



171 West Street, Keene, NH 03431

www.keenecommunityed.org

Phone: (603) 357-0088

Fax: (603) 357-9040



Register by

- Phone
- Fax
- Mail
- On-line
- In person



Winter/Spring 2010 Course Listing



**Registration begins
Wednesday, January 6, 2010
Monday through Friday,
7:30 AM to 3:30 PM**

REGISTRATION BEGINS JANUARY 6, 2010**REGISTRATION INSTRUCTIONS PAGE 8 (BACK PAGE)****TABLE OF CONTENTS**

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ADULT BASIC EDUCATION PROGRAM (ABE)

Adult Basic Education classes are for people 18 or older, not enrolled in another school program. **Interested Learners must meet with Adult Learner Services Coordinator, Katie Delaney by appointment (357-9041) to enroll in either Reading or Pre-GED classes.** ABE classes for both Reading & Pre-GED instruction are free of charge and have open enrollment policies.

Reading — This supportive, small group environment allows adults to improve reading through work on decoding (phonemic awareness, phonics, sight word recognition), encoding (spelling), fluency (reading rate with understanding), and comprehension.

Date: Monday & Thursday evenings, starting January 11.

Time: 5:30 to 7:30 PM; individual help from 7:30 to 8 PM.

Location: KHS Room 502 (Mon.), Room 616 (Thur.).

Instructor: Lillian Chirichella.

GED Preparation — This class is for those seeking help with basic mathematics, reading comprehension and writing skills, and those whose purpose is to ultimately pass the GED exam.

Date: Monday and Thursday evenings, starting January 4.

Time: 6:00 to 8:30 PM.

Location: KHS Room 324.

Instructors: Jennifer DeCoste & Laura Ritinski-Mack.

CHESHIRE COUNTY ADULT LEARNER SERVICES

Adult Learner Services provides small group instruction and classes for adults who wish to learn the US English language, improve literacy skills or prepare for the GED but are unable to access other adult education programs. **Assessment services and classes are free of charge.**

GED Preparation – Tutorials in Keene and some area towns.

Reading, Writing & Other Topics Workshop – For ELL & ABE Learners. This workshop series will focus on US English grammar for writing. We will implement strategies that help adults improve reading **and** writing— for pleasure, for work, for family, for college. Interested? Call 357-9041.

English Language Lessons—January 11 to May—30 weeks.

Three levels of English classes for people whose primary language is not English. Emphasis on conversation, increased vocabulary and literacy, with citizenship instruction as needed.

Instructor: Alice Gomes

Learners must meet with Adult Learner Services Coordinator, Katie Delaney to enroll. Call (603) 357-9041 or kdelaney@sau29.org.

VOLUNTEER TUTORS WANTED

Time to spare? Concerned about literacy? You would be a welcome addition to our group of dedicated volunteer tutors. Call Katie Delaney at 357-9041 for an interview, training, and to be matched with an adult learner. It's very satisfying work.

Project KEEP Space Available! Franklin & Fuller Afterschool

Project KEEP (Keene Extended Enrichment Program) is designed to offer students in grades K -5 a safe, fun and enriching environment. Well-qualified teachers lead instruction with competent, experienced assistant teachers. KEEP fosters the growth of young minds and the strength of young bodies by offering diverse enrichment, social, recreational, and community involvement activities. We offer guest presentations such as artist residencies, special field trips and projects, all based around a monthly theme. Wheelock students can be bussed to the Franklin School.

Call Community Education at (603) 357-0088 for more information and to enroll!

Classes are held at Keene High School unless noted otherwise.

ALTERNATIVE DIPLOMA PROGRAM (ADP)

The Alternative Diploma Program offers those 16 years of age and older an opportunity to earn a certified high school diploma through evening courses. This is a 20-credit diploma, not a GED certificate. Previously earned high school credits, as well as credit for certain other work or life experiences, may be applied toward the diploma. Interested students under the age of 18 should discuss this option with their guidance counselor as a first step. Potential students may also go to our website, www.keenecommunityed.org, to read about this option, or contact Jan Barry, Director, with questions: (603) 357-0088 ext. 102.

Fees — Listed below are the five (5) different types of student enrollment with corresponding fees:

- I/S** — **In-School Youth**—Enrolled in school and taking a class for credit to graduate from their current high school — **\$210.**
- REF** — **Refresher**—Already have a high school diploma or GED and are taking class as a refresher or college prerequisite — **\$210.**
- ADP** — **Alternative Diploma**—Student 18 years or older re-entering school to earn an Alternative Diploma — **\$130.**
- Option 1*** — **Evening Class Only**—16/17 year old student pursuing the Alternative Diploma through evening classes only.
- Option 2*** — **Dual Enrollment**—16-18 year old student never withdrawn from high school, earning Alternative Diploma through daytime and evening classes.

