

ADULT EDUCATION PROGRAM – FALL 2009
Huntington High School – Huntington, New York
Resident HUFSD \$55 – Non-Resident \$65 – Senior citizen \$15

Name
School District
Address Phone No.
E-Mail Receipt No.
Course Day Fee

REGISTRATION MAIL-IN FORM

Fill out the adjoining registration form. Use photocopy or separate sheet for each additional course.
Make checks payable to HUFSD.

Do not include extra class fees for books or materials.

Mail along with **separate checks for each course** to:

**Adult Education, HUFSD, Box 1500, Huntington, NY 11743
to be received prior to the first class.**



Non-Profit Org.
U.S. Postage
PAID
Permit No. 108
Huntington, N.Y.

ADULT EDUCATION

Huntington Union Free School District
P.O. Box 1500
Huntington, New York 11743

POSTAL PATRON

FALL 2009

Dated Material

ADULT EDUCATION PROGRAM

Sponsored By
HUNTINGTON UNION FREE SCHOOL DISTRICT

Education continues throughout one's lifetime. Our Adult Education Program offers a wide variety of courses to serve the needs of life-long learners. Come and enjoy our many offerings!

REGISTRATION INFORMATION:

MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS
IN-PERSON: 7:00-9:00 P.M. ON Thursday, September 10, 2009
HUNTINGTON HIGH SCHOOL LOBBY

• John J. Finello, Superintendent • Dr. Kenneth A. Card Jr., Director

BOARD OF EDUCATION

William Dwyer, President • Emily Rogan, Vice President
Christine Bene • Elizabeth C. Black • Kimberly Brown • Richard McGrath • John Paci

ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Tel. 673-2010 Monday-Thursday Evening
During each Semester Session

THE ADULT EDUCATION PROGRAM AS DESCRIBED IN THIS BROCHURE IS FINANCIALLY SELF-SUSTAINING. VISITORS OR SPECTATORS ARE NOT PERMITTED IN CLASS.

REMINDER: BEFORE REGISTERING FOR ANY EXERCISE CLASS PLEASE CONSULT YOUR PHYSICIAN.

REGISTRATION PROCEDURE

BY MAIL. The courses may be registered by mail and will be filled in order that forms and checks are received. Mail-in registration must arrive prior to the first class. **NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED AND THAT YOU ARE TO COME TO THE FIRST CLASS MEETING. NO LETTERS OF ACCEPTANCE WILL BE SENT.**

IN PERSON. Register for all classes **Thursday, September 10, 2009** from 7:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

FEES: \$55.00 for District residents
\$15.00 for Senior Citizen residents
\$65.00 for all Nonresidents,

except where indicated otherwise in the course description. Fees may be paid by cash or **check made payable to HUFSD**. Separate checks should be made out for each course. **DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS;** these will be collected during class.

CLASS LOCATION: All classes meet in Huntington High School unless otherwise noted. Classes run for eight (8) weeks unless otherwise indicated.

SENIOR CITIZENS. The Board of Education cordially invites HUFSD residents 60 years of age and over to attend any adult education course for a fee of \$15.00 **WHENEVER SPACE IS AVAILABLE** (except those classes marked **limited or special fee**). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid.

REFUNDS. If the course for which you registered does not get the required minimum of 16, it may be canceled and you will be notified by phone when possible. Your refund will be mailed from the School Board Office. **ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELED.**

The evening program is conducted primarily for adults not attending school. However, the Board of Education invites persons over 16 years old to register and attend adult education classes, where room is available, on payment of standard fees. Exceptions are Basketball and where otherwise indicated.

CALENDAR FALL 2009

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

R = REGISTRATION () = HOLIDAY/SCHOOL CLOSED C = CLASSES BEGIN * = MAKE-UP DAYS

SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER			
M	T	W	T	M	T	W	T	M	T	W	T	M	T	W	T
	1	2	3				1	2	(3)	4	5		1	2	3
7	8	9	10R	5	6	7	8	9	10	(11)	12	7	8	9	10
14	15	16	17	(12)	13	14	15	16	17	18	19	14	15	16	17
21C	22C	23C	24C#	19	20	21	22	23	24	(25)	(26)	21*	22*	23*	
(28)	29	30		26	27	28	29	30							

WHEN HUNTINGTON UNION FREE SCHOOL DISTRICT SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER OR OTHER REASONS, ADULT CLASSES WILL NOT MEET.

