fun course which includes a little culture, music, geography and literature. The book for this class is not included in the course fee.

**Tuesdays**      **10 Weeks**      **\$120.00**  
**September 21**   **7:00-9:00**   **Room TBA**

## PERSONAL INTEREST

### Organizing Your

0043

### Paperwork

Susan Lovallo

Are you swimming in a sea of papers piled up or spilling across counters and tabletops? Do you have trouble finding important documents or feel confused about what you can discard? You can conquer paper clutter! In this helpful one session class, you'll learn simple ways to navigate this common, but highly stressful problem. Discover the four places that paper belongs, how to set up a paper management system that's easily maintained and simple ways to avoid accumulating mail.

*Susan Lovallo, CPA, CPO is a Certified Public Accountant, Certified Professional Organizer and the owner of Clutter Solutions, LLC, a local company that focuses on organizing homes, offices, time & finances for individuals, families and businesses.*

**Tuesday**      **1 Night**      **\$25.00**  
**October 5**      **7:00 - 9:00**   **Room TBA**

## Introduction To Wine Making

0044

Frank Rinaldi

This class will cover all the basic topics to get you started in making your own wine at home. This is not a wine tasting class. We will cover topics such as grape varieties, unit of measurement, supplies and equipment, storage vessels, cleaning and sanitizing, racking and bottling your wine, making personalized labels, and the processing of your wine. You will learn where to buy your grapes, juice or kits – both locally and on the internet. We will study wines made from kits and juice. Within six weeks you could be drinking your first home made wine!

**Tuesdays**      **5 Weeks**  
**September 28**   **6:00-8:00**



**\$65.00**  
**Room TBA**

## M.O.R.E. - Motivation, Occupation, Recreation And Education

*Rosemarie Derrig*

The mission is to promote and enhance the well being of people with disabilities, and their families, by providing life skills, continuing education, nutrition, physical fitness training, and social recreational activities in community life. This course is open to all present Special Education students of middle school age and older. Former Special Education students, and other young adults with disabilities from Fairfield County area can attend. To register and make payment, call Rosemarie Derrig at 459-0034.

**Fridays** **\$40.00**  
**September 10 7:00-9:30 Sr Lounge**  
**Introduction to 0045**

## Medical Intuition

*Kathanna Knapp*

Medical Intuition is a tool of supplementary insight. It traces the nature and roots of conditions that have manifested themselves in physical discomfort and disease within a client's energy field. The role of a medical intuition practitioner is to pay attention to the body without censoring, questioning, analyzing or bringing any preconceived frames of reference. This work is particularly helpful for providing information regarding conditions that may have eluded traditional methods of diagnosis or comprehension. Come learn how to use your unique intuitive gifts in "peering" into the unknown.

**Wednesday 1 Night 25.00**  
**October 27 6:00-9:00 Room TBA**

## Intro to Healing With The Angels 0046

*Kathanna Knapp*

Approx. 75% of all America believe in angels. Angels are all around us waiting for an invitation to bring health and richness to our lives. Learn about which Archangel is assigned to work with you. Also how to tap into the healing gifts of the angels. Each student will receive an angelic healing.

**Wednesday 1 Night \$25.00**  
**September 29 6:00-8:00 Room TBA**

## Intro To Feng Shui 0047

*Deb Linley,*

Explore the universal wisdom of this ancient art as it relates to contemporary home and work spaces. This class is designed to help you learn the fundamental concepts of Feng Shui as well as how to apply age-old principles to modern day living. Find out how Feng Shui can enhance all areas of your life including relationships, health, career and finances. We will take time out during class to apply what we've learned to our own living spaces.

*Deb is a certified Feng Shui practitioner and has served as Assistant Director to the New England School of Feng Shui. She holds an MBA and provides both residential and business consultations.*

**Tuesday 1 Night \$25.00**  
**October 12 6:30 - 8:30 Room TBA**

## Now What? 90 Days To A New Life Direction 0048

*Carol A. Spear; BNRN*

Are you reevaluating your life and/or career following a job loss or thinking about a job change, following divorce or a health crisis, as an empty nester or planning for retirement? Needing to do something radically different with your life? Are you searching for more joy, more passion and more fun? This dynamic 10 week program will guide you to become clear about what you truly want in life, even if you are horribly stuck, discover what keeps you from taking action, overcome fear and doubts, handle money concerns once and for all, trust your intuition like never before, create a plan of action to get what you want and celebrate your success along the way. You will feel energized as you take charge of your life! Limited to 8 participants.