*Options 1 & 2 are covered by most area school districts. Check with your high school Guidance Counselor prior to registering.

Novel Novels

Escape into another place and time with “Novel Novels” as we delve into both classic and contemporary stories in an attempt to figure out the difference between page-turners and dust-gatherers. What makes a reader pick up a book? Why are some books enjoyed over and over again? What techniques does a best-selling author employ when crafting a classic? We'll discuss these questions and more in small groups as we sip some coffee and read some truly fantastic books. Students will need to complete some reading outside of class and come prepared for hands-on activities and lively discussions. The final project will be to create a reading guide for two books. (1 English Credit)

Date: Mon., Jan. 25 to May 17
Location: Room 17 at KHS

Time: 6:00-9:00 PM (45 hrs.)
Instructor: Jeremy VanDerKern

Modern Short Stories

This course is an introduction to literary analysis, examining the characteristics of narration and the styles of various contemporary authors, American and international. (1 English Credit)

Date: Tue., Jan. 26 to May 18
Location: Room 320 at KHS

Time: 6:00-9:00 PM (45 hrs.)
Instructor: Jon Perry

Algebra & Geometry Skills

This course is designed to be an overview of the topics covered in both algebra and geometry. While basic computation has been mastered, the class emphasis will be on variables, exponents, integers, problem solving, mathematical communication, and the use of formulas. Other basic algebra and geometry skills will be covered such as solving and graphing equations, polynomials, systems of equations and inequalities, quadratic equations, angle relationships, area, perimeter, surface area and volume. (1 Math Credit)

Date: Mon., Jan. 25 to May 17
Location: Room 607 at KHS

Time: 6:00-9:00 PM (45 hrs.)
Instructor: Mike Paone

Write It Right

In this course, we will explore ways to experience improved communication through writing. In addition to our primary focus on writing effectively, we will also emphasize reading for meaning, thinking clearly, and speaking with confidence. (1 English Credit)

Date: Thur., Jan. 28 to May 20 (& Wed., Mar. 17)
Time: 6:00-9:00 PM (45 hrs.)
Location: Room 309 KHS Instructor: Ckris Wallenstein

Developing Your Career Plan

Research shows that those who have thoughtfully developed and followed a career plan are more likely to succeed in landing that preferred job. Employers across occupations have told educators about the characteristics they seek in their employees. The goals of this course are to equip you with a career plan and provide you with practice in workplace skills. Following your interests and the results of a career inventory, you'll experience a “job shadow” in a local company. You'll also learn through workplace simulations, role plays and a mock interview; you'll complete the class with a career plan, well-prepared resume, and a contact in your desired field. Job shadowing will take place between Mar. 16 – Mar. 30. (1 Elective Credit)

Date: Tue., Jan. 26 to May 4
Location: Room 315 at KHS

Time: 6:00-9:00 PM (45 hrs.)
Instructor: Jennifer DeCoste

Math Essentials

Math Essentials offers a complete review of fractions and decimals; percent problems with selected applications; conversions, both English and metric; basic geometry including perimeter, area and volume; ratio and proportion using simple algebra. This course is comparable to the River Valley Community College “Developmental Math” curriculum. (1 Math Credit)

Date: Thur., Jan. 28 to May 20 (& Wed., Mar. 17)
Time: 6:00-9:00 PM (45 hrs.)
Location: Room 607 at KHS Instructor: Ray Maclean

Civics & Economics Survey

You will learn the principles of Civics and Economics through “living” them. Class will begin with discussion of relevant concepts, and then those concepts will be applied as you engage in simulations to experience economics and participate in government. For example, you will learn about the stock market through “buying” and “selling” the stocks in your portfolio. (.5 Economics & .5 Civics Credit)

Date: Thur., Jan. 28 to May 20 (& Wed., Mar. 17)
Time: 6:00-9:00 PM (45 hrs.)
Location: Room 328 at KHS Instructor: Barbara Kaufmann

U.S. History

This is an overview from the post-Civil War period to the modern 20th century. Various methods of instruction used: lecture, notes, videos, projects, research, small group discussions, and critical thinking exercises. (1 U.S. History Credit)

Date: Tue., Jan. 26 to May 18
Location: Room 328 at KHS

Time: 6:00-9:00 PM (45 hrs.)
Instructor: Barbara Kaufmann

Geology (Introduction)

A volcano erupts in Hawaii blocking highways and damaging property. An earthquake destroys a city in Central America. Landslides occur along the California coast due to flooding and erosion. This course is an introduction to geology – the study of the Earth and its interior. We will study minerals, rocks, earthquakes, volcanoes, glaciers, weathering and sedimentation, as well as other forces that shape and influence the Earth. (1 Science Credit)

