

TrySomething**New**



100 Chestnut St
Montclair, NJ 07042

Non-profit Org.
U.S. POSTAGE
PAID
ADULT SCHOOL
OF MONTCLAIR

Register online, by mail, or in person
beginning February 1, 2011
10:00am to 3:00pm
Monday through Thursday

Adult School of Montclair
100 Chestnut St Montclair, NJ 07042

www.adultschool.org
Tel 973-746-6636

Spring 2011

A large, abstract graphic consisting of thick, glossy red ribbons that swirl and loop together, creating a sense of depth and movement. The ribbons are highly reflective, with bright highlights and deep shadows.

Connect



CONNECT



Connect at ASM can mean many things: signing up for the course you always intended to take, finding a stimulating new offering, making a new friend or rediscovering an old one.

There's a variety of courses for you to bond with. Globalization, 5K Training, Bollywood Dancing, Itzhak Perlman, Online Marketing, Cupcake Craze, Organic Gardening, Job Strategizing and Social Dancing for Singles are only a few. PLUS, there are new online language courses offered through Rosetta Stone.

So why not connect with ASM this Spring?

Our mission

to provide a wide range of quality learning experiences for the diverse community we serve and to be a forum for innovative ideas and critical issues

Contact information

Adult School of Montclair
(in Montclair High School)
100 Chestnut Street
Montclair NJ 07042
Phone: 973-746-6636
Website: www.adultschool.org
Email: info@adultschool.org

Staff

Executive Director, Suzy Kass
Assistant Director, Jeani Silberman
Office Manager, Nancy Iannace
Evening Administrator, Margot Cochran

Office hours

10am-3pm, Monday-Thursday,
February 1 to May 19
6-10pm, Mondays and Tuesdays,
March 7 to May 17
Office closed on Fridays

Important dates

No class on Monday, April 18 through Sunday, April 24.

Questions?

Please call us at 973-746-6636 between 10am and 3pm Monday through Thursday; or email us at info@adultschool.org.

Got ideas?

If you have an idea for a course or trip, go to our website, www.adultschool.org and click on the light bulb to submit your idea.

Want to teach?

If you're interested in teaching a course, visit our website and follow the "Teach" link to complete a course proposal form online.

Quality:

We are proud of the quality of our programs and committed to building a student body who will return to the Adult School year after year. If you are unhappy with a course or an instructor, please contact us immediately.

Why should YOU become a FRIEND OF THE ADULT SCHOOL OF MONTCLAIR?

Whether you want to learn a new skill, broaden your knowledge of the arts or public affairs, or meet new people, the Adult School is the place to expand your intellectual, social and cultural horizons. Two stories offer two different perspectives.

Twenty-seven years ago, newlyweds John and Cynthia Rogers moved to Montclair and took a course in opera appreciation at the Adult School. The course combined the best elements of teaching and learning—a gifted instructor possessed of vast knowledge and infectious enthusiasm, and classmates offering a wide range of views and experiences. As a result, John and Cynthia became keen opera-lovers, made several new friends, and became "fans-for-life of the special opportunities to be found at the Adult School of Montclair."

Teewunda "Mont" Supapit traveled from her home in Thailand to spend a year as an exchange student at Montclair High School. Faced with language and cultural barriers, she joined the ESL program at the Adult School, where she not only improved her English, but also built her confidence and found a sense of community. Thanks to the Adult School, Mont triumphed over the obstacles and successfully completed her year at MHS, thriving both culturally and academically.

We ask that you become a Friend of the Adult School of Montclair and help us continue to open new worlds for all members of our community. As a Friend, your support enables us to keep courses affordable, respond to community needs and interests, and create opportunities for personal and professional growth.

If you've ever taken a course with us, attended an event, or simply value the Adult School as an asset for our community, please remember us in your giving plans.

P.S. Become a Friend for \$25.00 or more and **enjoy free admission to our program** on April 11, 2011—a live satellite broadcast from the 92nd St Y featuring award-winning actress and author **Shirley MacLaine**.



**Friends of the Adult School of Montclair is a 501(c)(3) organization. All contributions are tax-deductible to the extent allowed by law. Please consult your tax preparation specialist.*



Board of Trustees 2010-2011

Officers: Susan Freedman, president; Vivi Greenspan, vice-president; Susan Noran, vice-president finance; Cynthia Rogers, treasurer; Janet Orr, secretary

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LIVE SATELLITE FEEDS FROM THE 92ND ST Y FOR SPRING 2011

92nd St Y Live—*The Barefoot Contessa*: Ina Garten with Anna Quindlen *New*



America's favorite hostess will talk with writer Anna Quindlen about her successful ventures in retail, television and publishing as well as her life as a mother, wife and home cook. Her newest book is *Barefoot Contessa: How Easy Is That? Fabulous Recipes and Easy Tips*. Quindlen's books have appeared on fiction, nonfiction and self-help best-seller lists, and her columns in *The New York Times* and *Newsweek* have won journalism's most prestigious awards, including the Pulitzer Prize. Her most recent novel is *New York Times* best seller *Every Last One*. This event is part of the Ruth Stanton Illustrious Women Series, supported by the Ruth Stanton Foundation.

1 Wednesday, 8-9:30pm, March 23 @ Montclair High School \$15*

92nd St Y Live—Shirley MacLaine: Life Lessons *New*



Shirley MacLaine talks about her life lessons and what she wants to impart to the world. MacLaine is an Oscar, three-time Emmy- and 10-time Golden Globe-winning actress. She has appeared in more than 50 films and has been nominated for an Academy Award six times, winning Best Actress for *Terms of Endearment*. She is the author of 10 international best sellers, most recently *I'm Over All That (And Other Confessions)*, in which she surveys her life and universe and shares her opinions and insights.

Sponsored by Friends of the Adult School of Montclair.

1 Tuesday, 8-9:30pm, April 11 @ Montclair High School \$15*

92nd St Y Live—Howard Gardner and David Brooks: On Truth, Beauty and Goodness *New*

Howard Gardner is the John H. and Elisabeth A. Hobbs Professor of Cognition and Education at the Harvard Graduate School of Education. He was selected by *Foreign Policy* and *Prospect* magazines as one of the 100 most influential public intellectuals in the world. The author of 25 books, including, most recently, *Truth, Beauty and Goodness Reframed: Educating for the Virtues in the 21st Century*. David Brooks is an Op-Ed columnist for *The New York Times* and an acclaimed author.

1 Tuesday, 8-9:30pm, May 3 @ Montclair High School \$15 *

92nd St Y Live—Andy Borowitz's Countdown to Election '12: Only 538 Days Left *New*

Award-winning satirist Andy Borowitz of the "Borowitz Report" has been called America's satire king by *The Daily Beast*. In what promises to be an irreverent — and certainly a very early — look at the 2012 elections, Borowitz will be joined by an A-list panel of comedians and journalists.

1 Wednesday, 8-9:30pm, May 18 @ Montclair High School \$15*

ASM has purchased a new sound system for our broadcasts. Come, listen and enjoy!

92YLive (((o))) From NYC

Programs broadcast live via satellite

* As with all courses, lectures require a once-per-semester registration fee of \$5 per student.

Crossword Solving Strategies *New*

Glen Ridge's **Deb Amlen**, one of the diabolical minds behind the crossword puzzles that drive you mad, will share her secrets for solving puzzles. With her unique sense of humor and experience as a puzzle creator for *The New York Times*, *The New York Times'* Wordplay crossword blog, *The Star Ledger*, *Washington Post* and *The Los Angeles Times*, she will provide code-breaking strategies and tips and tricks for puzzle enthusiasts. Afterward, enjoy a screening of *Wordplay* starring Will Shortz, Ken Burns and Jon Stewart that follows expert puzzle solvers on their competitive journey.

Copies of the speaker's new book *It's Not PMS, It's You* will be available for purchase and signing.

This lecture is sponsored by Friends of the Adult School of Montclair.

Thursday, 7-9:30 pm, May 12 @ Montclair High School
\$15*

Loretta Hagen in Concert *New*

Hear this New Jersey native and award-winning singer/songwriter whose musical style mixes folk, country and rock genres performed in a Nashville-style voice. Her critically acclaimed poignant songs include "Sundown Till Dawn," from the film *10 Mountains 10 Years*, a documentary that raises awareness about Alzheimer's disease and Parkinson's disease. The lyrics which tell of her mother's struggle with Alzheimer's have distinguished her as a strong advocate in the fight against this disease. Enjoy an evening of tuneful songs about everyday life that tug at the heart strings. Loretta will be joined by her husband Gary Hagen on guitar and Sara Gallmann on background vocals. Learn about Alzheimer's disease and the Alzheimer's Association Greater New Jersey Chapter's programs and services preceding this performance. Topics include: the Caregiver Respite Care Assistance Program, a professionally staffed 24/7 HelpLine, Care Consultation, Early-Stage Support Services and many others.

Loretta will donate her fee for this concert to the Alzheimer's Association Greater New Jersey Chapter.

This event is cosponsored by Celebration House Concerts & Workshop Series. Take a songwriting workshop with Loretta Hagen on Tuesday, March 22.

Tuesday, 7-9 pm, March 29 @ Montclair High School
\$15*

* As with all courses, lectures require a once-per-semester registration fee of \$5 per student.

May I Be Frank *New*

Watch *May I Be Frank*, an amazing documentary about love, redemption, and transformation. Frank, a 54-year-old morbidly obese former Brooklynite struggling with depression, desperately wants to change his life. Three young vegan hipsters in San Francisco successfully help him do so. This inspirational and entertaining film proves that you can change your body, mind, health and relationships. Join the film's director, Gregg Marks, and Frank Ferrante, the film's main subject, for a Q&A session following the screening.

Thursday, 7- 9:30pm, March 31@ Montclair High School
\$15*

YOU are the Brand *New*

Steve Adubato, Ph.D., is an Emmy Award-winning PBS (WNET/Thirteen) anchor, motivational speaker, teacher and Montclairite. His dynamic, engaging presentation will provide concrete and valuable tips on how to build a brand strategy that focuses on YOU, your reputation and your position in a highly competitive market. You cannot afford to miss this self-help, communications and marketing expert because YOU are the brand!

Tuesday, 7:30-9pm, March 22 @ Montclair High School
\$15*

Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality.

Martin Luther King Jr.

* As with all courses, lectures require a once-per-semester registration fee of \$5 per student.

American Biography *New*

Which Americans have helped shape our nation's history? The focus will be on composers and baseball players, business and religious figures, women and African-American leaders, radicals and conservatives.

Eugene Lieber, *M.A., history, Rutgers University; associate professor emeritus, history, Essex County College; lectures widely in the Essex County area.*

4 Tuesdays, 7-9pm, March 8 to March 29 @ Montclair High School
\$70

World Biography *New*

Explore world figures who have shaped the modern world, including composers, royalty and European and Chinese leaders.

Eugene Lieber.

4 Wednesdays, 10am-12pm, March 23 to April 13 @ Salvation Army,
13 Trinity Place, Montclair
\$70

Globalization *New*

Globalization has shaped economies, politics and cultures for at least a quarter century and perhaps longer, depending on which historian you follow. This concept has produced debate as well as opposition to the policies of individual governments, global institutions and multinational corporations. Develop an understanding of globalization within the context of capitalism. Learn how it may produce contradictory impacts for all societies and peoples worldwide. Discuss methods to facilitate a just and sustainable future for all.

No class on Monday, April 18th.

Balmurli Natrajan, *Ph.D., assistant professor, anthropology, William Paterson University.*

5 Mondays, 7-9pm, March 21 to April 25 @ Montclair High School
\$85

Three American Elections *New*

Cultivate an appreciation of the political process by which the United States chooses a president. Explore all the aspects of the presidential elections of 1992, 2000 and 2008. Discuss the electoral vs the popular vote.

Donald Hanson, *B.A., social studies, M.A., economic history, MSU; history teacher with a deep passion for American politics.*

2 Mondays, 7:30-9pm, April 4 and April 11 @ Montclair High School
\$25

Tapping into Government Information *New*

Government at all levels (particularly the federal branch) routinely collects, maintains, uses and disseminates vast quantities of information. Examine the immense array of such information that is accessible on the web. Learn how to access government statistical data, find congressional reports, track pending polls and proposed laws, locate census information and more.

Darren Sweeper, *assistant professor and head librarian of Government Information/Social Sciences Library, Seton Hall University.*

1 Tuesday, 7:30-9pm, March 15 @ Montclair High School
\$15

Diamonds: From Mines to Market *New*

Like true love, diamonds are everlasting and ever strong. Whether rough or polished, they are the ultimate treasure from nature. Examine the diamond trek from exploring to mining to purchasing. No samples!

Martin Hochbaum, *managing director, Diamond Dealers Club, trade association of wholesale diamond dealers in U.S.*

1 Monday, 7:30-9pm, March 28 @ Montclair High School
\$15

Improve the Air Quality in Your Home *New*

Could the air quality of your home be causing sickness in your family? Poor indoor air can result from building materials, furnishings, ventilation, cleaning products, mold and dust. The results can be chronic health problems. Get solutions and treatment approaches to improve the air in your home.

David Frome, *air-quality consultant.*

1 Tuesday, 7:30-9pm, April 5 @ Montclair High School
\$15

Astrology 101 *New*

Learn the factors included in a horoscope, such as the planets, signs and symbols that make up a natal chart. Get an in-depth understanding of these components and their significance. Each week there will be entertaining homework assignments.

No class on Tuesday, April 19. Note: Students will not be casting their own charts, but will be provided with resources to obtain them. A materials fee of \$5 is payable to the instructor at the first class.

Barbara Gordon-Smith, *practicing astrologer; Level 1 certification with the National Council of Geocosmic Research.*

8 Tuesdays, 7:30-9pm, March 15 to May 10 @ Montclair High School
\$95

Itzhak Perlman: Violin Concert *New*

Acclaimed violinist Itzhak Perlman has captivated audiences worldwide with his superb technique and mastery of a wide repertoire that have made him the reigning violin virtuoso of this generation. Enjoy Perlman's astounding musical gifts and charismatic stage presence as he performs, accompanied by pianist Rohan De Silva. Ticket includes pre-concert lecture.

Itzhak Perlman, world-renowned concert violinist, award-winning recording artist, well-known conductor and respected music educator; **Rohan De Silva**, award-winning pianist and accompanist.

Students will travel on their own to Mayo Center for the Performing Arts.

