

Spring 2012



*Photography by Myrna McCarthy*

**Lincoln-Sudbury Regional High School**

**Adult Education**

**978-443-9961**

**781-259-9527**

[www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted)

## CREATIVE ARTS

### QUILT-MAKING STUDIO CLASS

MARIANNE HATTON

Perhaps you have taken a quilting class in the past and wish to learn more. Maybe you have a quilt in progress that you would like to get back to. Or you might be interested in trying quilt-making for the first time. This class offers participants at all levels a place to explore and expand their interest in fabric and quilts. Skill levels and projects may vary among the participants, making this class a fun and stimulating environment in which to create your own quilts, large or small. It is a studio class where you may work on a project of your choosing or one suggested by the instructor. Marianne has taught quilt-making locally and internationally for over 25 years, and is the author of the book "Simply Dynamic Sampler Quilts"(AQS 2010).

8 WEDNESDAYS, STARTING APRIL 11 12:30-3:00PM

SUDBURY SENIOR CENTER

\$135

### SEW COZY! ADULT DROP-IN SEWING WORKSHOP

BETH GREENBLATT

Early spring is the perfect time to learn how to sew, or to brush up those rusty skills. If you want to be able to help your child learn to sew, or have forgotten how to use your machine, if you need some space to spread out your project, or if you'd just like some company while you sew, this workshop is for you. Please bring your own fabric and pins for your project, and your own sewing machine and instruction manual. Other sewing tools are available to use in the studio, as are machines if you can't bring one; email the instructor in advance if you will need one, at [beth@bettyblattdesigns.com](mailto:beth@bettyblattdesigns.com). You may come every week or as you wish. *Sewing Studio is in Wayside Plaza 730 Boston Post Rd Sudbury.*

TUESDAYS STARTING MARCH 6

7:00-9:00PM

SEWING STUDIO

\$20 NIGHT

### GOT WINE? PASTEL PAINTING WORKSHOP

JEANNE R SMITH

Capture the luscious, sensuous qualities of food & drink in pastel. Set up, lighting and composition, rich dark backgrounds and texture all covered in this one-day workshop. Set-ups will be consumed during the end-of-day critique. All levels welcome, beginner to advanced. Jeanne has been painting for 25 years, studying Art at Georgetown University and at the DuCret School of Art. Jeanne's work has appeared in national juried exhibitions and has won many awards. Workshop will meet at *131 Bent Road, Sudbury*. Supply list will be sent upon registration.

SATURDAY, MARCH 24

10:00AM-4:00PM

131 BENT ROAD SUDBURY

\$95

### MAKING WAVES IN PASTEL WORKSHOP

JEANNE R SMITH

Working from your own and provided photos, learn how to create the illusion of crashing waves or still waters with a dry medium. Look beyond the flat blues of photographs and enliven your seascapes with the colors in your memory. We'll work with under paintings to build a strong foundation. All levels welcome, beginner to advanced. Jeanne has been painting for 25 years, studying art at Georgetown University and at the DuCret School of Art. Jeanne's work has appeared in national juried exhibitions and has won many awards. Workshop will meet at *131 Bent Road, Sudbury*. Supply list will be sent upon registration.

SATURDAY, MARCH 10

10:00AM-4:00PM

131 BENT ROAD SUDBURY

\$95

### ADVANCED JEWELRY STUDIO

LORI MESSENGER

Supervised studio evenings open only to students with advanced skills who do not need instruction. Approval from supervisor needed. Materials fee is included in the tuition, but cost of silver is extra. To register, email [lmessenger@comcast.net](mailto:lmessenger@comcast.net). Enrollment is limited.

