ADULT EDUCATION PROGRAM – SPRING 2013
Huntington High School – Huntington, New York
Resident HUFSD $55 – Non-Resident $65 – Senior Citizen $15

Name ................................................................................................................................................

School District ............................................................................................................................

Address ................................................................. Phone No. .............................................................

E-Mail ..............................................................................................................................................

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.

ONLINE PAYMENT
1. CODE - jhauyco

LINK - Please enter this link into the address bar on any internet page. It will ask you to log in or sign up for TurboRoster. Please sign up for TurboRoster and create a profile by filling out the information requested. 3 more steps will follow, Class Selection, Forms that Need to be filled out, and credit card information or check request. If you need any support, please email help@turboroster.com.

CODE - please sign onto www.turboroster.com and select JOIN AS A MEMBER. Fill out the appropriate information requested by TurboRoster. Where it asks for a Code to join a class, please enter the code jhauyco. Follow the steps to select a class, fill out the forms and pay to join.

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

SPRING 2013

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 lifelong learners. Come and enjoy our many offerings!

REGISTRATION INFORMATION:
MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS
IN-PERSON: 6:00-9:00 P.M. ON Wednesday, February 13, 2013
HUNTINGTON HIGH SCHOOL LOBBY

Mr. James W. Polansky, Superintendent • Dr. Kenneth A. Card Jr., Director

BOARD OF EDUCATION
Emily Rogan, President • John Paci III, Vice President
Tom DiGiacomo • Jennifer Hebert • Richard McGrath • Xavier Palacios • Adam Spector

ADULT EDUCATION OFFICE
HUNTINGTON HIGH SCHOOL
Tel. 812-2380 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. All 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 Wednesday, February 13, 2013 from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

ON-LINE. You may register on-line at TURBOROSTER.com (see front of brochure for instructions)

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 adult education course for a fee of $15.00 WHENEVER SPACE IS AVAILABLE (except those classes marked limited, special fee or no senior discount). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid. ID required the first night of class.

REFUNDS. If the course for which you registered does not get the required minimum of 10, it may be canceled and you will be notified by phone when possible. Your refund will be mailed from the District Business 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 SPRING 2013

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

<table>
<thead>
<tr>
<th>FEBRUARY</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13R</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>6C</td>
<td>26C</td>
<td>27C</td>
<td>28C</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MARCH</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>25C</td>
<td>26C</td>
<td>27C</td>
<td>28C</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>APRIL</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAY</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