1 Saturday, 7-10pm, April 9 @ Mayo Center for the Performing Arts,
100 South Street, Morristown
\$85

Warhol and Cars: His Process and His Prints *New*

Silk screen was Andy Warhol's signature technique. Have you ever wondered how the acclaimed artist achieved his color-drenched images? Following a step-by-step demonstration of the multistage silk-screen process by a widely respected printmaker and Montclair resident, participants will produce their own print. A tour of the Montclair Art Museum's current exhibition, *Warhol and Cars: American Icons*, led by a museum docent, concludes this fascinating afternoon.

Cosponsored by the Montclair Art Museum.

Catherine LeCleire, internationally recognized printmaker; professor of printmaking, Pratt Institute, MSU.

1 Sunday, 2-4:30pm, March 27
@ Montclair Art Museum, 3 South Mountain Avenue, Montclair
\$45

**Walking Next to Our Shoes:
City Theatre & Dance Group** *New*

Enjoy a music theater performance choreographed by the noted South African director Robyn Orlin, known for confronting taboo subjects with vaudevillian theatricality. *Walking Next to Our Shoes* (a Zulu expression referring to poverty) features an opera singer, two dancers, a swanker (a Zulu male participant in fancy-dress competitions) and Phuphuma Love Minus, a 10-member choir performing *isicathamiya*, a Zulu form of a cappella. Following a big success in Europe, this American premier is sure to be provocatively humorous and visually arresting.

Students will travel on their own to the Alexander Kasser Theater.

Refreshments at 2:30pm for ASM registrants and the performance will begin at 3:00pm.

City Theatre & Dance Group: presented by Peak Performances @ Montclair State University.

1 Sunday, 2:30-5pm, February 20 @ Alexander Kasser Theater,
One Normal Avenue, Montclair
\$20

Blame It on Claude *New*

Scholars credit Debussy as having "emancipated tonality." Did he really do it? Examine the detail of his brilliant tone poem *La Mer, Trois Esquisses Symphoniques Pour Orchestre* (*The Sea, Three Symphonic Sketches for Orchestra*) to discover the answer.

George Marriner Maul, artistic director, *The Discovery Orchestra*; Emmy-nominated public television personality.

4 Wednesdays, 10-11:30am, April 27 to May 18 @ Crane's Mill, 459 Passaic Avenue,
West Caldwell
\$55

The Musicals of Stephen Sondheim *New*

Stephen Sondheim is unquestionably the major Broadway composer of the second half of the 20th century. Examine all his musicals, produced and unproduced, and focus on the evolution of his talent and viewpoint over the years. Particular emphasis will be placed on his major hits, *Company*, *Follies*, *A Little Night Music*, *Sweeney Todd*, *Sunday in the Park with George* and *Into the Woods*.

Duncan Kidd, devotee of the musical theater.

4 Tuesdays, 10:15-11:45am, March 22 to April 12
@ Salvation Army, 13 Trinity Place, Montclair
\$45

**Opera Lecture Series and *Lucia di Lammermoor*
at The Met: Live in HD Performance** *New*

Welcome to the world of opera. Compare four great Bel Canto operatic dramas, written by the three greatest Italian composers of their time: Bellini's *Puritani*, Donizetti's *Anna Bolena* and *Lucia di Lammermoor* and Verdi's *Nabucco*. Then on March 19, enjoy a special outing to view *Lucia di Lammermoor* as part of The Met: Live in HD series at Clearview's Parsippany Cinema 12.

Classes meet at the high school on Tuesdays. Students will travel on their own to Clearview's Parsippany Cinema 12 for the opera viewing on Saturday, March 19. The price of the opera ticket is included in the tuition. Class is limited to ten students.

Seth Lubin, M.A., music, *New England Conservatory of Music*.

4 Tuesdays, 7-9pm, March 8 to March 29 @ Montclair High School
1 Saturday, 1-4:30pm, March 19 @ Clearview's Parsippany Cinema 12,
3165 Route 46, Parsippany
\$145

Doll Art *New*

Explore the enchanting world of doll art, a little-known but fascinating combination of figurative sculpture and costume design. After learning about this genre, view a private collection of over 200 examples of doll art, including historical figures and movie stars.

This class is for adults only.

Roberta Rubin D’Ull, *long-time collector of doll art.*

1 Saturday, 1-3pm, April 9 @ Instructor’s Home in Glen Ridge
\$20

Books & Film**An Evening with Kevin Smith** *New*

Get to know Kevin Smith, one of show biz’s most outrageous and outspoken voices. During this fun-filled Q&A session, hang with Smith as he answers questions about anything and everything entertainment- related or not. The probability of strong language makes this an evening for mature audiences.

Students will travel on their own to Mayo Center for the Performing Arts.

Kevin Smith, *film director and producer of Clerks, Chasing Amy, Dogma and Jay and Silent Bob Strike Back among others.*

1 Friday, 8-10pm, April 29 @ Mayo Center for the Performing Arts,
100 South Street, Morristown
\$57

Centennial of Hollywood Stars *New*

A surprising array of fondly remembered Hollywood stars were born in 1911—Lucille Ball, Jean Harlow, Vincent Price, Ronald Reagan, Ginger Rogers, Roy Rogers and a cult favorite, director Nicholas Ray. View and discuss movies that celebrate the 100th birthdays of these Tinseltown notables. Films will include *Bombshell* with Jean Harlow, *Stage Door* with Ginger Rogers and Lucille Ball, *House of the Seven Gables* with Vincent Price, *Kings Row* with Ronald Reagan and *They Live by Night*, directed by Nicholas Ray.

Class meets every other week.

John Skillin, *former film librarian, Montclair Public Library.*

5 Mondays, 7-9pm, March 14, March 28, April 11, April 25, and May 9
@ Montclair High School
\$60

Great Unknown Film Directors *New*

Explore the work of four legendary international film directors known to movie buffs but not the general public—although they deserve to be. Following an introduction to each director and to the cultural and creative influences on each one’s work, there will be a viewing and discussion of a representative film. Selections will include Yasujiro Ozu’s *Tokyo Story*, Osmene Sembene’s *Moolaade*, Robert Bresson’s *Au Hazard Balthazar* and Abbas Kiarostami’s *10*.

Roy Innocenti, *film aficionado; high school English instructor; professional actor.*

4 Mondays, 7-9:30pm, March 21, April 4, May 2, and May 16 @ Montclair High School
\$50

Book Discussion

Join avid readers to discuss themes, plots and characters of selected books. Participate in the stimulating exchange of ideas, observations and reactions to the current selections.

Class meets every other week. Dates are: March 2, 16, 30, April 13, 27, May 11, 25, June 8.

Read *The Space Between Us*, by Thrity Umrigar for the first class.

The library provides the books. They can be picked up at the third-floor reception desk, two at a time. The books can then be returned to the library or purchased at a discount.

Teddie McKee, *coordinator and discussion leader.*

8 Wednesdays, 2-3:30pm, March 2 to June 8
@ Montclair Public Library, 50 South Fullerton Avenue, Montclair
\$75

Writing, Music & Theater**Acting/Scene Study** *New*

Learn to use acting exercises to bring monologs and scenes to life. Explore how to break down a script and connect with the character as you clear roadblocks and free inner resources as a performer.

No class on Tuesday, April 19. Dress comfortably for exercises. Bring paper and pen.

Kathryn Osborne, *B.F.A., University of Texas; performer, New York and regional theater, film and television; playwright and director; drama teacher.*

6 Tuesdays, 7-9pm, March 29 to May 10 @ Montclair High School
\$110

Beginning Violin/Fiddle *New*

Learn the basics of the violin/fiddle, including positioning and simple bowing. Students will practice finger placement, note reading and scales. Within a short time you will be playing familiar tunes.

No class on Monday, April 18. Required: a violin and a shoulder rest (approximate cost is \$25-\$35), a blank CD, pen or pencil and a recording device (optional). The Kun collapsible shoulder rest is recommended. Students who do not want to purchase a shoulder rest can use a sponge and rubber bands as a replacement. This class is for the absolute beginner.

Amy Beshara studied at Trinity College, London, and Manhattan School of Music; experienced teacher of violin and viola.

10 Mondays, 8-9:30pm, March 7 to May 16 @ Montclair High School
\$150

Classical Guitar

Beginner and intermediate students will study basic techniques for both the left and right hands including melodies and chords. Emphasis will be on correct fingering. Exercises will be recommended for improvement and study outside class. Samples of works by various guitar composers will be included.

No class on Monday, April 18. Text will cost \$12 and is payable to the instructor at the first class.

Philip Micciche, classical guitarist in the tradition of Segovia; experienced guitar teacher.

10 Mondays, 7-8pm, March 7 to May 16 @ George Inness Annex
\$105

Creating a Children's Book

Would you like to write and illustrate a short children's book? Learn the basic writing, drawing and design skills needed in this hands-on class as you work on creating your own story. You can choose to illustrate the book in any medium (drawing, painting, photography). The goal of this class will be the creation of a colorful manuscript that the instructor will publish as a hardbound book.

No class on Monday, April 18. A fee of \$40 for publishing and materials is payable to instructor the first night of class. Book will be delivered three weeks after the manuscript is given to the teacher.

Duncan Ewald, author; artist; director, Center for Student Writers and Illustrators, South Orange.

6 Mondays, 7:30-9:30pm, April 4 to May 16 @ Montclair High School
\$100

Creative Writing Workshop: First-Draft Fever

Have you always wanted to write creatively but found yourself short of time or ideas? Learn how to write "in the moment," using classroom exercises that are both playful and serious. Be amazed at how fresh and spontaneous your compositions can be.

Writers in all genres are welcome. Bring a pen and notebook to class.

Marian Calabro, author, *The Perilous Journey of the Donner Party and other books*; certified creative writing workshop leader, Amherst Writers and Artists.

5 Mondays, 7-9:30pm, March 7 to April 4 @ Montclair High School
\$110

Guitar: Advanced Rhythm and Lead Guitar *New*

This course is for those who are fairly competent on the guitar and who want to play in a rock/pop band or just have fun learning to be good enough to do so! Learn note-for-note rhythm and lead guitar parts (exactly as on the record) for songs by The Beatles, Creedence Clearwater Revival (with play-along CD), Stevie Ray Vaughan and Eric Clapton. When applicable, multiple rhythm guitar tracks will be covered, such as George Harrison and John Lennon's complimentary rhythm tracks on *Let It Be*. Rhythm guitar covers barre chords, altered chords, chord inversions, chord construction and chord progressions. Lead guitar covers improvisation utilizing the following scales: major, major pentatonic, minor, minor pentatonic, and blues; plus the Dorian mode and arpeggios.

No class on Monday, April 18. Five+ years experience recommended. Suitable for electric or acoustic guitar. Use of pick recommended but not mandatory. TAB notation will be used and taught. No music reading required.

Jefferson Newman, B.A., music studies, William Paterson University; professional singer, songwriter, guitarist and recording artist.

10 Mondays, 7:15-8:15pm, March 7 to May 16 @ Montclair High School
\$105

Guitar: Level 2

Have fun while taking your guitar playing to the next level. This slow-paced course will reinforce basic guitar techniques and simple strumming patterns utilizing easy traditional and pop songs. Students should have three months to two years experience and the ability to play common open chords (C, G, E).

A materials fee of \$15.00 is payable to the instructor at the first class.

Jefferson Newman.

10 Tuesdays, 7-8pm, March 8 to May 17 @ George Inness Annex
\$105

Introduction to Guitar

You can play the guitar without any previous training. Learn basic fundamentals of music and to play chord accompaniments, tablature and simple melodies and riffs. The emphasis is on fun and personal satisfaction.

No class on Tuesday, April 19. Class is intended for people who have never played guitar. Bring your acoustic guitar to class.

Joshua Rubin, professional guitarist; recorder; arranger.

10 Tuesdays, 7-8pm, March 8 to May 17 @ George Inness Annex
\$105

Introduction to Music Theory

Want to write songs, as well as do rhythm playing or single note improvising? Explore scales, intervals, chord construction and chord symbols, chord progressions, key signatures and their corresponding chords, transposing keys and rhythmic notation. Discover how and why music, on any instrument, works. Gain hands-on experience of music theory using a piano.

No class on Monday, April 18. A materials fee of \$5 is payable to the instructor at the first class. No piano experience required.

Jefferson Newman, B.A., music studies, William Paterson University; professional singer, songwriter, guitarist and recording artist.

10 Mondays, 8:30-9:30pm, March 7 to May 16 @ Montclair High School
\$100

Introduction to Screenwriting *New*

Learn how to write realistic dialog with compelling characters and exciting scenes. Study films and analyze award-winning scripts. After writing exercises, create a short film script to be read and discussed in class.

No class on Monday, April 18. Students must read *Making a Good Script Great* by Linda Seger PRIOR to class. List price of book is \$14.95. Students will need scripts to *Witness*, *Thelma & Louise* and *Crash*. Scripts can be downloaded for free from www.simplyscripts.com.

Carol Forbes, M.F.A., Columbia University; film and screenwriting teacher; award-winning screenwriter.

8 Mondays, 7-9pm, March 7 to May 2 @ Montclair High School
\$150

Everything is alive;
everything is interconnected.

Cicero

Joy of Singing

Do you love to sing? Train, develop and learn to control your voice and breathing. Extend your range and projection. Sing various styles of group, duet and solo music.

No class on Mondays, April 11 and April 18. For beginners to advanced singers. Optional text costs \$13.

Patrizia Cioffi, member, National Association of Teachers of Singing; member, The Voice Foundation; consultant, National Endowment for the Arts.

8 Mondays, 7-9pm, March 14 to May 16 @ Montclair High School
\$115

Loretta Hagen's Songwriting: Let Your Voice Be Heard *New*

Are you a budding songwriter? Learn how to create songs that touch the hearts of your listeners and move them to action. Basic songwriting tips such as lyric and melody structure and ideas on how to get your songs heard will be discussed. Bring a portable instrument to perform your song or bring a CD of it.

Loretta Hagen, songstress/composer; performed solo and with nationally known musical artists in Nashville and throughout the U.S.; recording artist; film songwriter; medical advocate.

Hear a concert by Loretta Hagen on Tuesday, March 29. See page 6.

1 Tuesday, 7-9pm, March 22 @ Montclair High School
\$25

Memoir Writing

Level 1 6:30-8pm

Discover how to search your memory, find a narrative and shape it through exercises and shared work. We will consider sensory cues and narrative prompts that will trigger memories for you to develop in your writing.

No class on Tuesday, April 19. This class is for students new to memoir writing or for writers who have not yet taken this course, regardless of writing experience.