Date: Thur., Jan. 28 to May 20 (& Wed., Mar. 17)
Time: 6:00-9:00 PM (45 hrs.)
Location: Room 203 at KHS
Instructor: Casey Schnackenberg



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TECHNICAL SKILLS

Welding I

You will be introduced to welding safety, oxyfuel, cutting theory and practice, and beginning MIG and TIG process theory accompanied by hands-on practice with aluminum, stainless, and mild steel. Bring an accent pen, marker, pencil and paper. Class is held at Filtrine, 15 Kit Rd., in Keene. Limit: 8

Date: Wed., Feb. 3 to Apr. 7

Time: 6:00-9:00 PM (30 hrs.)

Location: Filtrine

Instructor: David Drouin

Cost: \$299



Welding II

In this class, a continuation of Welding I, you will gain further practice with MIG and TIG in all of the welding positions, using a variety of materials of varying thicknesses. Workmanship samples will be completed. Class is held at Filtrine, 15 Kit Rd., in Keene. Limit: 8

Date: Mon., Feb. 1 to Apr. 12 (no class 2/15)

Time: 6:00-9:00 PM (30 hrs.)

Location: Filtrine

Instructor: Burt Riendeau

Cost: \$299

Machining Processes (Part A)

This is what we hear from our manufacturing partners: the economy is gaining strength and they expect to be hiring more entry-level employees toward the end of summer 2010. Be ready! Through Machining Part A, you will learn beginning blueprint reading, shop-floor mathematics, shop safety and the uses of a variety of hand and measuring tools. A course outline is available upon request. In the summer you'll be ready for the next step, Machining Part B. In that class you will gain hands-on experience in both manual and CNC machining. In short, you'll have the skills in place to apply for one of those new jobs. Our partners – New Hampshire Ball Bearings, Tidland Corporation, Kingsbury Corporation, Corning NetOptix, Knappe & Koester, and Winchester Roll – will be interested in talking to you. Scholarship help is available through the generosity of Corning NetOptix, NH Ball Bearing, and Markem-Image. Contact Jan Barry, KCED Director, for information: 357-0088 ext. 102. Limit: 15

Date: Mon., Feb 1 to May 3, 6:00-8:30 PM (30 hrs.), Jules Hebert, Instructor

& Thurs., Feb. 4 to Apr. 29, 6:00-8:30 PM (25 hrs.), Michael Forrest, Instructor

(no class Feb. 22 & 25, Mar. 18, Apr. 19 & 22)

Location: Room 405 at KHS

Cost: \$473 (includes texts, "How to Read Shop Prints" and a reference guide)

ARTISTS' STUDIO

Oil Painting

Any student is welcome in this class, from beginning artists to those with more experience. The instructor will begin with a very informal evaluation, and then recommend project possibilities from a variety of choices, based on experience and your creative input. You will learn how to apply paint through various brush strokes or how to improve your techniques. Color-mixing techniques are fun and will be covered also. You will be amazed at what you can accomplish! Please bring a basic kit including a fan, flat, and round brush, basic paints and one 8" x10" canvas, palette and a portable easel (optional). Material cost is approximately \$25-\$35 depending on choice of products. Limit: 10



Date: Thur., Mar. 4 to May 6 (no class 3/18, 4/22)

Time: 6:00-8:30 PM (20 hrs.)

Location: Room 5 at KHS

Instructor: Cherry Hussey

Cost: \$119

Watercolor Painting (Beginner/Intermediate)

Beginning students will experience the interaction between water, pigment and paper. While covering a variety of subject matter such as landscapes, seascapes and still life, there will be many demonstrations and opportunities to interact with your instructor. Various qualities of materials will be covered. We will discuss elements that make a unified representation of a subject including composition, perspective, value and color. The intermediate student will have had some basic experience with most of the above and will work more independently as well as with your instructor on subject matter of their choice. Every student may receive beneficial critiques of their work, benefiting from seeing the work of other students. Bring three brushes; a 1" flat, a # 10 round, and a # 4 liner, three primary colors, (red, yellow, and blue) a container for water, paper towel or tissue. Quality watercolor paper and instructional handouts provided. A suggested materials list will be provided at the first class. Limit: 14

Date: Tue., Feb. 2 to Mar. 30 (no class 2/23)

Time: 6:00-8:30 PM (20 hrs.)