THURSDAYS, STARTING MARCH 1

7:00-10:00 PM

JEWELRY STUDIO

\$55

### STUDIO ART

JANICE RUDOLF

Create a sculpture of someone you know, paint a landscape you never want to forget, or get started on a personal sketchbook. Some sculpture, painting, and drawing materials provided, bring your ideas and imagination. Janice Corkin Rudolf is an award-winning sculptor, with many public commissions to her credit, including those at the Franklin Park Zoo and Children's Hospital in Boston, and locally at the Goodnow Library and Loring School. **Classes are held at 37 Atkinson Lane in Sudbury.**

6 THURSDAYS, STARTING MARCH 8

10:00AM-12 NOON

\$135

## DANCE

### SWING DANCE

CAROLE-ANN BAER

This workshop is designed to focus solely on one dance – teaching style, technique and footwork in a fun and easy setting. Dance steps will be taught in a pattern for easy recognition. And whether you have danced before or are just a beginner, you will LOVE this workshop! Partners are strongly suggested, as are comfortable clothes and dance appropriate shoes. Carole-Ann began her dance career in the late 70's at the Arthur Murray & Fred Astaire Dance Studios. Her choreography includes such plays as Bye Bye Birdie, Anything Goes, Guys & Dolls, Joseph & The Amazing Technicolor Dreamcoat as well as a swing number performed at the Boston Pops for a college student based group. She has placed first in several dance competitions in both American and international styles and currently teaches dance at Brandeis University, Keefe Tech and private classes in Maynard.

5 THURSDAYS, STARTING MARCH 1 7:30-8:30PM

C120

\$100 COUPLE/\$50 SINGLE

# DRIVING

## DRIVERS EDUCATION COURSE

Students will learn good driving skills and qualify for significant insurance reduction with this course, offered by Anderson Statewide Driving School, which is approved by the Massachusetts Registry of Motor Vehicles. The program includes 30 hours of classroom instruction, 12 hours (new law as of September 1, 2007) behind-the-wheel training, and 6 hours observation. and one 2 hr parent class. Driving lessons are scheduled at the student's convenience, with free door-to-door service. Students may begin the course without a learner's permit, but must be at least 15 years, 9 months of age. Registration applications are available in the main office at the high school and **are to be mailed directly to Anderson's with your check to 61 Nicholas Rd, Ste A4 Framingham, MA 01701**. Choose one of the sessions below. The **\$648.00 fee** includes the cost of the course, observations and driving hours, as well as the cost for the Registry Certificate. A Registry processing fee is **\$15**. A payment Plan is available.

**SESSIONS BEGIN: MARCH 12 or APRIL 23 MONDAYS, TUESDAYS, WEDNESDAYS LECTURE HALL 6:30-8:30PM**

## CRASH PREVENTION TRAINING FOR TEENS AND PARENTS

The In Control program is a hands-on, closed course training that focuses on developing instinctual reactions to real world emergencies and making attitudinal adjustments that result in more skilled and cautious driving. The training includes defensive driving techniques, spatial awareness, tailgating drills, rapid decision-making, speed control, distracted driving (including cell phones and texting), proper backing up procedures, personal risk assessment and much more. This highly effective program is taught by state certified professionals and has been measured to decrease the incident of first time driver crashes by 70%. Additionally, most graduates qualify for auto insurance discounts. Driving is the #1 cause of teen deaths nationally and more than half of new drivers crash within their first two years on the road. Protect your teen and sign him/her up today! Classes are offered at approved facilities across Massachusetts, most weekends and some weekdays, year round. Lincoln/Sudbury families enjoy a \$75 discount off the program, [visit www.DriveInControl.com/LincolnSudbury](http://www.DriveInControl.com/LincolnSudbury) for details. \$275 with L-S discount.

## FINANCIAL

**The teachers present their own views and LS Adult Ed does not necessarily endorse their recommendations.**

**Couples may attend these classes as a single admission**

## UNDERSTANDING MEDICARE

**DANIEL R. WILLIAMS, CLU, ChFC, AEP®, CFP®**

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+. How are parts A, B, C and D integrated? What is Medicare Advantage? What are the pros and cons of HMO's, PPO's, POS and Medigap plans? Should I take Medicare if I am still employed? How would health care reform impact Medicare? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class. Dan Williams is a Certified Financial Planner and was recently named as one of Boston's top planners in the February 2011 issue of Boston Magazine.