Level 2 8:15-9:45pm

Students will continue working on narratives through new assignments, exercises, group discussions and revisions. The emphasis will be on vivid details, courage in writing and serious humor. Dramatic development will shape the stories your memories provide.

No class on Tuesday, April 19. Prerequisite for this class is Memoir Writing Level 1.

Madeline Tiger, M.F.A., writing; published poet and critic; author *The Atheist's Prayer*, published April, 2010.

8 Tuesdays, March 22 to May 17 @ George Inness Annex
\$100 each

Writing for Reflection and Self-Discovery *New*

Explore poetry, fiction and creative nonfiction while applying different writing techniques aimed at self-reflection. Spark your writing creativity and discover yourself in the process.

Loren Kleinman, *college writing instructor; poet; editor, travel publications and literary journals.*

6 Mondays, 7-8:30pm, March 7 to April 11 @ Montclair High School
\$85

Arts & Crafts

Beginner Beading *New*

Handcrafted jewelry makes a great keepsake. Learn the basic skills needed to make necklaces and earrings. Work at your own pace as you create a one-of-a-kind piece.

A \$15 supply fee will be payable to the instructor at the beginning of class. Some tools will be provided for sharing, but students may prefer to bring their own jewelry pliers, such as round nose and chain nose.

Hilary Shank-Kuhl, *jewelry maker in glass, metals and mixed media; retail jeweler.*

1 Saturday, 12-2pm, March 26 @ Instructor's Home in Montclair
\$25

Beginning Quilling *New*

Learn the age-old art of quilling and paper filigree along with the history of this craft. Basic techniques will help you create beautiful place card settings, gift tags and numerous items to enhance your scrapbook pages. Framing of the finished pieces will be discussed.

A materials fee of \$10 is payable to the instructor at the first class.

Rochelle Kirkwood, *experienced crafter and quiller.*

3 Mondays, 7-9pm, May 2 to May 16 @ Montclair High School
\$50

Color in the Garden: Spring *New*

Celebrate the colors of spring in the lovely Van Vleck Gardens. This meditative, hands-on workshop series addresses working *en plein air*, seeing the landscape from a painter's point of view. No landscape experience is necessary. Color exercises will be done in pastel, but work on site can be done in any medium. This class is open to all levels.

Supplies will cost approximately \$30 for first-time painters. Required "Basic Pastel Kit" Rembrandt: 505.5 French ultramarine blue light, 331.5 rose madder (or madder lake deep), 201.5 light yellow, white, black. List of additional, optional supplies can be found under the supply list links on the FAQ page on our website, www.adultschool.org.

Cosponsored by Van Vleck House & Gardens.

Catherine Kinkade, *accomplished landscape painter.*

3 Tuesdays, 1-3:30pm, May 3 to May 17 @ Van Vleck House & Gardens,
21 Van Vleck Street, Montclair
\$90

Drawing

Focus on how to draw through observation. Learn visual perspective beginning with still life and progressing to live models. The class is for students who have never drawn or for the professional artist who would like to sharpen his or her skills.

No class on Monday, April 18. The cost of the model is included in the tuition. Supplies will cost approximately \$35 for beginning students. Supply list links are on the FAQ page on our website, www.adultschool.org.

Bonnie Brinkley, *M.F.A., New York University.*

10 Mondays, 7-9:30pm, March 7 to May 16 @ Montclair High School
\$195

Egg Dyeing the Natural Way *New*

Dye and decorate eggs using recycled natural materials and then enjoy a tour of the 1796 Israel Crane House. Wear your egg-dyeing clothes for a fun experience at a great old house.

Cosponsored by Montclair Historical Society. Open to children grades 1 to 6 with an adult.

Christina Mayer, *volunteer, Montclair Historical Society and Victorian Society in America.*

1 Sunday, 1-3pm, March 27 @ Israel Crane House, 110 Orange Road, Montclair
\$20 parent/child pair

Fiber-Wrap Bracelets *New*

Make a charming bracelet or necklace using remnants of yarn, string and ribbon. Add fabric or leather strips, shoe laces, a little wire, a couple of beads, a clasp and create a unique piece of fashion jewelry.

A \$3 supply fee will be payable to the instructor at the beginning of class. Kit includes two clasps, four cones and wire, enough to make two items. Students will need the following tools: scissors, round nose pliers, flat nose pliers and wire cutter. Please bring several yards of string-like material such as yarn, string, fabric strips, leather strips, ribbon, chain—almost anything linear and flexible. Beads not necessary, but if you have some, bring them.

Fran Phillips, *experienced crafter.*

1 Monday, 7-9pm, March 28 @ Montclair High School
\$25

Introduction to Pottery: Hand Building and Throwing on the Wheel

Create sculptural and functional work with clay, using hand-building techniques. Learn how to throw on the wheel. This is an introductory class for beginning students.

No class on Tuesday, April 19. A materials fee of \$75 for clay, tools, glazes and firing is payable to the instructor at the first class. Wear old clothes.

Virginia Zohn, *studio artist.*

10 Tuesdays, 7-9:30pm, March 8 to May 17 @ Montclair High School
\$175

Japanese Flower Arranging

Discover the art of ikebana, the ancient Japanese art of flower arranging. Learn to place fresh flowers into beautiful arrangements that brighten a room, please the eye and refresh the spirit.

No class on Monday, April 18. Flowers will cost a total of \$70 to be paid to the instructor at the first class. A flower holder, called a kenzan, is required and will be available for \$18 unless an equivalent one is provided by the student. Bring a container, such as a pie plate or fruit bowl, to the first class.

Nobuko Novak, *senior professor's degree, Ikenobo School of Floral Art, Kyoto, Japan; president, Ikenobo Ikebana Society of New Jersey.*

10 Mondays, 7-8:30pm, March 7 to May 16 @ George Inness Annex
\$120

Knitting

If you are new to knitting, learn to cast on, knit and purl while working on a simple project. Those with some experience will master new stitches and techniques while working on their own project.

New knitters should bring smooth, bulky yarn and size 10 or 10 1/2 needles to the first class. Knitters with some experience should bring a pattern, yarn and needles for their own projects. All levels welcomed.

Lynn Grady, *owner, Needle Craftique, Montclair.*

5 Tuesdays, 7-8:30pm, March 8 to April 5 @ George Inness Annex
\$60

Learning to See: Oil and Acrylic Painting *New*

Using the figure, still life and independent projects, students will learn helpful techniques to facilitate knowledge of composition, color, value and brushwork—the foundations of successful painting of any kind. Students will be encouraged to develop their own vision within a framework of time-tested principles. Some drawing skills recommended. Students will work with still life and a model.

No class on Monday, April 18. Supply list links are on the FAQ page on our website, www.adultschool.org. Approximate cost is \$125 for first-time painters. **Students should bring all materials to the first class.**

Janet Boltax, *B.F.A., portrait painter, printmaker, instructor; exhibitor in juried and solo shows.*

10 Mondays, 7-9:30pm, March 7 to May 16 @ Montclair High School
\$195

We are all connected to everyone and everything in the universe. Therefore, everything one does as an individual affects the whole. All thoughts, words, images, prayers, blessings, and deeds are listened to by all that is.

Serge Kahili King

Making Better Photographs

Take better digital or film photographs. Learn how to make professional-looking portraits, compose landscapes, shoot nature subjects, take travel pictures, make exciting candid and create your own set-ups. Master exposure techniques and learn rules of composition. Pictures taken for class assignments will be evaluated each evening as time permits.

No class on Monday, April 18.

David Baumbach, *professional photographer and artist.*

6 Mondays, 7-9:30pm, March 21 to May 2 @ George Inness Annex
\$125

Mosaics 101

Discover the joys of mosaic design. Learn the basics of cutting techniques, placing tiles, gluing and grouting as you create a 10-inch frame. No art or mosaic experience is required.

A materials fee of \$25 is payable to the instructor at the first class.

Eleanor Parr-DiLeo, *mosaic artist and instructor.*

2 Tuesdays, 6:30-9:30pm, March 22 and March 29 @ George Inness Annex
\$50

Photo Lampshade *New*

Want to smile every time you turn on a special lamp? Learn basic design principles as you create a paneled lampshade using favorite photos, kids' artwork, vacation postcards or pretty pictures.

A materials fee of \$20 is payable to the instructor at the first class. Students will also need a pencil, sharp scissors, white or tacky glue, trim, spring-type clothespins, four photos (all different or all the same) no larger than 4"x7" (vertical format).

Fran Phillips, *experienced crafter.*

2 Mondays, 7-9pm, April 4 and April 11 @ Montclair High School
\$40

Principles of Photographic Composition *New*

Learn how to create memorable scenic photographs. Watch an exciting, fully illustrated lecture/demonstration as an expert photographer explores and explains compositional techniques that will improve your pictures.

Joseph R. Thomas, *author, lecturer, international photo contest judge.*

1 Monday, 7:30-9pm, March 21 @ George Inness Annex
\$20

Sewing

Bring a portable sewing machine and its instruction manual, an empty bobbin, thread and sewing shears to the first class. The instructor will provide a list of other supplies to bring for sewing projects.

Beginner

Have you always wanted to sew? Master the basic skills needed to make simple projects from crafts and accessories to clothing. Students will learn how to thread and run their machines while learning the basics of sewing. Two projects will be completed. Students must have their own portable machine.

This class is for the true beginner. No class on Tuesday, April 19.

5 Tuesdays, 7-9pm, April 12 to May 17 @ George Inness Annex

Continuing Students

If you already know how to sew, this class will help you continue to hone your sewing skills. Students will work with a commercial pattern, so prior knowledge of basic skills including how to thread a machine, wind a bobbin and attach a zipper foot are required.

No class on Monday, April 18.

5 Mondays, 7-9pm, April 11 to May 16 @ George Inness Annex

Cyndi Deermount, B.S., *home economics; lifelong sewing enthusiast; owner, Custom Monograms & Embroidery.*

\$85 each

Watercolor: All Levels

Learn the techniques that will enable you to paint beautiful watercolors. Study examples of good composition, receive one-on-one guidance and have plenty of time to paint in class. Enjoy learning about this wonderful medium in an atmosphere filled with encouragement and enthusiasm.

No class on Tuesday, April 19. Supplies will cost approximately \$100 for first-time watercolorists. Supply list links are on the FAQ page on our website, www.adultschool.org.

Patti Buchanan, M.A., *fine arts; professional artist.*

10 Tuesdays, 7:30-9:30pm, March 8 to May 17 @ Montclair High School
\$145

Wire Jewelry

Learn the basics of making your own jewelry. Make eyepins, earwires, and clasps, and learn the secrets of wire wrapping. A few simple tools, a spool of wire and you are on your way to serious bling!

Supplies will cost approximately \$20 for first-time students. Supply list links are on the FAQ page on our website, www.adultschool.org.

Frances Phillips, *experienced crafter.*

3 Mondays, 7-9pm, March 7 to March 21 @ Montclair High School
\$50

Woodcarving

Enjoy a hobby that is relaxing, fun and unlimited in creative potential. Beginning with precut wooden blanks, learn to use a knife to fashion beautiful and unique carvings of animals, human figures or other objects.

No class on Monday, April 18. A materials fee of \$35 will be collected from beginning students at the first class to cover the cost of a carving knife, wooden blanks and a carver's glove.

William Novak, *member, N.J. and national woodcarvers associations.*

10 Mondays, 7-8:30pm, March 7 to May 16 @ George Inness Annex
\$110

Home & Garden

Be a Birder *New*

Develop a new passion! Learn the basics of avian sounds, sights and habitats as you observe the spring migration on a birding walk through the Van Vleck House & Gardens. Bring binoculars.

Cosponsored by Van Vleck House & Gardens.

Deborah DeSalvo, *avid bird watcher, nature lover and bird-watching teacher.*

3 Tuesdays, 9-11am, April 26 to May 10 @ Van Vleck House & Gardens,
21 Van Vleck Street, Montclair
\$55

Dividing Perennials

Take part in a hands-on workshop and learn how easy it is to propagate more plants from those you already have. You can share them with friends or help expand your own garden. Each participant will leave with divisions of various plants from the Van Vleck property.

Cosponsored by Van Vleck House & Gardens. Dress for gardening. Sturdy shoes are essential.

Laura Roberts, *garden manager, Van Vleck House & Gardens.*

1 Wednesday, 6:30-8:30pm, March 30 @ Van Vleck House & Gardens,
21 Van Vleck Street, Montclair
\$20

Furniture Refinishing

Discover how to strip furniture by hand without fumes. Repair and restore your own piece with proper gluing techniques and refinish it with wax or shellac.

Tool to be purchased from instructor will cost \$12. Bring a small piece of furniture that can be carried back and forth to class (and up stairs). The instructor will determine if it is suitable for refinishing.

Keith Honaman, *cabinetmaker; experienced in authentic colonial-craft skills.*

6 Thursdays, 7:30-9:30pm, February 24 to March 31 @ Instructor's Home in Cedar Grove
\$95

Garden Design

Participate in an on-site garden design experience. Visit local gardens and learn about site planning, bed placement, plant selection and care.

After you register for the class, please email nancy@adultschool.org if you would like your garden to be considered as a site. Perennial Gardeners will make the final selection. Meeting places and directions will be emailed or sent to participants.

Perennial Gardeners, *garden designers for more than 15 years.*

3 Saturdays, 1-3pm, May 7 to May 21 @ To be determined
\$65

Home Maintenance and Repair for Women

Basic

Stop relying on others for what you can actually do yourself! Learn how to deal with contractors and tradespeople, select tools you should own, make basic repairs, detect quality differences in material, know when permits are needed and insure that work meets local codes.

A materials fee of \$10 is payable to the instructor at the first class.

Matthew Forte, *former head of trade's testing, The Port Authority of NY and NJ.*

4 Tuesdays, 7:30-9:30pm, March 8 to March 29 @ Montclair High School
\$65

Advanced Workshop

Learn to use power tools, replace deteriorated window putty, repair plaster cracks and holes, weatherproof a house, repair gutters, rewire a lamp, replace a faucet and do other simple home repairs.

This is a hands-on course, limited to eight participants. A materials fee of \$20 is payable to the instructor at the first class.

Matthew Forte.

1 Monday, 7:30-9:30pm, March 28 @ Montclair High School
3 Saturdays 9am-12pm, April 2, 9 and 16, at instructor's workshop in South Orange
\$110

Interior Decorating

Develop your own personal decorating style as you review the principles and elements of interior design. Three of the class sessions will meet offsite at local suppliers.

No class on Monday, April 18. Supply list links are on the FAQ page on our website, www.adultschool.org.