Location: Room 1 at KHS

Instructor: Jules Hebert

Cost: \$163

LANGUAGES

Spanish (Conversational)

Learn everyday conversation, gain vocabulary knowledge and pronunciation skills in this step-by-step introduction to Spanish. Textbooks will be provided for use during the course only. Limit: 15

Date: Tue., Mar. 9 to May 4

Time: 6:00-8:30 PM (20 hrs.)

Location: Room 312 at KHS

Instructor: Cherry Hussey

Cost: \$91

Italian (Conversational)

Learn basic Italian conversation through role playing (at a restaurant, getting directions), and games such as "The Price is Right" and a treasure hunt – all in Italian, of course! You'll learn about contemporary Italian culture, too. Limit: 22

Date: Mon., Mar 1 to May 10 (no class 4/19)

Time: 6:00-8:00 PM (20 hrs.)

Location: Room 312 at KHS

Instructor: Sharon Strasser

Cost: \$91

Portuguese II (Conversational)

Alice Gomes, a native of Brazil and experienced language instructor, will offer more exposure to the Portuguese language through an integration of skills – listening, speaking, reading and writing. This 10-week course will allow you to practice simple everyday conversation of this beautiful language. For new students without any Portuguese knowledge, familiarity with Spanish is strongly suggested. Limit: 15

Date: Tue., Feb. 16 to May 4 (no class 2/23 & 4/20)

Time: 6:00-8:00 PM (20 hrs.)

Location: Room 319 at KHS

Instructor: Alice Gomes

Cost: \$91

Classes are held at Keene High School unless noted otherwise.

HEALTH & FITNESS

Walking for Fitness

This walking program will help improve your level of fitness as you walk through the halls of Keene High. Learn proper warm-up, cool-down and stretching techniques. Set individual goals for each class, each week and each session. Wear comfortable clothes and good walking shoes. Limit:30

Date: Mon., & Tue., Jan. 25 to Mar. 23 (no class 2/22 & 2/23)
Time: 6:30-7:45 PM (20 hrs.) Location: Room 322 at KHS
Instructor: Judy Barden Cost: \$53

Reiki I

Anyone can learn Reiki. It is a simple, ancient Japanese technique for deep relaxation and stress relief. In this hands-on practice, life force energy is re-charged, making the recipient feel warm, calm and energetic. Participants will learn about Reiki energy, the chakras, and how they are used to promote well-being. The class teaches hand positions and self-treatment and includes a level 1 Reiki attunement, a manual and lots of hands-on practice time. Limit:10

Date: Mon., Mar. 1 to Apr. 5 Time: 6:00-8:00 PM (12 hrs.)
Location: Room 410 at KHS Instructor: Brenda Thamm
Cost: \$99

Kripalu Yoga: Beginner to Intermediate

This class is a great for those new to yoga as well as those who would like to refine their yoga skills. We will focus on alignment, pranayama (breathing) and sensation awareness. You will be encouraged to modify or add variations in order to suit your individual needs. Come stretch your muscles, quiet your mind, and discover just how rewarding a yoga practice can be. Limit: 15

Date: Mon., Feb. 1 to Apr. 19 Time: 4:15-5:15 PM (12 hrs.)
Location: MoCo Arts, 9 Elm St., Keene
Instructor: Michelle Davis Cost: \$114

Yoga for Men

Men's yoga is a quiet place where we can gather to learn and practice yoga basics without distraction or competition. The emphasis is on stretching and opening/strengthening our backs and hips - those long abused portions of our body that are the first to stiffen up in our middle age. We will learn the ancient techniques of breath that have long been proven to lower blood pressure without medication, and to bring peace of mind. John Wall, instructor, is a sixty-something, Kripalu-certified, long-time yoga practitioner. Limit: 8

Date: Mon., Feb. 1 to Apr. 19 Time: 6:00-7:15 PM (15 hrs.)
Location: Sterling Studios* Instructor: John Wall
Cost: \$135

Core Strengthening Yoga

Abdominal muscles alone are over-rated! Learn how to develop your entire center of power- the core. This muscle group stabilizes the spine, pelvis and shoulder providing a solid foundation for movement. In class you will target the core through use of fitness balls, yoga postures and Pilates inspired exercises. Both classes are held at Sterling Studio* and taught by Cindy Sterling. **SPECIFY DATE** Limit: 8

Date: Tue., Feb. 2 to Mar. 23 OR Date: Thur., Feb. 4 to Apr. 8
Time: 7:30-8:30 PM (8 hrs.) Time: 5:30-6:30 PM (10 hrs.)
Cost: \$76 Cost: \$89

*Sterling Studios, a certified Kripalu-affiliated studio, is located above Saks Thrift Ave., 7 Main Street in Keene.

Please note that you must feel comfortable climbing stairs to access the studio.



Yoga Classes: Props, mats, blankets and eye pillows are available for participants to borrow during class.