MONDAY

SPANISH FOR BEGINNERS **JESSICA MEDINA**
Room 127 **7:00-9:00**
Basic grammar and extensive vocabulary stressed. An elementary level of conversation will be taught.

INTERNET A TO Z **RICHARD GRESS**
Room 218 **7:30-9:30**
4 Sessions: 10/19, 10/26, 11/2, 11/9
FEE: \$35 - \$40 Non-Resident

This fun beginner's course will give you everything you need to know to successfully use the internet. It launches you from the realities of life into the virtual universe we call cyberspace. You will learn about the Internet Explorer browser, the difference between various search engines and how to effectively use them, and how to download files. This course will also arm you with the tools to analyze and validate sites you are accessing.

KNITTING **MARTHA REILLY**
Room 124 **7:00-9:00**

This class is for all levels of knitters. Beginners will learn the basic knitting stitches. Advanced knitters can bring new or unfinished projects to work on. The bonus project this fall will be mittens or socks using the magic loop method. Beginning knitters need to bring a skein of worsted weight yarn and a pair of size 8 knitting needles.

VINYASA YOGA **OKSANA DANZIGER**
Location - TBA **7:30-9:00**
NO SENIOR CITIZEN DISCOUNT.

Relax and enjoy moving through various yoga postures in the rhythm of the dance. Increase your energy and improve your physical, mental and spiritual well-being. Bring a mat and blanket.

SOCCER FOR MEN (INDOOR) **KIERAN MOCK**
Huntington High Gym **8:30-10:00**
10 SESSIONS

Sharpen and develop your soccer skills as you join us for co-ed indoor soccer. This fast-paced, high-energy game will keep you running. Multi-levels of play—its fun! Shin guards are required and a water bottle is recommended.

TUESDAY

MICROSOFT OFFICE ADVANCED **RICHARD GRESS**
Room 218 **7:30-9:30**
FEE: \$67 - \$77 Non-resident

LIMITED. NO SENIOR CITIZEN DISCOUNT. Would you like to learn more about the popular Microsoft Office applications Word, Excel and Powerpoint? Then this is the class for you. Basic knowledge is assumed so students can immediately dig into advanced Word concepts like Mail Merge, Tables for Newsletters, and Advanced Formatting. Excel student will work with practical examples like budgets, financial data, lists, and checkbook registers. Advanced Excel concepts will include filtering, sorting and printing spreadsheet data. Powerpoint users will learn to create, edit and animate information for effective presentations.

SOCCER FOR WOMEN (INDOOR) **LINDA ROTH**
Location - TBA **7:00-9:00**
10 Sessions

Intermediate to advanced players welcomed age 25 and older. A non-competitive soccer scrimmage. Bring a dark and white T-shirt. Shin guards are required and a water bottle is recommended.

WEDNESDAY

BEGINNER'S ITALIAN **KERRI TITONE**
Room TBD **6:30-8:30**

This course is for students with no or beginner's knowledge of Italian who want to build a base for fluency and accuracy in speaking, reading and writing the Italian language. Numbers, vocabulary, greetings, geography and history are all part of this course which will enable each student to grasp the fundamentals of this romantic language. Film and Internet resources are used to develop aural comprehension and to recognize informal usage as opposed to formal usage of Italian.

INTERMEDIATE ITALIAN **TBA**
Room 126 **7:00-9:00**

A continuation of the beginners' Italian course for people who want to extend their fluency and accuracy in speaking, reading and writing the Italian language. Numbers, vocabulary, greetings, geography and history are all part of this course which will enable each student to grasp the fundamentals of this romantic language. Film and Internet resources are used to develop aural comprehension and to recognize informal usage as opposed to formal usage of Italian.

INTRO TO COMPUTER KEYBOARDING **ALLISON POLLARD**
Room 251 **7:00-9:00**

Learn how to touch-type properly using a computer. Develop essential keyboarding skills and techniques. Practice drills are used throughout the course to increase typing speed and accuracy. Additional activities and dictation exercises will be used in this course for added reinforcement. Proper keying technique will be taught throughout the course.

BASKETBALL FOR MEN **JOHNNIE MORALES**
H.S. Gym **8:30-10:30**
10 SESSIONS

Choose up sides and play full or half court games in our gym. For men over 21 years.