*Carol Shear is a Registered Nurse and Life Coach and the owner of Rise Up Coaching, LLC a local company that focuses on creating successful transitions in the lives of women.*

**Mondays 10 Weeks \$175.00**  
**September 20 8:00 - 9:00 Room TBA**

## **Intermediate Healing    0049 With The Angels**

*Kathanna Knapp*

This class delves into deeper connections with our Divine Angelic companions. Discover how to connect with the different angels and bring in their high energy for healing and guidance. Learn advanced techniques for healing yourself and others.

**Wednesday    2 Weeks    \$60.00**  
**October 6    6:00-9:00    Room TBA**

## **Substitute Teaching    0050 Guide**

*Maryann Dikranian*

This course is designed to provide helpful strategies and techniques for those choosing to become a substitute teacher. The course is divided into three sections: school rules and procedures, class management strategies, and ideas for a variety of educational and fun filled activities. \*\*\*Fee is refunded by Trumbull Board of Education upon becoming a regular substitute.

**Tuesdays    3 Weeks    \$60.00**  
**October 5    7:00-9:00    Room TBA**

## **How To Write A    0051 Mystery**

*Jessica Speart*

Everyone has a mystery inside that's dying to come out. This course will cover finding ideas, turning them into a compelling mystery plot, creating your sleuth, and tackling character development. Other important aspects include writing believable dialogue, building a sense of place, hiding clues in plain sight, and how to bring action scenes to life. In addition, you'll learn how to sell your manuscript. The course will involve writing exercises, and brainstorming with the instructor and your fellow students.

**Wednesdays    6 Weeks    \$55.00**  
**October 6    7:00-9:00    Room TBA**

# **TRUMBULL**

## **PUBLIC SCHOOLS**



### **Substitute Teaching and Paraprofessional Opportunities**

Experience the rewards  
of working  
with children

All grade levels

Workday preferences  
considered



Excellent opportunity to  
begin/resume  
your teaching career

# **452-4363**

Personnel Office  
Long Hill Administration  
Building  
6254 Main Street  
Trumbull, CT 06611

## **Decision Making 0052 Using Your Intuition**

*Kathanna Knapp*

We all have the gift of intuition although most people do not recognize the messages from their inner guidance system. Many times intuitive messages are shrugged off as imagination. In this experiential class we will be using Dowsing, Kinesiology and other ways to tap into your intuition to help you get answers to your personal life's questions.

**Wednesday 1 Night \$25.00  
October 20 6:00 - 9:00 Room TBA**

## **How To Avoid Traffic 0053 Tickets**

*Attorney Earl Ormond*

This class is designed to provide information, advice and tips on how to avoid being pulled over by police officers and avoid receiving a summons for motor vehicle violations. In this class Attorney Ormond explains why police pull over some vehicles while letting others pass unmolested. He provides practical advice on how to reduce your chances of getting a ticket with some simple strategies. *Attorney Earl Ormond is a retired Stamford Police Sergeant who now has practices in Trumbull, Connecticut.*

**Tuesday 1 Night \$20.00  
October 12 7:00-8:30 Room TBA**

## **Home Security-Protect 0054 Your Greatest Asset-Your Home**

*Attorney Earl Ormond*

This class is designed to provide information, advice and tips on how to make your home more secure against intruders. In this class, Attorney Ormond provides examples of simple changes that can be made around your home to make it more secure. Things that are discussed in this class include, home hardware, (locks, doors, windows) landscaping, lighting, and security systems.

**Tuesday 1 Night \$20.00  
October 19 7:00-8:30 Room TBA**



**You're On The Air- 0055  
How To Really Make It  
In Voice-Overs**

*Rob Scigliompaglia*

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Rob Scigliompaglia, a successful voice-over artist, will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. He will discuss the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording and best of all, hear the results!

*Rob Scigliompaglia is an accomplished and successful NY based voice-over artist and actor. His voice-over clients include: PBS, Advanced Micro Devices,(AMD), Dean Koontz, and Court TV.*

**Monday 1 Night \$50.00  
November 15 7:00-9:00 Room TBA**

**TECHNOLOGY**

**Introduction To 0056  
Excel 2007**

*Gary Koos*

So, you've decided that you want to create and manage spreadsheets. This course will provide a basic understanding of the Excel for Windows spreadsheet program with the focus on simple spreadsheet applications. Areas to be covered include parts of a window, moving around in a worksheet, entering information and formulas, selecting, deleting, inserting, copying, moving cells, printing, and working with the various functions

**Class limit is 12.**

**Mondays 3 Weeks \$120.00  
September 20 6:30-9:00 Room B13**

**Intermediate 0057  
Excel 2007**

*Gary Koos*

Prerequisite: Familiarity with MS-Windows and use of the mouse along with basic MS-Excel skills. This class is the follow up to the Introduction to MS-Excel class or for those who possess basic MS-Excel skills. You will learn advanced spreadsheet editing techniques and use of excel tools including how to create formulas, apply functions, use automatic fill, and use bar, pie, and scatter charts to create a visual representation of your data. **Class limit is 12.**

**Mondays 3 Weeks \$120.00  
October 18 6:30-9:00 Room B13**



**eBay How-To Buy 0058  
And Sell OnLine**

*Gary Koos*

Learn the ins and outs of online buying and selling; how-to become an eBay seller, what it costs, how to protect your personal information, how-to price and list your item, how to handle payments and shipping and how-to complete the sale. A real 5 day auction to sell class members items will be created during the second class and the results reviewed in the third class.