Alicja Truesdale, *B.F.A., interior design; Allied ASID principal designer; Razzberrie Interiors and Custom Window Fashions.*

8 Mondays, 7-9:30pm, March 14 to May 9 @ Montclair High School
\$145

Organic Vegetable Gardening *New*

Seed Starting in the Greenhouse March 8

Get hands-on gardening experience working in the greenhouse. Plant organic seeds in small containers for transplanting into your own garden. Learn planting and transplanting methods and techniques. Start cauliflower, broccoli, cabbage, kale, Brussels sprouts, Swiss chard, Malabar spinach, peppers, eggplant, collards and beets.

Wear gardening clothes and gloves.

Spring Activities in Your Garden March 22

Get ready to prepare your garden in the spring by learning about organic soil amendments, composting and critter proofing. Discover the secrets of garden design and companion planting. Learn to source organic seeds and plant peas, arugula, lettuces and greens from seeds directly into your soil in April and May.

Summer Activities in Your Garden April 5

Discover how to map out your succession planting schedule to ensure continuous harvests. Learn about heirloom tomatoes and herbs and diverse vegetables and flowers that will attract beneficial insects. Develop integrated pest management (IPM) skills and harvesting practices for squash, cucumbers, peppers and other summer crops. Explore drip-irrigation systems and rain barrels and how to keep your plants strong and healthy in the summer heat.

Cosponsored by Van Vleck House & Gardens.

Wanda Knapik, *certified permaculture designer and educator; owner and founder, My Local Garden; cofounder, Permaculture Network of New Jersey.*

1 Tuesday, 10am-12pm @ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20 each; \$55 for the series

Permaculture in Action *New*

Permaculture is an ecological design system for sustainability in all human pursuits. By respecting, mimicking and working with nature, it teaches us how to build natural homes, grow our own food, restore diminished landscapes and ecosystems, catch rainwater, build communities and much more. Learn about permaculture's common applications including diverse annual and perennial gardens, integrating livestock such as chickens into your garden, natural building and passive solar home design and remediation of highly damaged environments.

Wanda Knapik, *certified permaculture designer and educator; owner and founder, My Local Garden; cofounder, Permaculture Network of New Jersey.*

3 Tuesdays, 7-9pm, April 26 to May 10 @ George Inness Annex
\$55

Pruning Basics

Learn the essentials of pruning through various demonstrations on Van Vleck House & Gardens plant specimens. Concentrate on what to prune and why.

Wear gardening clothes. Hands-on participation is encouraged.

Cosponsored by Van Vleck House & Gardens.

Laura Roberts, *garden manager, Van Vleck House & Gardens.*

1 Friday, 1-3pm, March 11 @ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20

Redecorating with Style *New*

Discover how to decorate and shop like a designer. Explore current home color trends and product must-haves. Create a personal color palette to take while shopping.

A supply fee of \$5 is payable to the instructor.

Karen Wolf, *certificate, Parson's School of Design, founder, HeartFelt Designs, Inc. and Btween Spaces Decorating.*

1 Monday, 7-8:30pm, March 14 @ Montclair High School
\$15

Teen Room Make-Overs *New*

Take your room from drab to fab. Define your personal style. Learn the basic principles of home design, create a room layout and choose your personal color palette. Discover how to make a concept board for your dream room using an online website and make a fabric wishboard for your room in class.

This class is for teens only. A \$15 supply is payable to the instructor the first night of class.

Karen Wolf.

5 Tuesdays, 7-8pm, March 15 to April 12 @ Montclair High School
\$50

Upholstery

A newly upholstered chair or stool, dining room seat, or small antique chair can be yours when you learn the methods of professional upholstery.


No class on Tuesday, April 19. A list of tools and materials to purchase will be given to students at the first class. Approximate cost for first-time upholsterers will range from \$75 to \$160, depending on the project. Bring a piece of furniture small enough to carry back and forth from home to class each week along with pliers and a screwdriver.

Johnny Thomas, *owner, Upholstery Plus Inc.; upholsterer; decorating consultant.*

10 Tuesdays, 7-9:30pm, March 8 to May 17 @ George Inness Annex
\$140

Food & Drink

Cooking Tips

In our cooking classes you will eat what is prepared and take home the recipes. If a class is a participatory one, it will be marked with the "hands-on" symbol; bring an apron for cooking and cleaning up. 

ABCs of Cooking

Explore basic food planning and the preparation of delicious and nutritious meals. Enjoy creating (and eating!) a wide variety of dishes. Go home with recipes that you can prepare for family and friends and that stretch your food dollar.

Class is hands-on.

Edith Hamilton, *home economics teacher; caterer.*

3 Tuesdays, 7-9pm, March 22 to April 5 @ Montclair High School
\$95

Bread Basics *New*

Love the smell of bread baking in the oven? Learn the basics of how to use yeast, flour and other ingredients to bake your own high-quality and delicious whole wheat and white bread.

This class is hands on.

Pamela Wright, *graduate, Culinary Institute of America; experienced cooking teacher.*

1 Tuesday, 6-9:30pm, May 10 @ Montclair High School
\$50

Chinese Noodles



Noodles are an essential ingredient and staple in Chinese cuisine. Learn to prepare Chinese noodles *zha jiang mian*, a Chinese-style spaghetti with meat sauce; noodle pancakes with a shredded savory topping; Shanghai-style thick noodles flavored with Chinese sausage; and a famous Sichuan dish called “copper well street noodles.”

This class is hands-on. Class is limited to six participants.

Jo-Ann Melhuish, *cooking expert, frequent traveler to China.*

1 Wednesday, 7-9:30pm, March 16 @ Instructor's Home in Glen Ridge

1 Friday, 9-11:30am, March 18 @ Instructor's Home in Glen Ridge

\$60

Cooking with Friends: Savory Pot Pies *New*



Homemade savory pies warm your soul and please your palette. Experience the joy of cooking with friends while making these delicious pot pies that freeze perfectly for impromptu dinners.

This class is hands on.

Alison Bermack, *food writer; founder, Cooking with Friends Club.*

www.CookingWithFriendsClub.com

1 Monday, 7-9:30pm, March 7 @ Montclair High School

\$50

Creative Cooking with Tofu *New*

Add a little spice to your diet with exotic tofu recipes including kori dofu stir-fry, miso-marinated tofu appetizers and tofu cream with fresh fruit. Discover the myriad nutritional benefits and flavors tofu has to offer and a range of cooking methods for preparing it. Then, sample the dishes.

This is a demonstration class.

Satomi Ohama, *graduate, Institute for Integrative Nutrition; M.A., certified holistic health counselor.*

1 Tuesday, 7-9pm, May 3 @ Montclair High School

\$40

Essentials of Cooking Equipment

There are certain kitchen tools that you will reach for again and again. Knowing the proper techniques for using them will make your work easier and your results better and more professional. Learn the proper use of sauté pans, sauce pans, food processors, blenders, mixers and other common pieces of equipment.

This is a demonstration class.

Nancy Ellis, *graduate, Culinary Institute of America; culinary arts instructor; private chef.*

1 Monday, 7-8:30pm, May 9 @ Montclair High School

\$25

Food Preservation 101 *New*



Why waste money throwing away leftover food or paying extra for out-of-season fruits and vegetables? Learn various healthy and economical food preservation techniques from water bath canning to freezing.

This class is hands-on. A materials fee of \$15 is payable to the instructor at the first class. Please bring a knife, apron and cutting board.

Jennifer Friedin, *graduate, Institute for Integrative Nutrition; certified health and nutrition coach.*

2 Mondays, 7-9pm, April 25 and May 2 @ Montclair High School

\$75

Japanese Vegan Recipes for Spring *New*

Prepare scintillating seasonal Japanese vegetarian meals. Create and experience exotic cuisine like *hatomugi* barley tabouli salad, miso soup with *hakusai* cabbage and sprout and broccoli with miso-mustard vinaigrette.

This is a demonstration class.

Satomi Ohama, *graduate, Institute for Integrative Nutrition; M.A., certified holistic health counselor.*

1 Tuesday, 7-9pm, April 26 @ Montclair High School

\$40

Knife Skills in the Kitchen



Good knife skills are a result of knowledge and practice. Learn cutting techniques and which knives to use for a particular task. Discover the proper methods of sharpening, handling, caring for and using kitchen knives.

Bring a selection of knives, a cutting board and an assortment of vegetables: 2 onions, 2 carrots, garlic, 2 stalks celery, 1 zucchini, 1 pepper and bags to take food home. Bring an apron for class and cleanup.

Nancy Ellis, *graduate, Culinary Institute of America; culinary arts instructor; private chef.*

1 Monday, 7-8:30pm, March 14 @ Montclair High School

\$25

Pork: The Other White Meat *New*

Explore an array of pork cuts and how to prepare them. Add new recipes for tasty ribs, loins, tenderloins and pork shoulders to your kitchen repertoire.

This is a demonstration class.

Pamela Wright, *graduate, Culinary Institute of America; experienced cooking teacher.*

1 Tuesday, 7-9:30pm, April 12 @ Montclair High School

\$45

Specialty Cakes *New*

Watch a pro and learn how to build and decorate beautiful cakes for special events such as weddings, birthdays and other occasions. Topics covered will include both butter cream and fondant icing allowing for the creation of lavish multitiered cakes.

This is a demonstration class.

Diana Plesniarski, *experienced pastry chef, specializing in seasonal desserts.*

1 Monday, 6:30-9:30pm, April 4 @ Montclair High School
\$45

The Cupcake Craze *New*



Who knew the lowly but beloved cupcake would become a glamorous, upscale dessert? Discover how to create classic and gourmet cupcake confections for holidays and everyday. Learn the essentials of baking these delights as well as tips and techniques to take your cupcake to the next level.

A materials fee of \$10 for decorating tools is payable to the instructor at the first class.

Nicole Friday, *winner, 2010 Macy's Herald Square Battle of the Cupcakes; founder, The Cupcake Craze, featured on ABC news; experienced cooking demonstrator.*

2 Mondays, 7-8:30pm, March 21 and March 28 @ Montclair High School
\$70

The Training Table *New*

Master easy meals designed for peak performance on the athletic field. Learn to prepare healthy meal options that emphasize the dietary requirements of athletes and use seasonal ingredients, fresh herbs and spices. Cater to your physical prowess and your taste buds.

This is a demonstration class.

Gina McKneill, *graduate, Culinary Institute of America; experienced cooking instructor.*

2 Tuesdays, 7-9pm, March 8 and March 15 @ Montclair High School
\$70

Wine and Cheese Appreciation *New*

No matter how much you know about wine and cheese, there is always more to find out. Taste and learn about several different wines and cheeses from a different country each week. Tastings will focus on France, Italy and Spain.

An additional fee of \$55 (for wine and cheese) is payable to the instructor at the first session. Registrants must be at least 21 years old.

Sharon Sevrens, *DWS, wine educator for the Wine & Spirits Education Trust; Amanti Vino proprietor.* **Will Sugerman**, *DWS, wine educator for the Wine & Spirits Education Trust.*
Michael Trullinger, *cheesemonger and importer.*

3 Thursdays, 7-8:30pm, March 17 to March 31 @ Amanti Vino,
30 Church Street, Montclair
\$65

Adobe Photoshop

Level 1 *New*

Explore the basics of the world's most widely used photo-editing software. Gain a good foundation and start creating your own projects.

No class on Monday, April 18. Class will be taught on MACs equipped with Adobe Creative Suite 1. Prerequisite: must be comfortable working on a computer and able to open, save and copy files.

Sara Santora, *art director, graphic designer, experienced Photoshop user.*

10 Mondays, 7-9pm, March 7 to May 16 @ Montclair High School
\$280

Level 2 *New*

Learn more techniques for navigating this popular editing program. Discover how professionals work with this powerful software and become more creative. For students who have completed a basic Adobe Photoshop course or have used Photoshop before.

No class on Tuesday, April 19. Class will be taught on MACs equipped with Adobe Creative Suite 1. Prerequisite: experience with Photoshop basic knowledge or Photoshop elements.

10 Tuesdays, 7-9pm, March 8 to May 17 @ Montclair High School
\$280

Basic Principles of Web Design

Knowledge of HTML gives you greater flexibility when developing your own website. Learn the basics of HTML. Explore navigation schemes, design techniques and rules, image preparation, linking and publishing basics.

No class on Tuesday, April 19. This class will be taught on MACs but will translate to Windows-based computers.

Lois Tannous, *B.A., art education; experienced teacher.*

10 Tuesdays, 7:30-9:30pm, March 8 to May 17 @ Montclair High School
\$280

Build Your Online Identity *New*

Social networking makes it faster and easier to share all aspects of your life online. Learn what to share, how to do it and, most importantly, how to manage your online image. Topics include Facebook, LinkedIn, Twitter and blogs as well as distinguishing between personal and professional social sharing.

Students will need a basic knowledge of computers and the internet. Students must bring their own internet-connected PC or MAC to class.

Jon Bonesteel, *experienced IT consultant.*

3 Wednesdays, 7:30-9pm, March 16 to March 30
@ The Geyer Family YMCA, 159 Glenridge Ave
\$65

LEARN / COMPUTERS

Cascading Style Sheets (CSS) *New*

Learn how to use style sheet language or cascading style sheets to standardize layout, fonts, colors and other elements of your website.

No class on Tuesday, April 19. Prerequisite: knowledge of HTML is a must.

Lois Tannous, B.A., art education; experienced teacher.

5 Tuesdays, 6:30-7:30pm, April 12 to May 17 @ Montclair High School
\$70

Cloud Computing *New*

Are you computing in the cloud? Cloud computing allows the user to access web-based tools or applications via a web browser, thus eliminating the need to have programs installed locally.

Prerequisites: basic computer skills and the ability to use the internet. No class on Monday, April 18.

Lois Tannous.

8 Mondays, 6:30-7:30pm, March 7 to May 2 @ Montclair High School
\$115

Digital Personal Organization for the Home *New*

Technology is designed to simplify our lives, but it can create chaos without the right strategy. Find out about tech tools that will get you on track to organize the million little details in your life.

Students will need a general operational knowledge of their computer systems at home. This is not a basic computer course. Bring your laptop if possible.

Jon Bonesteel, experienced IT consultant.

4 Mondays, 7:30-9pm, April 25 to May 16 @ Montclair High School
\$85

Digital Video Basics *New*

This course is designed for the student new to digital video. In addition to basic filming techniques, students will learn to import and edit videos (reviewing PC and MAC editing programs) and to prepare and finalize videos for DVD or the web.