TAI CHI CHI KUNG **RICHARD WOS**
Jefferson Cafeteria **7:00-8:30**
10 SESSIONS

LIMITED. NO SENIOR CITIZEN DISCOUNT. Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai Chi has been acknowledged in China for thousands of years and Tai Chi is the most popular health exercise in China today. The movements enable the body to relax and let gravity melt away tension blocks. It is one of the safest exercise methods known. The way we live determines the amount of tension and nervousness we accumulate in our bodies. Most of us live in an unhealthy environment in which there is too little exercise, poor eating habits, and conditions that create emotional tension. The primary purpose of Tai Chi is to help let go of physical and emotional tension.

THURSDAY

BASIC BALLROOM WORKSHOP EDWARD ENYART
Woodhull Cafeteria 7:00-9:00
LIMITED. NO SENIOR CITIZEN DISCOUNT. This course includes basic patterns in Fox Trot, Waltz, Tango and Swing & Hustle. These basic ballroom dances are easy to learn and fun to dance. They continue to be popular and a favorite at weddings. Students are requested to wear leather-soled shoes. **Couples only!**

GOLF/BEGINNERS ROBERT MALLON
Finley M.S. Gym 7:00-8:30
LIMITED. NO SENIOR CITIZEN DISCOUNT. Learn about the sport of golf from tee to green. Lectures, practice and club selection. Equipment needed: 1/2 dozen whiffle golf balls, 7 iron, astroturf mat or carpet, sneakers and memo pad.

HATHA YOGA CARMELA STONE KLEIN
Jefferson Primary Gym 7:30-9:00
NO SENIOR CITIZEN DISCOUNT. Hatha Yoga energizes the body by releasing fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, Hatha Yoga creates a balance of body, mind and spirit. It also strengthens, increases flexibility, agility, balance and poise. Please wear comfortable clothing. Bring two blankets. Equipment will be discussed at first class. **General level—all students welcome.**

INTERMEDIATE SPANISH JESSICA MEDINA
Room 127 7:00-9:00
A continuation of the beginners' Spanish course for people who want to extend their fluency and accuracy in speaking, reading and writing the Spanish language. Numbers, vocabulary, greetings, geography and history are all part of this course which will enable each student to grasp the fundamentals of this romantic language. Film and Internet resources are used to develop aural comprehension and to recognize informal usage as opposed to formal usage of Italian.

INTRODUCTION TO COMPUTERS – RICHARD GRESS
USING MICROSOFT OFFICE
Room 218 7:30-9:30
FEE \$67 - \$77 Non-Resident
LIMITED- NO SENIOR CITIZEN DISCOUNT. The goal of this course is for the student to become a confident computer user. The course uses the popular Microsoft Office applications Word and Excel. You will learn to create business letters and other documents in Word. Word topics include document formatting, creating tables and effective printing of your documents. Excel spreadsheet creation for information storing is detailed as well as the use of formulas and functions to create budgets and other financial tools. Students receive a diskette with sample Word and Excel files as well as the files they create during class.

PAINTING ELLEN WINTER
Room 108 7:00-9:00
LIMITED. NO SENIOR CITIZEN DISCOUNT. Painted years ago - or never but thought about it? Now is the time to give it a try! This class is designed for beginners through intermediate painters. Bring any supplies you may have, an 8-inch x 11 1/2-inch or larger sketchpad, pencil, kneaded eraser. Supply lists will be given at first class.

PREPARATION FOR CITIZENSHIP TBA
Room 124 7:00-9:00
This course is offered to help members of the community prepare for the American citizenship test. This course will cover information about our Constitution, Government, the history of the United States and American Holidays. We will furnish you with instruction for the proper procedure for becoming a citizen. **Materials fee for workbook \$17.**

COME LEARN AND EXPERIENCE SELF HEALING
DR. MICHAEL POSNER
Room 113 7:30 – 9:00
3 Sessions: 10/1, 10/8, 10/15
FEE: \$30 - \$35 Non-Residents
Real health comes from within. If you do not go within, then you go without! Dr. Posner will guide you through a daily routine of Chi Kung, meditation and nutritional practices that have helped him as well as thousands of people transform their poor life style habits and illnesses into health, wellness and vitality. He will explore with you simple yet powerful mind/body methods that are efficient, effective and time proven. You will understand why people get sick and learn new ways of nourishing and balancing your mind, body and spirit. Are you ready to take the next step?

SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

TEN THINGS YOU SHOULD KNOW ABOUT
DIVORCE IN NEW YORK DAVID BADANES
Tues. 10/6 7:00-8:30
FEE: \$20 – 25 Non-Resident
Room 110
A divorce can be complicated; this class will help you in understanding the process. This class will explain the difference between an uncontested divorce and contested divorce, how your assets are distributed, child support and child custody, what really happens when you go to court and much more. Maximum number of students is 15.

SOCIAL SECURITY PLANNING- BUD LEVY,CFP
What Everyone Needs to Know(Especially Boomers)
Thurs. 10/8 7:00 – 8:30
FEE: \$20 - \$25 Non-Resident
Room 110
After being told for years that Social Security is “going broke,” baby boomers are realizing that it will soon be their turn to collect. But the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. How benefits are calculated, spousal benefits, how earned income affects benefits – it’s all critically important, but it can be confusing. This workshop not only explains the basics but also covers little known strategies designed to maximize your benefits, factors to consider in deciding when to apply, and optimum ways to coordinate benefits with your spouse.

SEMINARS / FOOD FOR THOUGHT (CON'T)

CHILD SUPPORT AND CHILD CUSTODY IN A DIVORCE: WHAT YOU DON'T KNOW CAN HURT YOU **DAVID BADANES**

Tues. 10/13
FEE: \$20 - 25 Non-Resident
Room 110

This class goes into further depth on the issues of Child Support and Child Custody than the Ten Things You Should Know About Divorce in NY, however there is no need to take the other seminar in order to take this seminar. This seminar will focus on child support and child custody agreements explaining hidden traps and issues. Maximum number of students is 15.

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE - AN INTRODUCTION TO PROFESSIONAL VOICE OVERS

JENNY MARCOTTE
7:00-9:30

Thurs. 10/15
FEE: \$30 - \$35 Non-Residents
Room 110

Have you ever been told that you have a great voice? This exciting seminar will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

GETTING THROUGH A VOLATILE MARKET: STEPS YOU CAN TAKE TODAY

MICHAEL DONNELLY
7:30-9:00

Wed. 10/21
FEE: \$20 - \$25 Non- Residents
Room 110

This seminar will appeal to individuals of all ages, from those that are accumulating assets for specific goals to those that are retired and looking to recreate their paycheck. It covers market performance, asset allocation, diversification, dollar-cost averaging and best days in the market, as well as emotions, expectations and five steps investors can take.

AUTO INSURANCE REDUCTION PROGRAMS TBA **NATIONAL TRAFFIC SAFETY INSTITUTE** **Tues. 10/20 & Thurs. 10/22** 7:00-10:00 **FEE: \$35 - \$40 Non-Resident** **Room 113**

Learn the skills of safe driving. At the same time, reduce your automobile liability and collision premium at least 10% for a period of 3 years. Drivers with point accumulation will also be allowed a four-point credit by the Motor Vehicle Department.

THE FLUID OF LIFE DR. MICHAEL POSNER **Thurs. 10/22** 7:30-9:00 **Fee: \$20 - \$25 Non-Residents** **Room 110**

For over 30 years, Dr. Posner has been an advocate for drinking the purest, healthiest and highest quality water available. Considering that 75% of an adult body is made of water, doesn't it make sense to drink the best water? In his compelling lecture and demonstration, Dr. Posner will show you the facts and dispel current myths about this most vital and life giving fluid that sustains all life on our planet. Please bring your tap and/or bottled water so that we can test it and show you how it measures up. Come learn how the simple act of drinking water can restore your health and vitality! Are you ready to take your health to the next level?

HOW TO HIRE AND FIRE A LAWYER CARL LANZISERA **Wed. 10/28** 7:00 - 9:00 **Fee: \$20 - \$25 Non-Residents** **Room 110**

This seminar will focus on the criteria to look for when you are trying to hire a lawyer and perhaps more importantly, how and when to fire a lawyer. A question and answer period will follow the presentation.

HOW TO FINANCE A COLLEGE EDUCATION MICHAEL DONNELLY **Wed. 11/4** 7:30 - 9:00 **Fee: \$20 - \$25 Non-Residents** **Room 110**

Education costs are outpacing inflation and wage increases. This seminar looks at college costs and strategies for saving, investing and identifying opportunities for financial assistance. Participants will learn alternatives and resources for funding an education, and determine how much money — and which approaches to use — to meet education goals.