WHEN HUNTINGTON UNION FREE SCHOOL DISTRICT SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER OR OTHER REASONS, ADULT CLASSES WILL NOT MEET.
<table>
<thead>
<tr>
<th>DAY</th>
<th>COURSE</th>
<th>INSTRUCTOR</th>
<th>ROOM</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>SPANISH FOR BEGINNERS</td>
<td>Carlos Pumar</td>
<td>Room 126</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>Basic grammar and extensive vocabulary stressed. An elementary level of conversation will be taught.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CROCHETING</td>
<td>Kelly Haltsman</td>
<td>Library</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>For those with little to no crochet experience who want to learn the basics of crochet and complete a project in 8 weeks. Crocheters are encouraged to bring in projects that they are working on or need help with. 16 Maximum</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>STREET LAW</td>
<td>TBA</td>
<td>Room 124</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>This class will provide an understanding of the law and legal issues regarding people, government, law and community in America. Students will develop a practical understanding of the U.S. legal system. There will be a workbook fee which will be discussed at the first class.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>COOKING- SIMPLE &amp; DELICIOUS</td>
<td>Joanne Gurrier</td>
<td>Finley Room 208</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>Come and enjoy this class to learn the basics of cooking that is simple and delicious. You will learn traditional recipes from Southern Italian cooking. This class will be fun, tasty and you will learn some great cooking tips. This will be an eight week course, with a different main course each week. There will be a materials fee that will be discussed the first night of class.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>DIGITAL PHOTOGRAPHY I</td>
<td>Beth Laraia</td>
<td>Room 251</td>
<td>6:30-8:30</td>
</tr>
<tr>
<td></td>
<td>10 Sessions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>FEE: $67 Resident-$77 Non Resident Limited. No Senior Citizen Discount</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>INTRO TO COMPUTER KEYBOARDING</td>
<td>Allison Matthews</td>
<td>Room 250</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>This course is designed to be both fun and informative and is appropriate for both beginner and those who want to enhance their keyboarding skills. We will cover basic computer functions, lighting, composition, and manipulation. Create memorable photographs, restore old ones or take the perfect portrait. Learn to capture the images of winter, the birth of spring or an amazing landscape. You will be instructed in the basics of Adobe Photoshop to take your photos to the next level. Students should have a working knowledge of computers.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>INTRODUCTION TO COMPUTERS – USING MICROSOFT OFFICE</td>
<td>Richard Gress</td>
<td>Room 251</td>
<td>7:30-9:30</td>
</tr>
<tr>
<td></td>
<td>FEE $67 - $77 Non-Resident</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SPANISH LEVEL II</td>
<td>Carlos Pumar</td>
<td>Room 126</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SIGN LANGUAGE</td>
<td>Peter Brosoff</td>
<td>Room 123</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>We will introduce you to the structure and grammar of American Sign Language as well as look into the culture/community of those who use ASL as their primary language. You will learn to speak with your hands through the use of videos, hands-on activities and interaction of the language.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>AMERICAN HISTORY</td>
<td>TBA</td>
<td>Room 127</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>This American History class covers events before 1865, ending with the Civil War and the surrender of the South. There will be a workbook fee which will be discussed at the first class.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>THE ESSENCE of YOGA</td>
<td>Jane Voorhees</td>
<td>Jefferson Gym</td>
<td>7:00-8:30</td>
</tr>
<tr>
<td></td>
<td>True yoga is about centering yourself and coming into the present moment. We learn to do this through the yoga practices of physical postures, breath work and meditation. These practices also increase our flexibility, open our joints, reduce our stress and calm our busy minds. This class is suitable for any level. Please bring yoga mat, a pillow to sit on and a small blanket.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>VOLLEYBALL FOR WOMEN</td>
<td>Linda Roth</td>
<td>Location - TBA</td>
<td>8:30-10:00</td>
</tr>
<tr>
<td></td>
<td>Intermediate to advanced players welcomed. Knee pads are required and a water bottle is recommended. Minimum 14 women.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td>RAHINI YOGA &amp; MEDITATION</td>
<td>Deidre Mayer</td>
<td>Jack Abrams Cafeteria</td>
<td>4:15-5:15</td>
</tr>
<tr>
<td></td>
<td>Yoga is the union of mind, body and spirit. Yoga brings a state of well-being, contentment, flexibility, poise and balance. Please wear comfortable clothing and bring a mat. Maximum 15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BRIDGE for Beginners</td>
<td>Walter Gesla</td>
<td>High School Library</td>
<td>7:00-9:00</td>
</tr>
<tr>
<td></td>
<td>Learn the basics of bidding and play of the hand. Class will consist of a lesson followed by play of the hands plus analysis.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>BEGINNER’S ITALIAN</td>
<td>Melissa Caravello</td>
<td>Room 126</td>
<td>6:30-8:30</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 primary purpose of Tai Chi is to help let go of physical and emotional tension. 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.
This Economics class will cover basic Economic theory and practice. There will be a workbook fee which will be discussed at the first class.

**ZUMBA**

**Woodhull Gym**

**Diane Dentico**

**6:00-7:00**

---

**ECONOMICS**

**Room 126**

**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 11½-inch or larger sketchpad, pencil, kneaded eraser. Supply lists will be given at first class. If you know you will be using a table top or floor easel and you have one, please bring it with you.

**PREPARATION FOR CITIZENSHIP**

**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.**

---

**ZUMBA GOLD**

**Woodhull Cafeteria**

**Janeen Wasoski**

**5:45-6:45**

---

**PAINTING**

**Room 108**

**7:00-9:00**

**NEW!**

**Addressing Long Term Care**

**Auto Insurance Reduction Program**

**Financial Strategies 101-Dollars & Sense**

**Friends & Families CPR and First Aid for Children**

**Getting Paid To Talk, Making Money With Your Voice**

**NEW! Meditation not Medication**

**NEW! Social Security Planning**

**NEW! Your Family, Your Future**

---

**SPRING COURSES 2013**

- **Spanish for Beginners**
- **Tai Chi Chi Kung**
- **Street Law**
- **Volleyball for Women**
- **Zumba Gold**

---

**SEMINARS/FOOD FOR THOUGHT**

**ENROLLMENT IS LIMITED, REGISTER EARLY.** Students will work at their own level and their own pace with individualized instruction.