No class on Monday, April 18. Students should have access to a digital recording device such as a video camcorder or camera. Please bring a memory card or tape to the first class.

Lois Tannous.

10 Mondays, 7:30-9:30pm, March 7 to May 16 @ Montclair High School
\$280

ASM ONLINE

and introducing

RosettaStone[®]
Online





For tens of thousands of schools and universities, Rosetta Stone® is selected over other language learning tools because it works! The Adult School of Montclair now offers Rosetta Stone Classroom online which is available in over 20 languages. Learn a second language and communicate with the world.

Arabic	Hebrew	Polish
Chinese (Mandarin)	Hindi	Portuguese (Brazil)
Dutch	Irish	Russian
English (American)	Italian	Spanish (Latin America)
English (British)	Japanese	Spanish (Spain)
Filipino (Tagalog)	Korean	Swedish
French	Latin	Turkish
German	Persian (Farsi)	Vietnamese
Greek		

Enjoy learning the language of your choice – with Rosetta Stone. This highly successful company's "Dynamic Immersion" method taps into your own natural language-learning ability. You will begin to think in your new language from the very start, the same way you learned your first language. (No more exasperating translations and grammar explanations!) Each lesson advances your listening, speaking, reading and writing skills, and each unit concludes with an opportunity for you to simulate a real-life conversation.

This web-delivered course is available 24 hours a day/7 days a week, provides reinforcements and monitors your progress, allowing you to learn at your own pace and place. Students can take as many levels as they are able to throughout the duration of the class.

Headsets must be purchased and will cost approximately \$25. Orientation information will be included in the class confirmation.

3-month section running March 16 through June 14, taught online

3-month section running June 15 through September 13, taught online

\$199 each

ASM Online

ASM offers online learning in partnership with ed2go, a leader in the field for over ten years. Classes start monthly, include 12 lessons, and run for approximately 6 weeks.

Courses in business and career, general studies, writing and language, computers and technology, personal enrichment, education, and test preparation cost \$109.

ASM also offers online certification and professional development courses. Tuition ranges from \$149-\$249.

A new section for every online course offered during our spring semester will begin on the following dates: February 16, March 16, April 20, May 18, June 15, July 20, and August 17.

Career and Professional

Accounting

Accounting Fundamentals
Introduction to Peachtree Accounting 2009
Introduction to QuickBooks 2010
QuickBooks 2009 for Contractors

Business and Management

Administrative Assistant Applications
Building Teams That Work
Distribution and Logistics Management
Fundamentals of Supervision and Management
Going Green at the Workplace
High Speed Project Management
Introduction to Business Analysis
Six Sigma: Total Quality Applications
Understanding the Human Resources Function

Grant Writing and Nonprofit

A to Z Grant Writing
Advanced Grant Proposal Writing
Becoming a Grant Writing Consultant
Marketing Your Nonprofit
Starting a Nonprofit
Writing Effective Grant Proposals

Health Care

Become a Physical Therapy Aide
Become an Optical Assistant
Certificate in Complementary and Alternative Medicine
Certificate in End of Life Care
Certificate in Legal and Ethical Issues in Nursing
Certificate in Pain Assessment and Management
Explore a Career as a Pharmacy Technician

Law and Legal

Business Law for the Small Business Owner
Constitutional Law: Bill of Rights
Employment Law Fundamentals
Explore a Career as a Paralegal
Introduction to Criminal Law
Legal Nurse Consulting
Real Estate Law
Workers' Compensation

Sales and Marketing

Achieving Top Search Engine Positions
Effective Selling
Marketing Your Business on the Internet
Principles of Sales Management
Professional Sales Skills

Start Your Own Business

Get Paid to Travel
Growing Plants for Fun and Profit
Publish It Yourself: How to Start and Operate Your Own Publishing Business
Real Estate Investing
Secrets of Better Photography
Secrets of the Caterer
Start a Pet Sitting Business
Start Your Own Arts and Crafts Business
Wow, What a Great Event!

Teaching and Education

An Introduction to Teaching ESL/EFL
Creating a Classroom Web Site
Creating K-12 Learning Materials
Creating the Inclusive Classroom
Empowering Students With Disabilities
Guided Reading and Writing: Strategies for

Complete course listing and descriptions at www.adultschool.org. Click on "Browse Courses," and under "ASM Online" choose the subcategory of your choice.

ASM ONLINE

Sample list of courses continued...

Homeschool With Success
Integrating Technology in the Classroom
Singapore Math Strategies
Solving Classroom Discipline Problems
Spanish in the Classroom
Teaching Adult Learners
Teaching Preschool: A Year of Inspiring Lessons

Veterinary

Become a Veterinary Assistant

Computers and Technology

Certification Prep

Basic CompTIA A+ Certification Prep
CompTIA Security+ Certification Prep
Intermediate CompTIA A+ Certification Prep

Computer Applications

Microsoft Access, Excel, Word, Outlook, PowerPoint, Project, Publisher, and Office Oracle
SQL
Crystal Reports 10
Flash CS4

Graphic and Multimedia Design

CSS and XHTML
Adobe Acrobat 9
CorelDRAW X3
Flash CS4
Illustrator CS4
InDesign CS4
Photoshop CS3
Designing Effective Websites
Dreamweaver CS4
Java Programming
PHP and MySQL
Microsoft Expression Web

Personal Development

Children, Parents and Family

Assisting Aging Parents
Guiding Kids on the Internet
Understanding Adolescents

Digital Photography

Photoshop CS4 and Elements
Photographing with Your Digital Camera

Health and Wellness

Handling Medical Emergencies
Human Anatomy and Physiology
Introduction to Natural Health and Healing
Making Age an Asset in Your Job Search
Resume Writing Workshop
Twelve Steps to a Successful Job Search

Languages

Beginning Conversational French
Conversational Japanese
Instant Italian
Spanish for Law Enforcement
Spanish for Medical Professionals
Writing for ESL

Personal Enrichment

Achieving Success with Difficult People
Drawing for the Absolute Beginner
Genealogy Basics
Get Funny!
Going Green at Home
Listen to Your Heart, and Success Will Follow
Lose Weight and Keep It Off
Merrill Ream Speed Reading
Music Made Easy
Pleasures of Poetry

Personal Finance

Introduction to Stock Options
Keys to Successful Money Management
Stocks, Bonds, and Investing: Oh, My!

Test Prep

GED, GMAT, GRE, LSAT, Praxis, SAT/ACT Preparation

Writing

Business Writing

Breaking Into Sitcom Writing
Forensic Science for Writers

Creative Writing

Mystery Writing
Romance Writing Secrets
The Craft of Magazine Writing
Travel Writing
Write Fiction Like a Pro
Writing for Children

Getting Started with Computers

Become familiar with computer terminology. Develop your facility with the mouse. Learn the beginnings of word processing, how to use Windows to organize your work on the computer and how to perform multiple tasks simultaneously.

No class on Monday, April 18. Prerequisite: Must have keyboard typing skills.

Jim McGinnis, *experienced computer instructor in corporate and academic settings.*

8 Mondays, 5-6:30pm, March 21 to May 16 @ George Inness Annex
\$170

Illustrator *New*

Create logos, advertisements and other illustrations with this popular graphics application. Class projects are designed to give an understanding of vector-based tools and how they function. Learn how to export your work for a variety of web, print or other purposes.

Parking at Montclair State University parking deck is not included in course tuition. Classes are taught on MACs equipped with Adobe Creative Suite 3.

Lois Tannous, *B.A., art education; experienced teacher.*

6 Saturdays, 2-4:30pm, March 12 to April 16
@ ADP Center, Montclair State University, One Normal Ave, Montclair
\$270

Microsoft Excel 2007

Discover how to construct a worksheet and modify its data in innumerable ways. Focus on creating and editing a worksheet, working with basic formulas and functions and using basic print and print preview options.

Prerequisite: Basic understanding of using computers and Windows. This class will be taught on PCs equipped with Microsoft Excel 2007.

Becky Redington, *computer training specialist; web designer.*

4 Mondays, 7-9:30pm, March 7 to March 28 @ Montclair High School
4 Tuesdays, 7-9:30pm, March 15 to April 5 @ Montclair High School
\$140 each

No man is an Island, entire of itself; every man is a piece of the Continent, a part of the main...

John Donne, Meditation XVII

Complete course listing and descriptions at www.adultschool.org. Click on "Browse Courses," and under "ASM Online" choose the subcategory of your choice.

LEARN / COMPUTERS

Microsoft Excel 2007 Workshops

Prerequisite: Completion of Microsoft Excel beginner's course or equivalent experience with Excel 2007. This class will be taught on PCs equipped with Microsoft Excel 2007 and will move at a faster pace than the introduction course.

Becky Redington, *computer training specialist; web designer.*

Exploring Macros Basics April 26

Save time with Excel macros that automate complex and repetitive tasks. Learn how macros do what they do, how to record macros and how to assign your macros to the Quick Access toolbar. Examine macro security settings, and learn how to examine some VBA code.

Charts May 3

Discover how to present your data visually. Learn to change chart types and formats, add and modify chart objects and embed and link Excel chart objects in other Microsoft tools.

Pivot Tables May 10

Pivot tables permit you to quickly summarize and analyze large amounts of data interactively. Learn how to use the Pivot Table wizard. Then explore the many ways to manipulate and analyze your data using pivot tables.

Advanced Formulas May 17

Explore the techniques used to create formulas in Excel. Special attention will be given to the following advanced functions: VLOOKUP, HLOOKUP, AND/OR and IF.

1 Tuesday, 7-9:30pm @ Montclair High School
\$40 each

Microsoft Office 2007

This class will help you become proficient in Word and Excel. Included in the class is an introduction to PowerPoint. Hands on instruction and practice in class include real world applications.

No class on Monday, April 18. Prerequisites: Keyboard and mouse skills; experience in Windows. This class is taught on PCs equipped with Microsoft Office 2007.

Jim Rodgers, *math and computer teacher, Montclair High School.*

8 Mondays, 7:30-9:30pm, March 21 to May 16 @ Montclair High School
\$225

Using LinkedIn for Your Job Search

Discover how to use this very popular professional social networking tool to conduct a job search that will help you find your dream job.

Denise Ford Sawadogo, *MBA, computer information systems; marketing professional.*

4 Mondays, 7:30-9:30pm, April 25 to May 16 @ Montclair High School
\$115

LEARN / COMPUTERS

WordPress for Blog or Website *New*

WordPress is free open-source software designed to create flexible content management websites where you can add and delete your own text, images and even video. While you can easily blog with WordPress, it is also extremely search-engine friendly and a great way to participate in social media because of its compatibility with platforms like Facebook, LinkedIn and Twitter.

Prerequisites: General understanding/familiarity with computers, how to send email, basic computer skills and MUST have access to the Internet at home. A computer not needed, but wireless internet service will be available for students who wish to bring their own PC.

Gene R. Sower, *owner, SamsonMedia.net.*

4 Tuesdays, 7:30-9pm, April 26 to May 17 @ Montclair High School
\$85

Learn / Finance

Long-Term Health Care

It is not too early to think about long-term health care. A cost-effective way to protect your assets, it guarantees quality health care for you in your old age. Find out about the options offered so you can make an informed decision.

Diane Triolo, *educator, counsels families about debt, retirement, college and budget needs.*

1 Monday, 7:30-9pm, May 2 @ Montclair High School
\$15

Maximizing Your 401(k) *New*

People spend more time planning their summer vacations than their financial future. For many, the 401(k) plan is the core of their retirement savings. Learn how to build a well-balanced portfolio and avoid the most common mistakes.

Harris Nydick, *investment adviser; CFP, LIMC, AIFA.*

1 Monday, 7-9pm, March 21 @ Montclair High School
\$15

Safer Retirement Strategies *New*

Managing your savings can sometimes seem even more daunting than saving for retirement. Discover traditional and alternative retirement distribution strategies. Learn how to organize, plan and implement an income plan that will offer greater income streams and less investment risk.

Paula Filler, *registered representative and financial adviser, Park Avenue Securities, LLC and National Financial Network, LLC.*

1 Tuesday, 7-8:30pm, April 5 @ Montclair High School
\$15

Textbooks

Most language classes use a textbook that will be available the first night of class and may be purchased with cash or check. Textbooks cost from \$15 to \$40. ESL \$20 to \$40, French \$15, German \$30, Italian \$20 and Spanish \$20.

Accent Reduction

Are you originally from another country and wish to speak English with less of an accent? Find out what your weaknesses are and acquire the skills to correct your errors.

No class on Monday, April 18. Students must be able to carry on a conversation in English and should bring a notebook to class.

Brenda Lynn Callahan, *speech and language therapist.*

10 Mondays, 7-8pm, March 7 to May 16 @ Montclair High School
\$90

American Sign Language**Beginners**

Learn finger spelling, vocabulary and American Sign Language (ASL) concepts. Become familiar with deaf culture.

No class on Monday, April 18.

10 Mondays, 7-8:30pm, March 7 to May 16 @ Montclair High School

Intermediate/Advanced

Become more fluent in finger spelling, vocabulary and ASL concepts.

No class on Tuesday, April 19.

10 Tuesdays, 7-8:30pm, March 8 to May 17 @ Montclair High School

Candice Hsu, *ASL teacher.*

\$95 each

English as a Second Language (ESL)

Improve your ability to communicate in English. All ESL students are invited to sign up for the Rose Café as well.

Placement test will be at Montclair High School on Monday, March 7, at 5:30 pm. Text costs \$20 to \$40 depending upon the level. No class on Monday, April 18.

Sayyidah Garrett and Huma Mohammad, *ESL instructors.*

10 Mondays, 6:30-8pm, March 7 to May 16 @ Montclair High School
\$65

ESL: Informal Conversation at the Rose Café

Practice your English skills and make new friends in a relaxed café setting at the high school. This opportunity is only available to students enrolled in Adult School of Montclair ESL classes.

No class on Monday, April 18.

Devra Weingart, *ESL teacher.*

9 Mondays, 8-9pm, March 14 to May 16 @ Montclair High School
\$15

French

French 1 7-8pm

French 2 8-9pm

French 3 6-7pm

No class on Tuesday, April 19.

Susan Ghirardelli, *M.A., French literature and linguistics, University of Zurich.*

10 Tuesdays, March 8 to May 17 @ Montclair High School
\$90 each

German

German 1 7-8pm

German 2 8-9pm

Advanced 9-10pm

No class on Monday, April 18.