**Class limit is 12.**

**Thursdays 3 Weeks \$120.00  
December 2 6:30-9:00 Room B13**



## **Introduction To Microsoft Word 2007**

**0059**

*Gary Koos*

This class will introduce computerized word processing using Microsoft Word 2007. The basics of word processing will be covered including the following topics: keyboard basics and shortcuts, opening and saving files, the use of fonts, styles, sizes, colors, cut, copy, paste, bullets and numbering, page setup, printing, and other introductory topics. Students will practice these skills by composing a personal and a business letter.

**Class limit is 12.**

**Wednesdays 3 Weeks \$120.00**  
**September 29 6:30-9:00 Room B13**

## **Intermediate Microsoft Word 2007**

**0060**

*Gary Koos*

Prerequisite: Familiarity with MS

This class will cover more advanced features in word processing including columns, margins, paper size, templates, word art, clip art, and other word features. Students will practice by creating several different types of documents.

**Class limit is 12.**

**Wednesdays 3 Weeks \$120.00**  
**October 20 6:30-9:00 Room B13**

## **Basic Computer Maintenance**

**0061**

*Gary Koos*

Prerequisite: Familiarity with the Windows Operating System and the keyboard and mouse. Learn how to configure your computer's memory resources for optimal performance and prevent viruses, spam, cookies and pop-up ads from cluttering up your hard drive. You will also learn how to use some of Windows built in configuration and maintenance programs to keep your computer running well.

**Class limit is 12**

**Mondays 3 Weeks \$120.00**  
**December 6 6:30-9:00 Room B13**

## **Quickbooks For Beginners**

**0062**

*Gary Koos*

This beginner class is designed for students that are new to Quickbooks or have limited experience and would like to better utilize this powerful book keeping program. Topics covered will include Navigating the Quickbooks interface, basic accounting principles, setting up your company and entering company information, setting up customers, vendors and employees, using bank registers, credit card transaction, recording sales, payments and much more. Material fee of \$10.00 is payable first night of class to instructor.

**Class limit is 12.**

**Tuesdays 4 Weeks \$150.00**  
**September 21 6:30-9:00 Room B13**

## **Intermediate Quickbooks**

**0063**

*Gary Koos*

Intermediate Quickbooks will continue your Quickbooks education where the beginners leaves off. Topics covered will include creating reports and graphs, setting up the inventory features including entering products, ordering, billing, receiving and tracking inventory items. Setting up, applying, recording and paying sales tax will be covered as will setting up Quickbooks payroll features. Material fee of \$10.00 is payable first night of class to instructor.

**Class limit is 12.**

**Tuesdays 4 Week \$150.00**  
**October 19 6:30-9:00 Room B13**



## **Advanced Word And Excel 2007 Tricks And Shortcuts**

**0064**

*Gary Koos*

Prerequisite for this class is Intermediate MS-Excel and Intermediate MS-Word. This one night session is designed for Excel and Word 2007 users that have mastered the basics, and are ready to move up to the level of Excel and Word power users. There are many shortcuts and tricks that Excel and Word professionals use to save time and be more productive. This class will cover many of those secrets and help you become a power user too!

**Monday 1 Night \$40.00**  
**November 15 6:30-9:00 Room B13**

## **Getting To Know Your Computer For Beginners**

**0065**

*Gary Koos*

This course is designed for people new to computer technology and who have little or no experience with computers. The goal of this class is to provide a comprehensive introduction to using computer technology in the home and business environment. If you have been at all hesitant to dive into the world of computers, this is a great opportunity to start in a comfortable environment with other beginners at a basic level.

**Class limit is 12.**

**Thursdays 3 Weeks \$120.00**  
**September 30 6:30-9:00 Room B13**

## **Getting To Know Your Computer 11**

**0066**

*Gary Koos*

This course is designed for people new to computer technology and who have little or no experience with computers. The goal of this class is to provide a comprehensive introduction to using computer technology in the home and business environment. If you have been at all hesitant to dive into the world of computers, this is a great opportunity to start in a comfortable environment with other beginners at a basic level.