**MONDAY APRIL 2**

**7:00-9:00PM**

**B331**

**\$25**

## RETIREMENT PLANNING IN TIMES OF UNCERTAINTY

**DANIEL R. WILLIAMS CLU, ChFC, AEP®, CFP®**

If you are currently retired (or about to retire) and living off your investments, this class is for you! The recent stock market decline has made this class more important than ever. The course will focus on the latest financial strategies to maximize and protect your retirement lifestyle in spite of the turbulent markets. Is it best to pull money from your retirement accounts or non-retirement accounts first? When I turn age 70 1/2, what are my choices in withdrawing the required minimum distributions and how will these choices impact my spouse and other beneficiaries? How can I set up an IRA so my kids can defer taxes throughout their lifetime? Should I consider trusts? What are my Medicare supplement options? How can I reduce the risk of a long-term care disability wiping out my nest egg? How can I minimize income and estate taxes? All of these questions and more will be clearly answered in this very important one night seminar. Dan Williams is a Certified Financial Planner and was recently named as one of Boston's top planners in the February 2011 issue of Boston Magazine. **MONDAY APRIL 23 7:00-9:00PM B331 \$25**

## THE LATEST LONG TERM CARE ASSET PROTECTION STRATEGIES

**DANIEL R. WILLIAMS CLU, ChFC, AEP®, CFP®**

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques: How can I protect my home? What is the penalty for giving assets away? Are my assets protected if I put them in a trust? When is long-term care insurance worthwhile to consider? What if my loved one is already in a nursing home, can they protect their assets? Daniel R. Williams is a Certified Financial Planner and a Chartered Financial Consultant. He is a co-founder and senior partner of the Dover Group and is a frequent speaker on retirement, estate planning, and asset protection strategies. Dan was once again named as one of Boston's top planners in the February 2011 issue of Boston Magazine.

**MONDAY APRIL 30**

**7:00-9:00PM**

**B331**

**\$25**

## MAXIMIZE YOUR COLLEGE FINANCIAL AID

## COLLEGE FUNDING ADVISORS

Demystify the college financial aid process and teach yourself how to access the more than \$90 billion in financial aid dollars, monies that are even available to "high income" families and business owners. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. A free comprehensive analysis will be provided for those attending the class.

**MONDAY MARCH 26**

**7:00-9:00PM**

**B331**

**\$25**

## HOW TO START YOUR OWN BUSINESS

## MARK MINASSIAN, CPA

Learn all of the important aspects for starting your own small business, including choosing the right form of legal entity, writing a business plan, researching business names, filing the legal paperwork with the state and IRS and obtaining an employer identification number. Mark is a CPA and President of Minassian Associates, Inc. in Waltham.

**TUESDAY APRIL 24**

**7:00-9:00PM**

**B329**

**\$30**

## EDUCATIONAL PURSUITS

### STALIN AND THE GULAG

### DAVID HOSFORD

For over 30 years, Joseph Stalin ruled the Soviet Union with an iron fist. During that time he set up one of the most extensive labor camp systems in history. Tens of millions of people were killed or had their lives shattered by Stalin and his henchmen during this process. This class will explore Stalin's rule and look inside the camps to discover what life was like for those who were swept away during this tragic chapter in history. David is a teacher at LS and the director of the Stalin Project. Previous to his work as a teacher, David spent six years working in the former Soviet Union. He was also the head of curriculum for the GULAG exhibit sponsored by the National Parks Service and received a NEH grant to write a textbook about the Stalinist Era. Some reading material will be sent after you register to prepare for the first class.