Brigitte Padberg, *B.A., M.A., Wilhelms University, Muenster, Germany.*

10 Mondays, March 7 to May 16 @ Montclair High School
\$90 each

Italian

Italian 1 7-8pm

Italian 2 8-9pm

No class on Tuesday, April 19.

Prerequisite: Italian 1 for Italian 2

Susan Asaro, *B.A., Montclair State University; Italian instructor.*

10 Tuesdays, March 8 to May 17 @ Montclair High School
\$90 each

Rosetta Stone – Online Language Learning *New*

(see catalog insert, page 34 for more information)

Enjoy learning the language of your choice – from a list of 25 possibilities – with Rosetta Stone. This web-delivered course is available 24 hours a day/7 days a week, provides reinforcements and monitors your progress, allowing you to learn at your own pace and place. Students can take as many levels as they are able to throughout the duration of the class.

Headsets must be purchased and will cost approximately \$25. Orientation information will be included in the class confirmation.

3-month section running March 16 through June 14, taught online

3-month section running June 15 through September 13, taught online

\$199 each

Spanish

Spanish 1 7-8pm

Spanish 2 8-9pm

No class on Monday, April 18.

Cesar Beltran, *Spanish teacher, Montclair High School.*

10 Mondays, March 7 to May 16 @ Montclair High School

\$90 each

Spanish 1 8-9pm

Spanish 1b 7-8pm

No class on Tuesday, April 19.

Marlena Niera, *Spanish teacher.*

10 Tuesdays, March 8 to May 17 @ Montclair High School

\$90

Standardized Test Prep

ACT Preparation

Learn how to recognize and attack every question on the ACT through group sessions and practice exams. Gain the confidence and comfort level that will allow you to perform your best on test day.

Class meets on Mondays for practice exams and Tuesdays for instruction. The cost of materials is included in the tuition.

Stephanie Rollo, *instructor, Revolution Prep.*

5 Mondays, 5:30-9:30pm, February 28, March 7, 14, 21, 28

6 Tuesdays, 6:00-9:00, March 1, 8, 15, 22, 29, April 5 @ Montclair High School

\$499

SAT Preparation

Each session consists of a one-hour verbal skills review and a one-hour math review with emphasis on test-taking techniques. Students are expected to complete work outside of class each week. All materials are provided.

No class on April 18.

Clarion Review, *preparing students for the SAT since 1964.*

6 Mondays, 7-9pm, March 21, March 28, April 4, April 11, April 25 and May 2

2 Tuesdays, 7-9pm, March 22 and May 3

@ Montclair High School

\$400

Professional Development

An Introduction to Voiceovers *New*

Have you ever wanted to be the voice everyone hears on TV and radio? In this introductory workshop, learn the basics of the industry, the many types of voiceovers and how to get started. Your voice will be recorded as you read from a script for a future professional voice evaluation.

Please note that the referenced professional voice evaluation is not part of this course.

Professional voice actor, *Voices for All.*

1 Tuesday, 7-9pm, April 12 @ Montclair High School

\$40

Demystifying Publishing

How does the book publishing world work? Do you need an agent to break in? What goes into a book proposal? Get the answers to these questions and more in this workshop that will help demystify the publishing process. Explore different publishing genres, how to get an agent, when self-publishing makes sense and other related topics.

Marian Calabro, *owner and manager, CorporateHistory.net, a custom-publishing firm; author.*

1 Monday, 7-10pm, May 9 @ Montclair High School

\$25

Etiquette in the Media Age *New*

We live in an age when everyone “is connected” and always available on demand. How do we balance availability with the need to protect our privacy? Discuss establishing boundaries that respect your needs and those of the individuals in your social and professional spheres.

Irisha Brown, *M.Ed., counseling, Columbia University.*

1 Tuesday, 7-8:30pm, March 8 @ Montclair High School

\$15

Learn to Negotiate Better *New*

We negotiate every day with friends, family, employees, bosses, service providers and competitors. Using interactive techniques, this course will teach beginners as well as experienced negotiators the principles of interest-based negotiation to provide improved bargaining skills.

Students must read *Getting to Yes: Negotiating Agreement without Giving In* by Roger Fisher, William L. Ury and Bruce Patton, PRIOR to class. List price of book is \$16.

Peter Phillips, *adjunct professor of alternative dispute resolution, New York Law School.*

3 Tuesdays, 7-9pm, April 26 to May 10 @ Montclair High School
\$55

Online Marketing for Growing Your Business *New*

Doing business online can be very effective. Discover how to create a website, a blog, proper emails and a newsletter. Explore the world of social media and online advertising.

Ramon Ray, *editor, Smallbiztechnology.com; former technology consultant; speaker; writer.*

5 Tuesdays, 7:30-9pm, March 15 to April 12 @ Montclair High School
\$70

Professional Networking *New*

Need to re-energize your professional network? Learn to find networking groups, understand and manage your network effectively and market yourself successfully. Practice the techniques in small groups in class.

Lori Sternthal, *networking lecturer.*

1 Monday, 7-9pm, April 4 @ Montclair High School
\$15

Speak with Impact, Anytime, Anywhere

Are you ever at a loss for words and wish you could communicate more spontaneously? Learn how an economy of words, delivered with a proven technique, can build your confidence and feeling of power.

Don Nelson, *psychotherapist and presentation coach.*

2 Mondays, 6:30-8pm, April 4 and April 11 @ Montclair High School
\$35

Strategizing Your Way into a Job *New*

Through lecture, group and individual exercises, participants will learn relevant skills needed to start a career, grow a career or change careers. Classes include resume writing, personal marketing plan, networking, researching target companies, interview preparation, and career planning.

Norma Tassy, *experienced human resources professional.*

3 Mondays, 7:30-9pm, March 14 to March 28 @ Montclair High School
\$40

Babysitter Training *New*

Discover what every parent wants in a responsible babysitter and how to become one. Learn how to care for infants and children, keep them and yourself safe, be a leader and role model, make good decisions, solve problems and handle emergencies.

Participants must be 11 to 16 years of age. A materials fee of \$15 is payable to the instructor at the first class.

John Kocotos, *director, Emergency Operations and Safety Services, Montclair-Glen Ridge-Nutley chapter of the American Red Cross.*

2 Wednesdays, 6-9pm, April 6 and April 13 @ Red Cross, 63 Park Street, Montclair
\$45

CPR and First Aid: Adult, Infant and Child

Be able to handle a medical emergency for an infant, child and adult. Recognize problems and provide basic first aid for injuries and sudden illnesses until medical personnel take over. Acquire information on breathing and cardiac emergencies.

A materials fee of \$15 is payable to the instructor at the first class.

John Kocotos.

3 Mondays, 10am-1pm, May 2 to May 16 @ Red Cross, 63 Park Street, Montclair
3 Tuesdays, 7-10pm, March 8 to March 22 @ Red Cross, 63 Park Street, Montclair
\$55 each

Dog Training

Learn to talk dog! Find out how to establish the key leadership role that all dogs need and secretly crave. Commands such as heel, sit, stay and come, when practiced regularly, will help you turn your unruly pup into a controllable clown.

No class on Monday, April 18. Open to dogs aged four months to two years. These classes are not for dogs with aggression or extreme timidity problems, since the group aspect of the class would most likely make these behaviors worse. Training is done using choke collars. The first night, class will meet WITHOUT DOGS. Owners must provide proof of current vaccination at the first class. Please email your dog's breed, age, sex (neutered/spayed) and approximate weight to nancy@adultschool.org.

Betsy Daus and Doug Campbell, *owners and operators, Handle with Care Dog Training, Inc.*

8 Mondays, 7-8pm, March 7 to May 2 @ George Inness Annex
\$140

Helping Your Child Stay Organized

If your child is one who forgets to turn in assignments, tends to complete projects at the very last minute or has a chaotic looking backpack, it is time to make positive changes. Arm your child with the basic skills that will help him or her stay organized during the school year.

Tuition covers one parent/child team. Class is limited to eight parent/child pairs. Students should bring their backpack with current folders, binders and notebooks to the session.

Miller Hughes, *organizational tutor; former guidance counselor, Montclair High School.*

1 Monday, 7-9pm, March 7 @ Montclair High School (for middle school students)

1 Tuesday, 7-9pm, March 8 @ Montclair High School (for high school students)

\$40 parent/child pair each

Health & Wellness

General Nutrition *New*

Participants will have a better, more comprehensive understanding of this subject with an overview of micronutrients, carbohydrates, fats, protein, essential amino acids and reading nutrition facts on labels. Incorporate this knowledge into everyday living to promote lifestyle changes.

Tsolig Sunny Shahinian, *M.S., nutritional science, California State University; registered dietician.*

1 Tuesday, 7-9pm, April 5 @ Montclair High School

\$20

Health on the Run *New*

Eating on the run does not have to be unhealthy. Through preventative and holistic measures you can form a foundation of nutrition that will increase energy and vitality. Find out how to successfully reclaim your health.

Rose Green, *M.A., R.D.; nutritionist in private practice.*

3 Tuesdays, 7-9pm, March 15 to March 29 @ Montclair High School

\$50

Introduction to Energy Healing

Want to boost your vitality, strengthen your immune system and improve your overall health? Learn techniques to balance your energies, protect yourself in stressful situations and use the tracing of meridians to improve the health of associated organs. Techniques will be demonstrated and practiced by the class.

Marie-Christine Lochot, *nationally certified massage therapist and body worker; teaching assistant, Omega Institute and Kripalu Yoga Center.*

2 Tuesdays, 7-9pm, March 22 and March 29 @ Montclair High School

\$35

Meditation

Enhance your ability to quiet your mind, focus your concentration and develop inner peace, tranquility and awareness. Experience the process of meditation in a group setting, and learn how to integrate the practice into your everyday life. Various schools of meditative thought will be briefly reviewed.

No class Wednesday, April 20.

John E. Welshons, *meditation teacher; author, When Prayers Aren't Answered and Awakening from Grief: Finding the Way Back to Joy; has worked with Ram Dass and Stephen Levine; meditation practitioner for nearly 40 years.*

6 Wednesdays, 7-9pm, April 6 to May 18

@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair

\$90

Personal Growth

Come Play in the Sand *New*

Explore inner worlds by creating a sand world. Learn how playfulness can be used for serious pursuits. The sand tray is a tactile and visual way to examine feelings and process and resolve conflicts. You will have an opportunity to create two sand worlds.

Helene Ishikawa, *licensed clinical social worker.*

1 Monday, 7-9pm, March 21 @ Montclair High School

\$20

Defensive Driving for Two-Point Reduction and Insurance Discounts

This comprehensive driving awareness course will cover road hazards, following distances, braking effectiveness and other common driving issues. Through videos and class discussions different driving scenarios will be reviewed. Completion of this course entitles you to get up to two points removed from your New Jersey driver's license and a minimum of five percent off your auto insurance for three years. In order to receive this reduction, you may not have more than four points on your license.

There is a \$10 fee for materials and DMV processing payable to the instructor the first night of class.

John DeGiovanni, *certified State of New Jersey defensive driving instructor and commercial driving instructor; owner, Aiskae Driving School.*

Anthony Scarpelli, *certified State of New Jersey defensive driving instructor and commercial driving instructor; owner, Aiskae Driving School.*

1 Monday and 1 Tuesday, 6:30-9:30pm, March 28 and March 29 @ Montclair High School

\$85

Divorce 101 *New*

Steering through the divorce process can be tricky. Learn your rights and responsibilities under New Jersey family law statutes and be better prepared to face financial and emotional issues. Get help making informed decisions about choosing the right lawyer, using a therapist and dealing with alimony, child support, custody and parenting issues.

Lucy Agostini, attorney concentrating in family law and divorce; **Marilyn Kaplan**, LCSW; **Nancy Castronovo**, CPA.

3 Mondays, 7-8:30pm, March 14 to March 28 @ Montclair High School
\$40

Happiness: Living an Optimistic Lifestyle *New*

Yes, we can work on being happy. Learn new ways of thinking and behaving that will make you happier. Discover tips and techniques that could make your life a much more positive one.

Creating Balance & Finding Happiness, may be purchased for \$20 from the instructor the first night of class.

Diane Lang, M.A., counseling; certified counselor; adjunct professor, psychology, M.S.U.; psychotherapist, Universal Institute, Livingston.

1 Tuesday, 7-8:30pm, March 22 @ Montclair High School
\$15

The Key to Better Relationships *New*

Using journal writing and meditation as tools, this course will present several approaches to achieving better relationships. Learn listening techniques, the importance of unspoken words and introspection to develop positive ways to understand relationship dynamics.

A \$20 supply fee is payable to the instructor the first night of class.

Bernice Peitzer, spiritual teacher; Elderhostel conference and group lecturer at Seton Hall University; experienced meditation group leader.

3 Tuesdays, 7-8:30pm, April 26 to May 10 @ Montclair High School
\$40

Therapy: All You Need to Know *New*

There are many different modalities of therapy today—EMDR, CBT, Psychoanalysis, Couples, Family, Rogerian, Gestalt—to name a few. Explore the current modalities, which one works best for what problems and how to find a competent therapist in that therapy.

Claire Ciliotta, therapist in private practice; former teacher, psychology, M.S.U.

1 Monday, 7-8:30pm, April 4 @ Montclair High School
\$15

Volunteer with ESL Students at the Rose Café

The Adult School's Rose Café is a program that matches ESL students with community volunteers who help the students practice and improve their English skills. This training session will focus on enhancing your communication skills, cross-cultural awareness and nonverbal communication skills. During the nine Rose Café sessions continue on-the-job training as you interact with appreciative and eager students.

The Rose Café meets on Monday evenings from 8-9pm and runs from March 14 through May 16, except April 18. Returning volunteers, please email nancy@adultschool.org.

Devra Weingart, ESL teacher.

1 Monday, 7-9pm, March 7 @ Montclair High School
\$5

Dance

Bollywood Dancing *New*

If you love Bollywood films and enjoy their music and dancing, here is a treat for you. Exercise as you learn to dance to songs from some popular Indian musicals. The fun is guaranteed.

Madhulika Swamy, teacher, classical Indian and Bollywood dance.

6 Tuesdays, 8-9pm, March 8 to April 12 @ Montclair High School
\$65

Expressive Movement *New*

Enjoy dancing as an expressive art form. Master exercises based on the four elements of dance: space, shape, time and energy. Learn to improvise and express your individual movement.

Lisa Grimes, experienced teaching artist; managing director, Freespace Dance Company, Montclair.