CRAFTS

Easter Nest Centerpiece

Adorn your dinner table this Easter with a nest constructed out of chicken wire, fresh spring twigs, and raffia intertwined with fresh and silk flowers. Please bring gardening shears and a small container (cottage cheese size) to fit inside your nest. Limit 10.

Date: Thur., Apr. 1 Time: 6:00-8:30 PM (2.5 hrs.)
Location: Room 7 at KHS Instructor: Meg Kupiec
Cost: \$42

Stained Glass

Learn the basics of stained glass and create two unique pieces. This 6-week course will teach glass-cutting techniques, foiling, soldering, polishing and finishing, and materials set-up for a home studio. Supplies included in fee. Limit: 8

Date: Tue., Feb. 2 to Mar. 16 (no class 2/23) Time: 6:00-8:00 PM (12 hrs.)
Location: Room 5 at KHS Instructor: Elaine Kernozycky
Cost: \$99

Farmer's Market Basket

Make a basket perfect for filling with fresh produce and goodies from the Farmer's Market! The 14"x16"x8" basket is woven from flat and round reeds with a solid wood bottom and oak handle. Please bring a small bucket, scissors, yardstick, pencil, small screwdriver, needle-nosed pliers, spring clothespins and an old towel. Limit 10

Date: Tue., Apr. 6 & 13 Time: 6:00-8:30 PM (5 hrs.)
Location: Room 7 at KHS Instructor: Meg Kupiec
Cost: \$53

Sewing (Basic thru Intermediate)

Learn sewing basics, from choosing and measuring fabric and working with patterns to assembly. The first class will be held from 6:00-8:00 PM at JoAnn Fabrics, where our experienced instructor will help you choose a project based on your skill level. Project completion during class time is based upon the complexity of your garment. If you prefer your own sewing machine you are welcome to bring it to class. Necessary supplies include 8" dressmaker scissors, hand sewing needles, thread, tracing paper, seam ripper, pincushion, and pins. Limit: 12

Date: Tue., Mar. 2 to Apr. 27 (no class 4/20) Time: 6:00-8:30 PM (20 hrs.)
Location: Room 508 at KHS (see description) Instructor: Sue Whitbread
Cost: \$78

Quilted Handbags and Totes

Quilted handbags and totes are so versatile and great for gift giving. Create your own unique quilted handbag and/or tote using a variety of quilting techniques. Students should be able to complete 2 bags from a choice of three patterns. Students should be familiar a sewing machine. A rotary cutter is helpful but not necessary. A supply list will be mailed to you upon registration. Limit: 12

Date: Thur., Feb. 4 to Mar. 11 Time: 6:30-8:00 PM (7.5 hrs.)
Location: Room 508 at KHS Instructor: Cathy Harvey
Cost: \$44



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PERSONAL ENRICHMENT

Getting Your Book Published

Calling all writers! Whether you already have a book in the works or are just formulating a few ideas, this class will provide you with the practical information you need in order to get your book published. John Mangiapane, published author, will share his experience with you while teaching about researching possible publishers, the submission process, manuscript presentation, agents, advances, royalties, and more. Bring paper and pen. Limit:25

Date: Tue., Feb. 9

Time: 6:30-8:30 PM (2 hrs.)

Location: Room 316 at KHS

Instructor: John Mangiapane

Cost: \$33

Meditation (Introduction)

Most of us have heard how beneficial meditation can be to reduce stress, yet do not know the skills involved. Learn an easy meditation method that can be done in a chair. The "hong-sau" technique, which was brought to America from India by Paramhansa Yogananda, will bring calm to your body and mind and peace to your spirit. Learn what meditation is, the correct posture for sitting and how to create a successful practice at home. Bring a blanket or shawl and a pillow for comfort. Limit: 12

Date: Tue., Feb. 2 to Feb. 16

Time: 7:00-8:30 PM (4.5 hrs.)

Location: Faculty Lounge at KHS

Instructor: Melissa Barnes

Cost: \$39

Organic Gardening

So, you like the prospect of environmental health and personal health: you want to create an organic garden. Learn more about why to do it and how to do it with Tracie Smith, owner of Tracie's Community Farm. You'll plan your garden, learn what soil and plants (including fruit trees) need, how to maintain them, and how to prevent pests. You'll get your hands dirty seeding, transplanting, mulching, hoeing, and hand weeding, and hear about harvesting and post harvesting techniques. A six-pack tray of vegetables for you to take home will start your garden. Please note that classes alternate between Keene High School room 317 (first class) and Tracie's Community Farm and Greenhouse in Fitzwilliam (directions given at first class). Limit: 25

Date: Thurs., Mar. 11 to Apr. 22 (no class 3/18)

Time: 5:30-7:30 PM (12 hrs.)