**2 WEDNESDAYS, STARTING MARCH 28**

**7:00-9:00PM**

**C365**

**\$60**

## FITNESS

### BONNIE'S BOOTCAMP

### BONNIE MORRISSEY

An intense 45 minute outdoor (weather permitting) and indoor workout using your own body weight that will really boost your metabolism and burn fat. Tons of calories burned by 7AM! Includes jump rope, running, squats, lunges, pushups, core exercises, abs, etc., for a very effective total body workout. **YOU WILL GET RESULTS!** Beats going to the gym any day! You've got to try it to see what the buzz is all about! Program also includes motivational emails as well as Boot Camp approved recipes, nutrition tips, and Bonnie's Secrets to Success. All levels of fitness welcome, exercises can be modified. Please bring a jump rope, yoga mat, sweat towel, and lots of energy and motivation. Any questions please email Bonnie Morrissey directly at [bonnie@bonniesbootcamp.com](mailto:bonnie@bonniesbootcamp.com).

**DAILY MONDAY-FRIDAY 6:00-6:45AM GYM 1 10 DAY PUNCHCARD \$150 or 20 DAY PUNCHCARD \$270**

### SIMPLY YOGA

### JOE SCIANNA

The Barkan Method is a style of Hatha Yoga. It includes sequences of yoga postures to stretch and strengthen various areas of the body. The practice brings vital balance and restores all systems to optimal health. Consistency will create a physical, mental and spiritual harmony that will be felt in all areas of the practitioner's life. Suitable for all levels. Joe Scianna teaches in the MetroWest area. He has studied with Bikram Choudhury. Joe is certified in Baptiste Power Vinyasa Level 1 and in the Barkan Method Vinyasa Level 1. Please bring a yoga mat.

**10 WEDNESDAYS, STARTING MARCH 14**

**6:45 - 8:00PM**

**C120**

**\$120**

### ZUMBA

### JUDY QUINT

ZUMBA® Fitness is like no other workout you will ever experience, as it combines high energy and fun, motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries - and lots of calories! A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body - but it's way more of a party than a workout! **To sign up and pay, e-mail Judy at [judy@zumbawithjudy.com](mailto:judy@zumbawithjudy.com).** For any further information visit <http://www.zumba.com>. Judy is certified in Basics 1 and Basics 2.

**MONDAYS, STARTING MARCH 5 (EVERY WEEK UNTIL END OF JUNE) 6:30-7:30PM C120 10 SESSIONS \$110**

### SPRING BIKING

### SUSAN DESANTIS and MEREDITH ALLEN

We will ride 15-20 miles each week on local scenic routes. Bring a bike (road bike or hybrid), a helmet (required), and a water bottle. Enrollment is limited. Please be sure to contact the instructors at [Susan.q.desantis@gmail.com](mailto:Susan.q.desantis@gmail.com) and [merf1994@aol.com](mailto:merf1994@aol.com) before the first class for specifics of the first ride. Include your email address and cell phone number on the enrollment form.

**6 FRIDAYS, STARTING APRIL 13**

**9:30 -11:30AM**

**\$64**

## TAI CHI: AN EXERCISE YOU CAN STICK WITH

DR. CHENG -JIH LI

Tai Chi Chuan is a moving form of yoga and meditation. The traditional Yang style long-form Tai Chi consists of a sequence of movements that derive from the martial arts. Practice of Tai Chi develops balance, centeredness, alignment, flexibility, and the strength and ability to move smoothly and precisely. Classes are small and enrollment is limited. Dr. Cheng-Jih Li has a PhD in Mechanical Engineering, and studied martial arts in college, with further studies in Tai Chi, Tai Chi Sword, Kung-Fu Ai- Ki Do, under several Masters in Taiwan and United States. **8 SATURDAYS, STARTING MARCH 3 9:30-10:45AM C120 \$105**

## BADMINTON

HARVE JASSAL

Do you know what the most popular and fastest racquet sport is? Badminton! A shuttlecock can leave the racket at the speed of over 200 mph. It is one of the competitions at the Olympic Games. It demands constant actions: running, jumping, twisting, stretching, running backwards and striking. Players have been known to cover more than 3 miles in a single match! Come and join us and find out why. You will find that badminton is a fast, fun and social game that can be played and enjoyed by people of all ages. If you have never played badminton before, you will quickly learn the basics and join others in exciting games. Participants will learn the basic skills of badminton. Experienced players as well as beginners will be taught. If you are looking for a great way to have fun while getting in shape and lighting, this is the place to be. Bring your racket and we will provide the birdies.