---

**NEW!**

**E.S.L.(English as a Second Language)**

**I-Beginner**

**Room 204**

**6:30-9:00**

**NO FEE**

**E.S.L.(English as a Second Language)**

**II-Intermediate/III-Advanced**

**Room 205**

**6:30-9:00**

**NO FEE**

---

**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. ENROLLMENT IS ON A FIRST COME, FIRST SERVED BASIS, SPACE IS LIMITED, REGISTER EARLY.**

---

**Adult Basic Education (G.E.D.)**

**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)**

**Room 206**

**6:30-9:00**

**NO FEE**

**E.S.L.(English as a Second Language)**

**II-Intermediate/III-Advanced**

**Room 205**

**6:30-9:00**

**NO FEE**

THIS COURSE ASSUMES NO KNOWLEDGE OF ENGLISH.

---

**E.S.L.(English as a Second Language)**

**I-Beginner**

**Room 204**

**6:30-9:00**

**E.S.L.(English as a Second Language)**

**II-Intermediate/III-Advanced**

**Room 205**

**6:30-9:00**

**NO FEE**

THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE OF ENGLISH.
SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

FRIENDS and FAMILIES
CPR and FIRST AID FOR CHILDREN
Olena Kropp
6:30-10:00
Tuesday 2/26
FEE: $25 Resident - $30 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. There will be a materials fee of $20 payable to the instructor, Olena Kropp, on the night of the class.

MEDITATION not MEDICATION
Dr. Michael Posner
Room 113
7:00-8:30
3 Sessions: Thursdays - 4/4, 4/11, 4/18
FEE: $35 Resident - $40 Non-Residents
Transform your stress into vitality! Learn from Dr. Michael Posner a 36 year practitioner of Tai Chi, Yoga, and meditation how to instantly relax under any circumstance. Utilizing time proven methods which include meditation, body alignment and breathing exercises, you will learn how to center yourself in the present moment. The benefits include relaxation, inner peace, the ability to accept the moment and ways to increase your life force energy

SOCIAL SECURITY PLANNING
Bud Levy, CFP
What Everyone Needs To Know (especially boomers)
Thursday 2/28
7:00-9:00
Room 110
FEE: $20 per person - $30 per couple
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. This informative workshop not only covers the basics but also reveals little know strategies for maximizing your benefits. You will learn: the 5 factors to consider in deciding when to apply for benefits, when it makes sense to delay benefits with other retirement income sources, and how to coordinate benefits with your spouse to maximize the total benefit amount. Each attendee will receive a free copy of “The Baby Boomer’s Guide To Social Security” which summarizes key provisions of Social Security’s retirement benefits.

YOUR FAMILY, YOUR FUTURE
Michael Donnelly
Wednesday - 4/10
7:00-8:30
Room 113
FEE: $25 Resident - $30 Non Resident
This presentation addresses the multitude of issues involved when juggling financial obligations of raising a family while still planning for your long term financial future.

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE
AN INTRODUCTION TO PROFESSIONAL VOICE OVERS
Jenny Marcotte
Monday - 4/8
6:30-9:00
FEE: $25 Resident - $30 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. Learn more here http://www.voicecoaches.com/gptt

ADDRESSING LONG TERM CARE
Michael Donnelly
Tuesday - 4/2
7:00-8:30
Room 113
FEE: $25 Resident - $30 Non Resident
This seminar explains what Long-Term Care is, who needs it and what options people have if they need it. The presentation emphasizes that, without proper planning, the potential costs associated with the need for LTC can be devastating to the family and to the assets built over the years.

AUTO INSURANCE REDUCTION PROGRAMS
TBA
NATIONAL TRAFFIC SAFETY INSTITUTE
7:00-10:00
Tues. 4/9 & Thurs. 4/11
FEE: $35 - $40 Non-Resident
Room 114
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.

FINANCIAL STRATEGIES
101-Dollars & Sense
Michael Donnelly
Thursday - 3/21
7:00-8:30
Room 113
FEE: $25 Resident - $30 Non Resident
This seminar explains the advantages of smart financial management. The seminar reviews five financial management components: Cash Management, Risk Management, Estate Planning, Investment Strategies, Tax Reduction Strategies and Retirement Programs.