**Class limit is 12.**

**Thursdays 3 Weeks \$120.00**  
**October 21 6:30-9:00 Room B13**

## **Open Office**

**0067**

*Gary Koos*

Open Office is a free downloadable office suite that mimics and is compatible with Microsoft Office. Open Office contains a Word Processor, Spreadsheet, Database, and Presentation program and supports Windows/mac/Linux operating systems. This class will focus on the Word Processing and Spreadsheet components of the program and review the remaining features of this free alternative to MS-Office. Prerequisite: Basic computer and word processing skills.

**Wednesdays 4 Weeks \$150.00**  
**November 10 6:30-9:00 Room B13**

## **Web Page Design**

**0068**

*Karen Robinson*

Are you interested in creating your own personal Web Site? You will be surprised how easy it is! Learn how to create eye catching Web Sites using HyperText Markup Language, including bulleted lists, forms, frames, tables, hyperlinks to other Web sites, cascading style sheets and much more.

**Tuesdays 5 Weeks \$185.00**  
**September 14 6:30-9:00 Room C25**

## **Power Point**

**0069**

*Karen Robinson*

Prerequisite: Familiarity with the computer and use of the mouse. Do you need help creating professional presentations and or brochures for business, school or personal use? Microsoft PowerPoint is the answer. This course will teach the basics of PowerPoint using a variety of techniques including how to enhance a presentation, creating visual effects, slide transitions and handouts. During this course, each participant will create a PowerPoint presentation utilizing all the methods taught in class.

**Tuesdays 3 Weeks \$120.00**  
**October 26 6:30-9:00 Room C25**

# STUDENT CORNER

## Hindi

0039

*Saneev Wadhwa*

Hindi language course is designed to teach Hindi language to students by well developed syllabus and text books. Students start with learning basic knowledge of Hindi and acquire advanced Hindi proficiency at higher levels. The student will also learn about Indian culture along with the language. Cost of the textbooks for the course is included in the course fee.

## READING/MATH

Trumbull Continuing Education will offer afterschool programs in READING and MATH which will further reinforce basic skills for students in grades 3-5 starting Wednesdays, October 13, 2010.

**Mondays**      **12 Weeks**      **\$150.00**  
**September 13**      **6:30-7:30**      **Room TBA**



For more information on these programs  
call 203-452-4554



HEADSTART is now recruiting children who will be 3 or 4 years old by December 31 from Trumbull, Monroe, Easton, North Bridgeport, Stratford, Fairfield, and Newtown for its Fall Preschool Program. The program is FREE to families who meet the income guidelines. Priority is given to 4 year olds. Are you currently receiving welfare or unemployment compensation? Single, divorced, out of work or struggling to make ends meet? Do you have a foster child? Any of these circumstances might make your child eligible for this FREE, Award-Winning, Preschool Program. Call 452-4422 for more information.



# Career Exploration



**Job Shadowing**

**Internships**

**Conferences**

**Career Awareness Programs**

**Tours / Field Trips**

**Teacher & Student Grants**

**Supports all Trumbull Schools**

- **Public / Private / Parochial**
- **Grades K-12**

Trumbull Business Education Initiative (BEI) helps students explore and experience various careers and working environments.

**Inspire the Future!**

## **For Parents and Students**

Contact your teacher, principal, or guidance department to learn about opportunities and programs in your school.

## **For Businesses and others supporting Career Exploration**

Help us provide Financial Assistance for Program Grants, Internships, Job Shadowing Opportunities, Speakers Bureau, and other experiences to bring career awareness to Trumbull's children.

**Visit our website at [TrumbullBEI.com](http://TrumbullBEI.com) or contact us:**

**John Annick, Co-Chair  
Executive Director Trumbull BEI  
[jaedj@aol.com](mailto:jaedj@aol.com)  
203-377-5803**

**Dr. Gary Cialfi,  
Board of Education Contact-  
[cialfig@trumbullps.org](mailto:cialfig@trumbullps.org)  
203-452-4353**

**BEI is a volunteer-driven partnership of local businesses, educational institutions, the community, and town government.**



72 Strobel Road, Trumbull, CT 06611  
(203) 452 - 4554  
www.trumbullps.org

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TRUMBULL CONTINUING EDUCATION IS ALWAYS  
LOOKING FOR NEW PROGRAMS TO OFFER TO OUR  
COMMUNITY. IF YOU HAVE ONE TO OFFER, AND ARE  
INTERESTED IN SHARING YOUR KNOWLEDGE,

PLEASE CALL US AT 203-452-4554  
or EMAIL [decerbor@trumbullps.org](mailto:decerbor@trumbullps.org)

WE WELCOME ALL SUGGESTIONS AND COMMENTS

THANK YOU FOR ALL YOUR SUPPORT!