**10 TUESDAYS, STARTING MARCH 6**

**7:00-9:30PM**

**GYM 1**

**\$120**

## LINCOLN-SUBBURY FITNESS CENTER

The Fitness Center at Lincoln-Sudbury High School is open to the adult community during the school year. It offers a relaxing and low key environment for your workout. The Fitness Center offers state of the art equipment including a full line of cardiovascular treadmills, elliptical cross trainers, bikes, rowers, strength training equipment, free weights and more. Fitness Center personnel are available to help you develop a fitness program to suit your needs. The Fitness Center is open Monday through Thursday evenings from 6:00- 8:00pm and Saturday morning from 10:00am-12:00pm. The cost for a January through June membership to the Fitness Center is \$225. A 25% discount is available for Senior Citizens 65 years and older. To register, drop by the Fitness Center during the hours of operation. **For more information, please contact Dave McCormick at [dmccormick11@gmail.com](mailto:dmccormick11@gmail.com) or (978) 443-2090.**

## GARDENS

### DEER, RABBITS, WOODCHUCKS AND OTHER GARDEN PESTS

PAUL STEEN

Having trouble keeping garden pests such as deer, rabbits and woodchucks away from your vegetables and expensive shrubs? Paul will provide a list of plantings and safe repellants that will keep these animals away from your yard. No animals or people will be poisoned or hurt – but these plantings and repellants, because of their taste, aroma and/or texture, will help make this a NO EATING ZONE. Paul Steen M.D. (retired) is a Lifetime Master Gardener, Past President of the Massachusetts Master Gardener Association, and has been an instructor for the New England School of Gardening.

**TUESDAY APRIL 24**

**7:00-9:00PM**

**CONFERENCE ROOM B**

**\$30**

## HEALTH

### DO YOUR WRINKLES BOTHER YOU?

DR. MICHAEL REINHORN

As we get older our skin ages too. Whether it's frown lines between the eyebrows, the horizontal wrinkles on the forehead or the crows feet around the eyes, there are many anti aging treatments available today. Come and learn about the various options, and experience a live demonstration of botox and fillers. Bring your questions to class. Michael Reinhorn is a surgeon at Newton Wellesley Hospital who also practices non surgical aesthetic medicine.

**WEDNESDAY APRIL 25**

**7:00-8:30PM**

**A303**

**\$30**

## HOME

### INTERIOR DESIGN WORKSHOP

DONNA KRUSE

Learn how to breathe new life in to any room in your home. You will learn interior design techniques and tips that will guide you through the design process and prevent costly mistakes. Please bring photographs and/or questions to the workshop; discussion will be built around your own design challenges. If you are thinking of selling your home, you may also bring staging questions to this class. Photographs are necessary in order to achieve the best results from this class. Donna is the owner/designer of Elements of Design in Sudbury. This is a full service Interior Design Studio. She has been in business in the Metro West -Boston area for more than 20 years.

**WEDNESDAY MARCH 14**

**7:00-9:00 PM**

**CAREER CENTER**

**\$30**

## LANGUAGE

### SPANISH NOW!

HELGA TOMALA

Class will focus on basic structures of Spanish that will enable you to communicate in the target language right away. We will supplement the class with the text/workbook *Spanish Now*. Helga is bilingual and has been a certified Spanish teacher for more than ten years. **8 THURSDAYS, STARTING MARCH 8 7:00-9:00 PM B330 \$95**

**For online brochure or to register and pay online, please visit [www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted) 4**

## CHINESE (MANDARIN) BEGINNING LEVEL

HONG TIAN

"Ni Hao" .The beginning level Chinese/Mandarin course aimed to build basic communication dialogues in daily life, to enhance the capability of oral Chinese with abundant practices. The teacher will introduce pinyin (Chinese Phonic) as a basic teaching tool and use accelerated teaching methods to familiarize you with basic communication skills. The class will also incorporate various vocabulary word, conversational sentences and sentence structure. The course is open to non Chinese /Mandarin background . Hong Tian is originally from Beijing China. She has been teaching/tutoring kids and adults Mandarin Chinese since 2002. She is a member of the Chinese Language Teachers Association (CLTA) in North America. She is also a founder of Boston-China, a company that offers Chinese Language Training to Children and Adults.