FRIENDS AND FAMILIES OLENA KROPP **CPR and FIRST AID FOR CHILDREN** **Mon. 11/9** 6:30-10:00 **FEE: \$45 - \$50 Non-Resident** **Room 114**

This seminar is designed for parents, grandparents and babysitters who want to learn lifesaving skills. This is non-credential CPR for adult, child and infant. You will learn how to check for injuries and illness as well as how to respond when a child is having seizures or goes into shock or other medical emergencies. Maximum number of students is 12.

FINANCIAL STRATEGIES DURING A JOB TRANSITION MICHAEL DONNELLY **Tues. 11/10** 7:30 - 9:00 **Fee: \$20 - \$25 Non-Resident** **Room 110**

Learning how to make informed financial decisions can help people thrive during and after a job change. This seminar covers the choices available when a job changes and strategies to manage the financial impact of the transition.

INTELLECTUAL PROPERTY LAW BASICS **(PATENTS, TRADEMARK, AND COPYRIGHT)** DAVID BADANES **Thurs. 11/19** 7:00-9:00 **FEE: \$ 25 - \$30 Non-Resident** **Room: 110**

This class will present a simple and easy to understand introduction to patents, trademarks, and copyrights. For example: What is a patent and what does it protect. How to obtain a patent. What is the purpose of a trademark? Why you should obtain a trademark? What does copyright law protect?

EXPANDED HORIZONS

WESTERN SUFFOLK BOCES

**WESTERN SUFFOLK BOCES - SUFFOLK COUNTY
SPECIAL OCCUPATIONAL TRAINING COURSES:
FOR INFORMATION CALL 667-6000 X327.
REGISTRATION WILL BE AT BOCES
OR ON THE FIRST NIGHT OF CLASS.**

Students will work at their own level and their own pace
with individualized instruction.

Adult Basic Education (G.E.D.) **Tues. & Thurs.**
Huntington High School, Room 206 **6:30-9:00**
NO FEE

If you do not have a high school diploma, this is your
opportunity to get assistance in reading, math, general
basic skills or career information. This course will prepare
you to take the New York State High School Equivalency
Exam(G.E.D.).

E.S.L.(English as a Second Language) **Tues. & Thurs.**
I-Beginner **6:30-9:00**
Huntington High School, Room 204

NO FEE
THIS COURSE ASSUMES NO KNOWLEDGE OF
ENGLISH.

E.S.L.(ENGLISH AS A SECOND LANGUAGE) **Tues. & Thurs.**
II-Intermediate/III-Advanced **6:30-9:00**
Huntington High School, Room 205

NO FEE
THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE
OF ENGLISH.

FALL COURSES 2009

Basic Ballroom WorkshopThurs.
Basketball For MenWed.
Beginner's ItalianWed.
Golf/BeginnersThurs.
Hatha YogaThurs.
Intermediate ItalianWed.
Intermediate SpanishThurs.
Internet A to ZMon.
Intro to Computer KeyboardingWed.
Introduction to Computers-Thurs.
 Using Microsoft Office
KnittingMon.
Learn and Experience Self HealingThurs.
Microsoft Office AdvancedTues.
PaintingThurs.
Preparation for CitizenshipThurs.
Soccer for Men (Indoor)Mon.
Soccer for Women (Indoor)Tues.
Spanish for BeginnersMon.
Tai Chi Chi KungWed.
Vinyasa YogaMon.

SEMINARS/FOOD FOR THOUGHT

- Auto Insurance Reduction Program
- Child Support and Child Custody Issues in a Divorce:
 What You Don't Know Can Hurt You
- **NEW!** Financial Strategies During A Job Transition
- **NEW!** Friends & Families CPR and First Aid for Children
- **NEW!** Getting Paid To Talk, Making Money With
 Your Voice
- Getting Through A Volatile Market
- **NEW!** How To Finance A College Education
- **NEW!** How To Hire and Fire A Lawyer
- **NEW!** Social Security Planning
- **NEW!** The Fluid of Life
- Ten Things You Should Know About Divorce In New York
- **NEW!** Intellectual Property Law Basics- Patents,
 Trademarks And Copyrights