Location: See Description

Instructor: Tracie Smith

Cost: \$91



COMPUTER SKILLS

Computers for Seniors (Basic)

Learn to use the mouse, menus, keyboard, and access E-mail and the internet. E-mail training will include sending and receiving pictures and other documents. Navigate the internet by learning simple search techniques. Limit: 14

Date: Tue. & Thur., Feb. 2 to Feb. 18

Time: 6:00-8:00 PM (12 hrs.)

Location: Room 505 at KHS

Instructor: Dolores Scadova

Cost: \$71

Computer Literacy

Realize the essential power of the computer as a tool to create, manage, control, store, and process information. Learn about file structure and hardware choices. Use a variety of functions and techniques to appreciate the range of possibilities with software for word processing, spreadsheets, databases and graphics integration. Learn about software and hardware choices. (.5 Computer Credit) Limit: 14

Date: Mon., Feb. 15 to May 3

Time: 6:00-8:30 PM (25 hrs.)

Location: Room 505 at KHS

Instructor: Lisa Marcou

Cost: \$119

Excel for Beginners (2007)

Learn the basics of this powerful spreadsheet program: entering and editing data, and simple calculations. Prerequisite: Basic computer knowledge. Limit: 14

Date: Tue. & Thur., Mar. 2 to Mar. 9

Time: 6:00-8:00 PM (6 hrs.)

Location: Room 505 at KHS

Instructor: Dolores Scadova

Cost: \$77

Excel Beyond the Basics (2007)

Make your spreadsheet stand out with formatting and borders. Learn tricks to navigate Excel. Create more complex formulas, link worksheets, use the look-up feature and more. Prerequisite: Prior Excel usage. Limit: 14

Date: Tue. & Thur., Mar. 11 to Mar. 30

Time: 6:00-8:00 PM (10 hrs.)

Location: Room 505 at KHS

Instructor: Dolores Scadova

Cost: \$89

QuickBooks Pro (2007)

An introductory course on how to set-up a company to work with data for customers and vendors. Learn how to create an estimate, invoice, sales receipt, and to print checks. Pick up tips and tricks to efficiently use QuickBooks Pro and avoid some of the pitfalls common to new users. Limit: 10

Date: Tue. & Thur., Apr. 27 to May 11

Time: 6:00-8:00 PM (10 hrs.)

Location: Room 505 at KHS

Instructor: Dolores Scadova

Cost: \$89

Word (2007)

Gain Word processing skills with the newest version of Microsoft Office 2007! Navigate around the new ribbon style menus. This is a comprehensive course starting with basic word processing skills (creating and formatting a document) and encompassing more intermediate techniques such as using templates, inserting graphics, special characters, and tables. Limit:14

Date: Tue. & Thur., Apr. 6 to Apr. 15

Time: 6:00-8:00 PM (8 hrs.)

Location: Room 505 at KHS

Instructor: Dolores Scadova

Cost: \$87

GED Testing Schedule — January through June, 2010

Practice GED: Pre-Test required before registering for Official GED — \$25 Testing Fee.

- January 11 & 12 — 5:30 PM at Keene High School
- February 1 & 2 — 5:30 PM at Keene High School
- March 1 & 2 — 5:30 PM at Keene High School
- April 5 & 6 — 5:30 PM at Keene High School
- May 3 & 4 — 5:30 PM at Keene High School
- June 7 & 8 — 8:00 AM at 171 West Street



All Registrations: Mon. thru Thurs.,
7:30 AM to 3:30 PM.

Bring cash and NH photo ID.

For more information or about accommodations
for disabilities, call GED Chief Examiner,
Katie Delaney at (603) 357-9041

Official GED: Pre-registration required.

Bring NH Photo ID and \$65 cash Testing Fee..

- January 25 & 27 — 8:00 AM at 171 West Street
- February 15 & 17 — 8:00 AM at 171 West Street
- March 29 & 31 — 8:00 AM at 171 West Street
- April 26 & 28 — 8:00 AM at 171 West Street
- May 24 & 26 — 5:30 PM at 171 West Street
- June 21 & 23 — 8:00 AM at 171 West Street

Classes are held at Keene High School unless noted otherwise.

COOKS' CORNER

Stuffed Pasta

You think you have had pasta – but have you had homemade pasta? In this hands-on course you will prepare basic pasta dough and transform it into three different mouth watering delights – stuffed tortellini, ravioli and cappelletti. Bring your pasta machine if you have one, but don't worry if you don't, as our instructor has two to share. Please bring the following ingredients to class: 5 lb bag of white flour, 3 eggs, 1 lb. container Ricotta cheese, grated parmesan cheese, pizza cutter, and containers in which to bring your pasta meal for four home. Don't forget an apron! Limit: 10

Date: Tue., Mar. 9 Time: 6:00-8:00 PM (2 hrs.)