4 Mondays, 7-8pm, April 25 to May 16 @ Montclair High School
\$45

Introduction to Flamenco Dance

Expressively clap your hands, move your body and stamp your feet in Spain's oldest dance. Learn characteristic flamenco techniques such as *brace* (arm/hand movements), *taconeo* (heelwork technique) and *castanuelas* (castanet playing). Find your passion, improve your posture and coordination and build your self-esteem in this exciting dance.

No class on Monday, April 18. Class is limited to eight students. Women should wear shoes with a medium height heel and a flowing, flared skirt that is medium calf to ankle length. Men should wear hard soled shoes; leather is preferable. Castanets will be provided for use during class. If students choose to purchase their own, the fee for fiber castanets is approximately \$25.

Maria Tylek, former member, Ballet Hispanico; 39 years experience as dancer and flamenco teacher.

10 Mondays, 6-7pm, March 7 to May 16 @ Montclair High School
\$140

Jazz Tap

Tap, a staple of Broadway, is fun. Have a great workout as you tap to driving rhythms. Learn basic steps and jazz movements. Continuing students are welcome!

No class on Monday, April 18 or Wednesday, April 20. Wear hard-soled or tap shoes to first class.

Lorrain Salerno, professional dancer; member, International Dance and Exercise Association; graduate, DEA, New York.

10 Mondays, 8-9pm, March 7 to May 16 @ George Inness Annex

10 Wednesdays, 10-11am, March 9 to May 18 @ First Lutheran Church, 153 Park Street
\$105 each

Salsa

Learn this saucy Latin partner-dance. Begin with the basic pattern, and progress each week so that you, too, can get out on that dance floor.

A partner is not necessary; partners will be rotated. Wear smooth, flat shoes; no rubber soles.

Simone Coonrod, dance historian and instructor; world traveler.

4 Mondays, 8:15-9:30pm, March 21 to April 11 @ Montclair High School
\$55

Social Dancing

Beginning Level

You can face the music and move with confidence as you master the basics of the foxtrot, waltz, swing and rumba. Learn to dance to any music the band may play.

No class on Tuesday, April 19. Wear flat, soft-soled shoes.

8 Tuesdays, 7-8:15pm, March 8 to May 3 @ Montclair High School
\$105 per couple

For Singles *New*

Love to dance but don't have a partner? Come meet fellow dancers and have fun. Dance with confidence to the beat of the foxtrot, waltz, swing, rumba and more.

No class on Tuesday, April 19. Wear flat, soft-soled shoes. A partner is not necessary; partners will be rotated.

8 Tuesdays, 8:30-9:45pm, March 8 to May 3 @ Montclair High School
\$90

Karolina Delekta, dance instructor, Rogers Dancesport.

Swing

Have fun as you swirl, slide and bounce to the beat of great music. Learn enough patterns to get you out on that dance floor! Then try out your new moves at an optional dance outing.

A partner is not necessary; partners will be rotated. Wear smooth flat shoes; no rubber soles.

Simone Coonrod, award-winning swing dancer; owner of *Swinging with Simone® Studio*.

4 Mondays, 7-8:15pm, March 21 to April 11 @ Montclair High School
\$55

Fitness

5K Training Program: No Boundaries

Join this 13-week safe, fun, unintimidating training program designed for beginners who would like to run or walk a 5K race. The first session, an overview of the program, will take place at Montclair High School. It will be followed by 12 weeks of run/walk training clinics at Edgemont Park and will culminate in a 5K race. Receive guidance and advice from four experienced coaches—Beth Cunningham, Kate Evanchik, Sue Palermo and Amy Ulto.

No class on Wednesday, April 20. First class will meet at Montclair High School on Wednesday, March 16 from 6:30 - 7:30pm, followed by 12 coaching sessions on Wednesdays in Edgemont Park. Possible raindate is included in duration of class.

John Fabbro, long-time runner; owner, *Fleet Feet Sports*.

1 Wednesday, 6:30-7:30pm, March 16 @ Montclair High School

12 Wednesdays, 6:30-7:30pm, March 23-June 22 @ Edgemont Park
\$115

A Taste of Zumba®

Have you heard about the dynamic fitness program called Zumba®? Get hooked on the hypnotic Latin rhythms and easy-to-follow moves. Enjoy an hour of calorie-burning, body-energizing and awe-inspiring movements that are designed to make you feel great.

Irisha Brown, certified Zumba® instructor.

4 Tuesdays, 7-8pm, April 26 to May 17 @ George Inness Annex
\$40

Adult Swimming *New*

Wish you could swim? Or would you like to improve? Or maybe it has been years since you have been in a pool? Develop a sense of security in and around water and have a good time as you learn or become reacquainted with the necessary skills.

Cosponsored by Montclair YMCA. No class on Wednesday, April 20. Students will be divided into three sections according to skill. Bring swim cap, bathing suit and towel. Goggles are optional. Students will have access to adult lockers during class time only. Waiver must be signed prior to class. Please download it from FAQ page on our website, www.adultschool.org.

Sam Hassan, *teacher, Swim for Life, Montclair YMCA.*

8 Wednesdays, 11-11:45am, March 9 to May 4 @ Montclair YMCA, 25 Park Street, Montclair
\$70

Boot Camp

Get a jump start on physical fitness. Explore the different types of muscle strengthening, focus building and cardiovascular exercise. Using the principles of Hung Ga Kung Fu, you will master classical martial arts/self-defense movements and several modern workout routines.

No class On Monday, April 18. Bring a yoga mat or pad.

Roberto Alicea Jr., *third-degree black belt, Yee's Hung Ga International Kung Fu Association.*

10 Mondays, 10:15-11:15am, March 7 to May 16 @ First Lutheran Church,
153 Park Street, Montclair
\$140

Pilates Plus Fusion

Pilates fusion is so much more than a mat class. In this blending of yoga, pilates and sculpting, you will safely and consciously strengthen, tone and stretch your muscles while experiencing many opportunities to enjoy fitness.

No class on Monday, April 18. A 55cm stability ball and theraband will be used in this class and will cost approximately \$25. Students should bring their own yoga mats.

Andrea Karas, *Stott Pilates Toronto and Pilates Academy International, N.Y.C. certified.*

8 Mondays, 6-7:15pm, March 21 to May 16 @ Montclair High School
\$100

Prenatal Yoga *New*

Approach the birth of your baby in a natural way. Discover poses and techniques that can ease your pregnancy and delivery. Using yoga breathing and other methods, learn how to relax, strengthen your body, improve your flexibility and get back in shape after giving birth.

No class on Tuesday, April 19. Bring a yoga mat or pad.

Meera Gall, *experienced Integral instructor of Hatha yoga.*

10 Tuesdays, 10:15-11:30am, March 8 to May 17 @ First Lutheran Church,
153 Park Street, Montclair
\$110

Qigong

Enhance health, well-being and happiness with the gentle movements of Qigong, a self-healing component of traditional Chinese medicine. Instruction and a short discussion will cover the principles that are at the heart of this mind-body experience.

No class on Wednesdays, April 13 and April 20. This class is open to students at all levels.

Miriam M. Shankman, *teacher and practitioner of Qigong.*

8 Wednesdays, 11:15am-12:15pm, March 9 to May 11 @ First Lutheran Church,
153 Park Street, Montclair
\$80

Stretch, Strengthen and Tone

Stretching can actually improve your overall health. Your body will be firmer, stronger, and more limber. Men and women of all ages can feel and look better and may even improve their mental acuteness.

No class on Monday, April 18, Tuesday, April 19, or Wednesday, April 20. Bring a mat or pad.

Lorain Salerno, *professional dancer; member, International Dance and Exercise Association; graduate, DEA, New York.*

10 Mondays, 7-8pm, March 7 to May 16
10 Tuesdays, 7-8pm, March 8 to May 17
10 Tuesdays, 8-9pm, March 8 to May 17
@ George Inness Annex

10 Mondays, 9-10am, March 7 to May 16
10 Tuesdays, 9-10am, March 8 to May 17
10 Wednesdays, 9-10am, March 9 to May 18
10 Wednesdays, 6-7pm, March 9 to May 18
10 Wednesdays, 7-8pm, March 9 to May 18
@ First Lutheran Church, 153 Park Street, Montclair
\$100 each

We are members of a vast cosmic orchestra,
in which each living instrument is essential to the
complimentary and harmonious playing of the whole.

J. Allen Boone

T'ai Chi Chih

This system of slow-motion gentle movements is easy to learn, requires little coordination and is not strenuous. Regular practice circulates and balances the vital energy (chi) and creates a calm oasis of inner strength, restoring balance and harmony.

T'ai Chi Chih for All *New*

This is a special one-time offering to try it out.

1 Monday, 7-8pm, March 7 @ Montclair High School
\$10

Continuing Students

For students who know basic T'ai Chi Chih moves.

No class Monday, April 18.

9 Mondays, 7-8pm, March 14 to May 16 @ Montclair High School
\$90

Beverly McEntarfer, *accredited T'ai Chi Chih teacher.*

Beginners 9:15-10:15am

Continuing Students 10:30-11:30am

No class Tuesday, April 19.

Katherine Van Frank, *accredited T'ai Chi Chih teacher.*

10 Tuesdays, March 8 to May 17 @ First Lutheran Church, 153 Park Street, Montclair
\$100 each

Yoga

This ancient art form will help to increase strength and flexibility and promote relaxation and well-being. Classes are appropriate for beginners or for continuing practitioners of yoga.

No class on Monday, April 18, Wednesday, April 20, Thursday, April 21. Bring a yoga mat or pad.

10 Mondays, 9:30-10:45am, March 7 to May 16

10 Wednesdays, 7-8:15pm, March 9 to May 18

10 Thursdays, 6-7:15pm, March 10 to May 19

Meera Gall, experienced Integral instructor of Hatha yoga.

@ Unitarian Universalist Congregation, 67 Church Street, Montclair
\$110 each

Zumba® Fitness *New*

Burn calories as you move to a variety of dance rhythms, including salsa, merengue, reggaeton, cumbia, African, belly dance and bhangara, in this dynamic fitness program. Zumba® Fanatics achieve long-term benefits in one fun-filled and exciting hour of calorie-burning, body-energizing, awe-inspiring movements! GET FIT! GET HAPPY!

Students should dress comfortably with light tread sneakers. Bring water and small towel.
No class on Tuesday, April 19.

Jennifer DeLorenzi, *AFAA certified fitness and dance instructor.*

10 Tuesdays, 9:30-10:30am, March 8 to May 17

@ Salvation Army, 13 Trinity Place, Montclair

\$100

Maria Julewicz, *licensed Zumba® instructor.*

6 Tuesdays, 7-8pm, March 8 to April 12 @ Montclair High School

\$60

Games & Recreation

Backcountry Hiking Skills *New*

The successful backcountry hiker needs three indispensable kits—a Murphy kit, a first-aid kit and a gear-saver kit. Learn how to assemble them in class and then use them on an actual expedition.

Meet in the classroom on Tuesday and enjoy a moderate hike on Saturday, March 26. Students will travel on their own to Norvin Green State Forest for a group hike.

Jay Gruen, *adventurer and experienced outdoorsman; former officer, N.J. Search and Rescue Team, Bergen County.*

Tuesday, 7-9pm, March 22 @ Montclair High School

Saturday, 10am-3pm, March 26 @ Norvin Green State Forest, Ringwood

\$65

Beginning Backgammon *New*

Enjoy a game that requires both skill and luck. Learn the rules of play as well as how to figure dice odds and strategies for different game positions. You will be introduced to the doubling cube. There will be ample time for actual play.

Students should bring a backgammon set if they own one.

Gene Bloch, *avid amateur backgammon enthusiast.*

4 Tuesdays, 7:30-9pm, April 26 to May 17 @ Montclair High School

\$45

Boating Safety Certification

Acquire the state-mandated N.J. Boating Safety Certificate required to legally operate any power vessel in New Jersey's salt or fresh waters by successfully completing this certification course. This certificate is approved by the National Association of Safe Boating Law Administrators (NASBLA).

Experienced staff instructor, *Coast Boating School, Toms River.*

1 Monday and 1 Tuesday, 6:30-10pm, May 2 and May 3 @ Montclair High School
\$75

Bridge

Improve your bridge skills in these lecture-and-play courses.

No class on Wednesday, April 20.

Charlotte Davidson, *life master; certified bridge director; ACBL-accredited teacher; experienced bridge instructor.*

Beginners 12-1:50pm

Learn the fundamental concepts and guidelines for bidding, defense and play. Specific topics covered include point count, what opening bid to make, how to respond to your partner and how to play a hand.

Intermediate 10-11:50am

Work on defense and play of hand, and learn new conventions in this lecture-and-play course. Topics will include strong bids, competitive bidding (including doubles), pre-emptive bidding and leads and signals.

Supervised Play 2-3:50pm

Improve your skills with supervised learning. As you play hands, you will be guided on all aspects of the game. Correct bids, play and defense will be reinforced while you practice using different conventions.

7 Wednesdays, March 9 to April 27 @ Temple Shomrei Emunah, 67 Park Street, Montclair
\$100 each

Half-Court Basketball for Men: The “Over 50” Set

Play half-court basketball on 3-, 4- or 5-man teams. Playground rules prevail. This is a venue for exercise and camaraderie.

No class on Monday, April 18. Prerequisite: Prior experience playing basketball.

Aaron Woods, *college intramural and church basketball league champion.*

10 Mondays, 7:30-9pm, March 7 to May 16 @ George Inness Annex
\$150

Indoor Golf

Learn golf fundamentals in five weeks: grip, stance, backswing, downswing and follow-through. Through drills and exercises you will acquire the feel of the golf swing and develop dexterity. Rules, etiquette, safety, golf lingo, equipment, and golf history will be covered in class.

Golf clubs will be provided for those without them. If you have clubs, bring a 5, 7 or 9 iron to class.

Lou Ruina, *professional golf teacher since 1981.*

5 Tuesdays, 7:15-8:30pm, March 8 to April 5 @ George Inness Annex
\$95

Indoor Tennis

Play better tennis! Learn how to improve various aspects of the game, including stroke production, footwork and agility, mental toughness, physical conditioning and match strategy and tactics. There will be various teachers in this program, under the guidance of Bill Wing, to offer a comprehensive mind and body training program so that students may reach their highest potential, achieve their goals and enjoy playing tennis as a lifetime sport. Wear tennis shoes and bring a racquet. Each class is limited to six students.

No class on Thursday, April 21, Friday, April 22, Saturday, April 23. Beginner level is for people who want to learn the basics of tennis. Advanced beginner is for players who have basic skills, can keep the ball in play and are seeking to improve their game. Intermediate is a more competitive level. The player should be consistent, able to control the direction of the ball and hit with power on some shots.