Location: Room 300 at KHS Instructor: John Mangiapane

Cost: \$28

A Thai Evening With Premrudee Panchai

Learn how to make an authentic Thai meal. Prem will share some of her favorite family recipes in this 2-hour hands-on cooking class. As a starter, you will learn how to make Num-Tokmoo, a grilled pork salad with red onions, spring onions, and ground roasted rice. A Green Curry Chicken dish as well as the traditional Pad Thai will follow this. This special meal will be capped off by delicious sticky rice served with mangoes. Limit 10

Date: Thur., Mar. 4 Time: 6:00-8:00 PM (2 hrs.)

Location: Room 300 Instructor: Premrudee Panchai

Cost: \$42

Mexican Cooking

A delicious Mexican dish relies on its sauce. Join Edgar Dominguez, chef at Pedraza's, to learn the most popular Mexican sauces. You will create the traditional red and green sauces, a cheese sauce, salsa and guacamole all from fresh ingredients. Learn about the different kinds of hot peppers and play with the varying degrees of heat they produce. Then use them to garnish the beef or chicken chimichangas with rice that you will also be making and eating! Limit: 14

Date: Tue., Feb. 2 Time: 6:00-8:00 PM (2 hrs.)

Location: Room 300 at KHS Instructor: Edgar Dominguez

Cost: \$39

Death by Chocolate

Cream puffs, mini chocolate cheesecakes with whipped cream and fresh raspberries, white chocolate mousse, chocolate shortbread cookies, chocolate Kahlua trifle... sound enticing? If so, join Marsha Dubois and Susan Lescynski from Kristin's Bakery for an evening of baking these delicious treats. After all that hard work enjoy a tasting with a cup of coffee (chocolate turtle perhaps), and then box up an assortment to take home! Limit: 15

Date: Tue., Feb. 9 Time: 6:30-9:00 PM (2.5hrs.)

Location: Kristin's Bakery Instructor: Marsha Dubois & Susan Lescynski

Cost: \$49

Centerstage for Side Dishes

Are you overwhelmed by the variety of grains and legumes available today? We will talk about their benefits and how to use them in your daily cooking. Do you feel that your vegetables deserve more pizzazz? As a side dish or the main attraction vegetables are often overlooked. Learn how to highlight the flavors, textures and colors of these vitamin-packed treasures by sautéing them. Bring a container and take home some leftovers! Limit: 12

Date: Mon., Mar. 29 Time: 6:00-8:30 PM (2.5 hrs.)

Location: Room 300 at KHS Instructor: Denise Greenwood, Chef, Monadnock Inn

Cost: \$39

Flavorful Fish

Do you want to eat more fish but don't know how to cook it? Spend the evening with chef Denise Greenwood and learn some delicious ways to prepare it. You will work with at least three types of fish: one fillet, one steak and one "white". Learn the healthy method of cooking en papillote (in parchment); also create a fast, fresh sautéed fish dish and something on the grill! Limit: 12

Date: Mon., Mar. 15 Time: 6:00-8:30 PM (2.5 hrs.)

Location: Room 300 at KHS Instructor: Denise Greenwood, Chef, Monadnock Inn

Cost: \$43

Wild for Game

Tame your fears of cooking wild game. Discuss the differences between farm raised and wild meats. Create flavor profiles to complement venison, pheasant and wild turkey. Sample sautéed venison with blueberry compote and grilled pheasant with rosemary mushrooms. Limit: 12

Date: Mon., Feb. 8 Time: 6:00-8:30 PM (2.5 hrs.)

Location: Room 300 at KHS Instructor: Denise Greenwood, Chef, Monadnock Inn

Cost: \$49

Season Well

It is time to open your cabinet, dust off those spice jars and learn how to use them. Find your courage to cook with more creative flavors. We will begin by discussing common cooking herbs, thyme, rosemary, chives, sage, tarragon, and the uses of each. Next you will head into the kitchen where Denise will challenge you to create two dishes using a variety of ingredients, and your new knowledge of flavors. Please bring a spice/ingredient from home that you have always wanted to learn more about. Indicate your choice at the time of registration. Limit: 10

Date: Mon., Mar. 1 Time: 6:00-9:00 PM (3 hrs.)

Location: Room 300 at KHS Instructor: Denise Greenwood, Chef, Monadnock Inn

Cost: \$49



BASIC SKILLS & GED PREPARATION CLASSES MASCENIC HIGH SCHOOL, NEW IPSWICH, NH PHONE: 603-878-1901

Gain skills in reading comprehension, writing and mathematics to improve readiness to take the GED (General Educational Development) test. Classes are free of charge and registration is on-going **Interested students must contact Christine Greenwood at (603)878-1901** to pre-register.

Date: Mondays and Wednesdays, beginning January 11, 2010

Location: Mascenic HS, 175 Old Turnpike Rd., New Ipswich, Rm.101

Time: 6:00-8:00 PM, with individualized help available until 8:30 PM

Contact: Christine Greenwood, (603) 878-1901

School Closings: Community Education classes are not automatically cancelled whenever day-school is closed. Announcements will be made over the following radio stations whenever classes are cancelled: WKBK, WKNE (AM/FM), WYRY — or you may call our evening office at (603) 352-0640, Ext. 3770 for a recorded advisory.

Registration Instructions — Registration Begins January 6, 2010

AGE/RESIDENCY — Anyone 18 or older, NH resident and nonresident, may attend the classes listed in this brochure (Alternative Diploma Program, ABE & Adult Learner Services Programs—16 or older). Students who are 16 & 17 may enroll in the vocational/enrichment courses with the permission of the Director of Community Education and a signed student/parent contract.

REGISTRATIONS: BY MAIL: Complete a registration form below. Please print clearly and provide all the information requested on the form to ensure quick processing of your registration. Please be sure to include your credit card number with expiration date or a check or money order payable to: **Keene School District**. Mail to Community Education, 171 West St., Keene, NH 03431. Full payment must accompany registration form. You are automatically enrolled upon receipt of your check unless notified to the contrary. **If you would like a receipt or confirmation, please enclose a stamped, self-addressed envelope with your registration.**

IN PERSON (Beginning January 6): The Community Education day office is located at 171 West St., Keene. Hours: Monday through Friday from 7:30 AM to 3:30 PM. Beginning January 25, our evening hours are Mon., Tues. & Thurs., from 5:30 PM to 8:30 PM at our evening office located through the main entrance of Keene High School.

BY TELEPHONE: Registrations will be accepted by phone (603-357-0088) on **January 6** only if you are using MasterCard or Visa.

BY FAX: Our fax number is 603-357-9070. Please print MasterCard or Visa number, card ID#** and expiration date clearly.

WEB: www.keenecommunityed.org: View course descriptions and print out a registration form to fax or mail in. If on-line registration is available for the program or course you would like, you can complete the registration form and submit it on-line. You may also print, pay and mail the on-line registration form according to guidelines above.

SCHOOL CLOSINGS — Community Education classes **are not** automatically cancelled whenever day school is closed. Announcements will be made over these radio stations when classes are cancelled: WKBK, WKNE (AM/FM), WYRY — Or you may call our evening office at 603-352-0640 ext. 3770 for a recorded advisory. Classes at KHS will not be held on **January 18, February 22-26, March 18, April 19-23.**

CHOOSE YOUR WORKSHOPS & COURSES CAREFULLY. Community Education courses and workshops listed in this brochure are self-funded. There will be no exceptions to the policies stated below:

WORKSHOP (Class that meets one to three times): **NO** refund unless the workshop is cancelled by Community Education.

COURSE (Class that meets four or more times): **FULL** refund will be issued if a course is cancelled by Community Education. A refund (less a **\$10 cancellation fee**) will be granted if a request is made **24 hours before the first class meeting.**

CANCELLATIONS for classes with a Monday start date must be received by noon on the Friday before. **NO** refunds will be granted after that period.

Refund checks will be mailed from the Community Education Office. A **\$10.00 cancellation fee** will be assessed for each course cancelled by the participant.

Community Education reserves the right to make necessary changes in instructors and class size without prior notification to participants.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES!

REGISTER EARLY TO AVOID DISAPPOINTMENT!

Winter/Spring 2010 Registration Form

Name: _____
 Home Tel: _____ Work: _____
 Address: _____
 City/State: _____ Zip: _____
 Email: _____

Course Name	Date Class Begins	Day Class Meets	Fee

Choose your courses carefully.
 Consult the refund policy before registering.

Total Fees \$

Full payment must accompany registration form.

Make checks payable to: KEENE SCHOOL DISTRICT

or (check one) MasterCard Visa are accepted.

Card number: _____

Expiration date: _____ **Card ID# _____

**Last 3 digits of number found within the signature box on back of card.

Cardholder's signature: _____

Mail to:
 Keene Community Education
 171 West Street
 Keene, NH 03431

Winter/Spring 2010 Registration Form

Name: _____
 Home Tel: _____ Work: _____
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 City/State: _____ Zip: _____
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