Bill Wing, *director of tennis, Clifton Racquet Club; director, Bill Wing's Tennis Academy; girls varsity tennis coach, Montclair Kimberley Academy; active USPTA member.*

Beginner

8 Saturdays, 1-2pm, March 5 to April 30

Advanced Beginner

8 Thursdays, 8-9pm, March 3 to April 28

8 Fridays, 7-8pm, March 4 to April 29

8 Fridays, 8-9pm, March 4 to April 29

8 Saturdays, 2-3pm, March 5 to April 30

Intermediate

8 Thursdays, 7-8pm, March 3 to April 28

8 Saturdays, 3-4pm, March 5 to April 30

ENROLLEES ARE LIMITED TO ONE CLASS WITHIN THIS SESSION.

@ Clifton Racquet Club, 1075 Route 46 East, Clifton

\$200 each

Mah Jongg

Mah Jongg, the aristocratic game of chance and skill, dates back to the time of Confucius when only the Mandarins were allowed to enjoy it. Now you can learn the fundamentals of this fascinating and *challenging* game that is great fun.

No class on Monday, April 18. Fee includes the official 2011 Mah Jongg card.

Joan Bloch, Nina Bocour and Anita Czar, members, *Montclair Mah Jongg Mavens*.

5 Mondays, 7-9pm, April 11 to May 16 @ Montclair High School
\$70

Outdoor Golf

Golf is a sport for a lifetime. It is especially fun when played on a well-manicured classic course. Enjoy playing on such a course designed by a famed Scottish architect. Learn golf fundamentals: backswing, downswing and follow-through. Acquire the feel of the swing and develop dexterity through drills and exercises. Discussion will touch on rules, etiquette, safety, golf lingo, equipment and history of the game.

If you have golf clubs, bring them to class. Clubs will be provided for those without them. Proper golf attire required; no T-shirts, baseball hats, spandex pants, short shorts, jeans, sweatpants or tank tops.

Lou Ruina, professional golf teacher since 1981.

5 Fridays, 10-11:15am, April 8 to May 13
No class Friday, April 22.

5 Saturdays, 11am-12:15pm, April 9 to May 14
No class Saturday, April 23.

5 Sundays, 3:15-4:30pm, April 10 to May 22
No class Sunday, April 24 or May 8.

@ East Orange Golf Course, 440 Parsonage Hill Road, Short Hills
\$155 each

Poker: No Limit Texas Hold 'Em

This ongoing class teaches concepts and strategies for playing No Limit Texas Hold 'em to further develop your game. Class topics will include starting hand criteria, bet sizes, pot size control, reading hands, bluffing, odds and more. Each class will be comprised of instruction followed by hands-on playing time so that you can learn as you play and apply the course concepts.

Prerequisite: Prior Texas Hold 'em experience is essential.

Bruce Frank, veteran poker instructor with extensive experience playing multiple forms of poker at various limits, including no limit and tournaments.

4 Tuesdays, 7-9:30pm, March 15 to April 5 @ Montclair High School
\$80

Volleyball

Beginner and Intermediate 7-8:30pm

The first half of class will be instruction and ball contact drills, followed by game play. During game play participants will be assigned to a court based on ability and experience.

High Intermediate and Advanced A 8:30-10pm

Members of this class will be expected to know and follow all volleyball rules and to be able to demonstrate proper ball contact, such as serving, bumping, setting and hitting. There will be game play for the entire session with personal instruction as needed. Placement on Advanced A court will be determined by the instructor. Being powerful is not the criterion. Being consistent and aggressive is. Depending on player skill levels, an AA/Open level court may be set up as well.

Accuracy in setting and passing is a must for participants on this level.
No class on Monday, April 18.

Donna Ross, volleyball enthusiast and player; high school and junior Olympic coach.

10 Mondays, March 7 to May 16 @ Montclair High School
\$90 each

Trips & Outings

Register early!

In order to reward early enrollees, we are offering a \$10 discount on trips for those who register at least a month in advance of the trip. *Please note that the \$5.00 registration fee charged once per semester per student on all lectures, classes and trips is still in effect.*

Lunch will be included in all trips unless otherwise noted.



African Art Museum and Ringwood Manor and Gardens *New*

Enjoy a guided tour of the African Art Museum of the SMA Fathers in Tenafly, N.J., led by the museum's director, Robert J. Koenig. Admire the extraordinary collection of old and new art from throughout Africa, including a Yoruba dance mask, a brocaded body-wrap from the Ivory Coast and large Malian puppets. After lunch at Griffin's Restaurant, travel to Ringwood State Park for a guided tour of the palatial 19th century manor, former summer home of the influential, wealthy Cooper-Hewitt family, with furnishings from different time periods. Learn about the property's landscape designs while touring the immediate grounds and gardens.

Lunch included.

1 Friday, 8am-5pm, May 6 @ Walnut Parking Plaza – Ice Rink Area, off Montclair Avenue, Montclair
\$85 (\$75 if enrolled before April 5)

Down the Shore: Then and Now *New*

Explore three distinctive Jersey Shore towns. Take a docent-led bus and walking tour of Ocean Grove, known for its Victorian architecture and popular, 19th-century Methodist camp meetings. Visit tent homes, the Great Auditorium and the Historical Society Museum. Ride through Asbury Park to see the Stone Pony where Bruce Springsteen's career began. After lunch at the charming Breakers Hotel on the Spring Lake oceanfront, enjoy a guided bus tour of this beautiful town. View Victorian homes, landmark churches, present-day architecture and historic hotels. A private docent-led tour of a well-preserved 19th-century church completes the day.

Lunch included.

1 Saturday, 9am-5:30pm, May 21 @ George Inness Annex Parking Lot
\$90 (\$80 if enrolled before April 20)

Innisfree Garden and Millbrook Vineyard *New*

Visit a 150-acre, visually arresting, unique American garden in Millbrook, N.Y. Stroll from one striking three-dimensional picture to another, all created by streams, waterfalls, terraces, rocks and plants. Then enjoy a picnic lunch on the grounds of the Hudson Valley's flagship Millbrook winery. During a guided tour of the facility, get an insider's view of the wine making process. End the day with a wine tasting of five current vintage Millbrook wines and take home a souvenir wine glass.

Lunch included.

1 Tuesday, 8am-6pm, May 10 @ Walnut Parking Plaza –
Ice Rink Area, off Montclair Avenue, Montclair
\$105 (\$95 if enrolled before April 9)

**Metropolitan Museum of Art and
Museum of Chinese in the Americas** *New*

Explore two different worlds: that of a Chinese emperor and that of Chinese immigrants to the Americas. Enjoy a guided tour through the Met exhibit *The Emperor's Private Paradise: Treasures from the Forbidden City*. See paintings, decorative and religious works and architectural elements created for an elaborate, private Imperial retreat deep within the Forbidden City. After a banquet-style lunch in Chinatown, visit the Museum of Chinese in the Americas, dedicated to reclaiming, preserving and interpreting the history and culture of Chinese and their descendants in the Western Hemisphere.

Lunch included.

1 Thursday, 8:30am-4:30pm, March 10 @ Walnut Parking Plaza –
Ice Rink Area, off Montclair Avenue, Montclair
\$110 (\$100 if enrolled before February 9)

**Museum of the Moving Image and
The Noguchi Museum** *New*

Tour the Museum of the Moving Image in Queens. Dedicated to the art, history and technology of film and television, it maintains the nation's largest permanent collection of moving-image artifacts. After lunch visit Isamu Noguchi's sculpture garden and galleries. See his collection of works in stone, metal, wood and clay as well as the Akari Light Sculptures, drawings and dance sets housed in 13 galleries. Admire major granite and basalt sculptures in the garden.

Lunch included.

1 Wednesday, 8:30am-5pm, April 13 @ Walnut Parking Plaza –
Ice Rink Area, off Montclair Avenue, Montclair
\$90 (\$80 if enrolled before March 12)

Spring Blossom Hike *New*

Join us for a hike/climb with some of the best views in northern New Jersey during spring. Students who have taken previous hiking classes or those individuals with strong hiking skills are welcome.

Students will travel on their own to hike in Norvin Green State Forest for a group hike. Logistics will be discussed at an orientation meeting earlier in the week.

Jay Gruen, *adventurer and experienced outdoorsman; former officer, N.J. Search and Rescue Team, Bergen County.*

1 Tuesday, 7:30-8:30pm, May 3 @ Montclair High School
1 Saturday, 10:00am-2:00pm, May 7 @ Norvin Green State Forest, Ringwood
\$45

The Seeing Eye and Acorn Hall

Visit Morristown's pioneer school for dog guide services worldwide. Learn how The Seeing Eye started more than 80 years ago and how it has enhanced the lives of thousands of people with vision loss. Hear about the breeding and training of the dogs, meet a graduate of the program who will talk about life with a seeing-eye dog and meet a dog currently in training. After lunch take a guided tour of Acorn Hall, an 1853 Italianate mansion, and experience mid-Victorian splendor at its best. Admire wall coverings, carpeting and furnishings in the seven 19th-century period rooms.

Lunch included.

1 Tuesday, 8:30am-5pm, April 5 @ Walnut Parking Plaza –
Ice Rink Area, off Montclair Avenue, Montclair
\$70 (\$60 if enrolled before March 4)

PLAY / TRIPS & OUTINGS

WPA Tour of Newark

The Works Progress Administration (WPA) was created in the 1930s to give assistance to people who were reduced to begging for food and rent. Millions were employed to carry out public works projects. Join guide and historical expert Liz del Tufo on a tour of some of these lasting endeavors. Visit Newark Airport's Terminal One, the first airline terminal in the United States, restored to its Art Deco splendor. Marvel at Penn Station's mix of Beaux Arts and Art Deco styles and see its magnificent murals. Ride the Newark City Subway to Branch Brook Park where 2500 flowering cherry trees were planted as a WPA project. After lunch at the Spanish Manor, view Arshile Gorky's restored WPA murals at the Newark Museum.

Lunch included.

1 Tuesday, 9:15am-4:30pm, March 29 @ Walnut Parking Plaza – Ice Rink Area, off Montclair Avenue, Montclair
\$85 (\$75 if enrolled before February 28)

Parking Rules and General Information for Bus Trips

Plan to arrive 15 minutes before scheduled departure time.

On weekdays, buses leave from the corner of Label Street and Montclair Ave.

Parking: You can park your car at the Walnut St. Parking Plaza—Ice Rink Area. From Valley Road, go east on Chestnut Street (toward Grove Street). Turn right (south) on to Montclair Avenue. Follow Montclair Avenue to the end (Label Street). Make a sharp right and park in the spots along the fence beyond the permit parking area and close to the Clary Anderson Arena.

Note: In order to comply with the New Jersey Department of Environmental Protection, the bus is not permitted to idle more than three minutes while waiting for passengers. Therefore, please be advised that the ignition will be turned off, and neither the air conditioning nor the heat will be operating upon boarding the bus.

Please note: New cancellation policy for Trips:

Please note that our cancellation policy regarding bus trips has changed. Student cancellations for trips must now be made two weeks in advance since bus companies will not allow cancellations of their service beyond this point. (In order to reward early enrollees, we are offering a \$10 discount on trips for those who register at least a month in advance of the trip.)

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Listings beginning with () indicates at least one daytime class

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REGISTRATION INFORMATION

REGISTRATION

Registration

Online at www.adultschool.org: Registration begins Monday, February 1. Registering via our website is the fastest way to enroll for a course. If you need your username or password, please contact the office.

By mail: Registrations that arrive in the office are processed in the order received. You will be advised if there is no space available.

In person: Beginning February 1, students may register in the office from 10am-3pm, Monday through Thursday. The Adult School office is closed on Fridays. When classes are in session, you may also register on Monday and Tuesday evenings if space is available.

A registration fee of \$5 is payable once per semester for each student.

If you register by mail or in person, use the forms on the opposite page. Use a separate form for each student. Print the course title, starting date, and starting time for each course. Make checks payable to the *Adult School of Montclair*. If you are paying by credit card, include the three-digit security code from the back of your card.

Confirmations and class reminders will be sent to anyone who provides a valid email address. These will include directions and information about any supplies that may be required. Please advise us or update your profile if your email address changes.

Waiting Lists

If a course is full, you will be put on a waiting list. The office will contact you if space becomes available or if another course section is added.

Withdrawals and Refunds

If the Adult School has to cancel a course, you will receive a refund of the full course fee.

If you need to withdraw from a course and notify us at least one week before the course starts, you will receive a refund of the course fee less an administrative fee of \$10. Refunds are made using the original method of payment. **The registration fee is not refundable.**

If you do not provide us with one week advance notice, you will not receive a refund.

The Adult School reserves the right to change course locations, schedules, and instructors when necessary. In the event that a scheduling change poses a conflict, please advise the Adult School office to request a credit or refund.

Cancellation and General Information for Bus Trips: Please note that our cancellation policy regarding bus trips has changed. **Student cancellations for trips must now be made 2 weeks in advance** since bus companies will not allow cancellations of their service beyond this point. (In order to reward early enrollees, we are offering a \$10 discount on trips for those who register at least a month in advance of the trip.)

School Closings: For information about weather-related school closings, please visit our website at www.adultschool.org or call 973-746-6636.

Special Needs: Montclair Schools have barrier-free access. Please call the office if you have special needs: 973-746-6636.

**For directions and parking go to www.adultschool.org.
For questions, email us at info@adultschool.org.**

The Adult School of Montclair 100 Chestnut St Montclair, NJ 07042			
Student's Last Name		First Name	
Street Address		Town	Zip
Day Phone	Evening Phone	Cell Phone	
Email Address			
CourseTitle	Start Date	Start Time	fee \$
CourseTitle	Start Date	Start Time	fee \$
Form of Payment			Registration Fee <u> \$5</u>
<input type="checkbox"/> Cash <input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> Check # _____			Total Amount _____
Card Number	3 -digit security code	Expiration Date mm/yy	
The Adult School of Montclair 100 Chestnut St Montclair, NJ 07042			
Student's Last Name		First Name	
Street Address		Town	Zip
Day Phone	Evening Phone	Cell Phone	
Email Address			
CourseTitle	Start Date	Start Time	fee \$
CourseTitle	Start Date	Start Time	fee \$
Form of Payment			Registration Fee <u> \$5</u>
<input type="checkbox"/> Cash <input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> Check # _____			Total Amount _____
Card Number	3 -digit security code	Expiration Date mm/yy	