8 THURSDAYS, STARTING MARCH 8

7:00-9:00PM

B335

\$95

## INTRO FRENCH LANGUAGE AND CULTURE

HELGA TOMALA

If you want to make your trip abroad a richer, more meaningful experience or if you simply wish to immerse yourself in the culture of France, this beginner's course with its dialogues and cultural notes will prove a fun and rewarding experience!

8 TUESDAYS, STARTING MARCH 6

7:00-9:00PM

B330

\$95

## MUSIC

### INSTANT PIANO (FOR HOPELESSLY BUSY PEOPLE)

VALERIE LYONS

The PBS program, "Piano In A Flash," is based on this method. Most piano teachers teach note reading, but here you'll learn the system the pros use — chords. You'll learn all the chords needed to play almost any song. You'll learn how to play several songs in class, and then perfect your technique at home using a home-study CD designed by the instructor. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. If not, request a free pamphlet by sending a self addressed, stamped envelope to New School of American Music, 309 Wall St, Chico, CA 95928. or download the pamphlet from our web site, [www.pianofun.com/newsletters.html](http://www.pianofun.com/newsletters.html). This workshop will be taught in person by Valerie Lyons, a certified instructor trained by the creator of the Instant Piano system, Robert Laughlin. A textbook and CD (\$25 value) for follow up home studying.

THURSDAY APRIL 5

6:30-9:30PM

B331

\$70

## OUT AND ABOUT

### GUIDED WALKS OF SUDBURY CONSERVATION AREA

SUDBURY CONSERVATION COMMISSION

Join members of the Sudbury Conservation Commission for guided walks through four town-owned conservation areas in Sudbury. Woodlands fields, ponds, streams, vernal pools, native plants and animals are just some of the highlights. Children and leashed dogs welcome. Enrollment is limited. Once registered, we will email you directions for the first walk. **Please include your e-mail on the registration form.**

5 FRIDAYS, STARTING FRIDAY APRIL 27

9:30-11:00AM

\$10

### WALKING AROUND WALDEN POND

BILL SCHECHTER

This talking tour—Thoreau would never have approved! —will involve the circumnavigation of one of the great landscapes of the American imagination. Participants will learn about the physical and cultural history of Walden Pond, Transcendentalism, and, of course, the inimitable Mr. Thoreau. Bill Schechter was a history teacher at Lincoln-Sudbury Regional H.S. for thirty-five years. Meet by the replica cabin at the front of the parking lot for Walden Pond. Young people welcome.

SATURDAY MAY 12 (RAINDATE SATURDAY MAY 19)

10:00-12 NOON

\$20

## PARENTS & STUDENTS

### SAT I MATH REVIEW

REZA KHORSHIDI

This class prepares juniors for the SAT I in the spring. The first class is dedicated to teaching test-taking skills and graphing calculator programs/techniques. Every session will include short practice tests followed by a review session in which students are taught how to use the techniques on actual test questions. Students make flashcards of important facts and formulas to remember for the test day. Class is subject to snow cancellations; make up date will be added at the end. To register, please mail check to LS Adult Ed, 390 Lincoln Rd. Sudbury 01776, and give us the name and contact info of your child. Students must bring to each class a TI-83 or TI-84 graphing calculator, a stack of ruled 3x5 index cards, the latest copy of **"The Official SAT Study Guide"** by the College Board, and pencil and eraser.

4 WEDNESDAYS, STARTING FEBRUARY 1

6:30-8:30PM

B330

\$260

### SAT I VERBAL REVIEW

DOTTY GREENBERG

Prepare for the May SAT. Learn the techniques and strategies for the "Critical Reading" sections. Practice sentence completion interpretation as you amass a greater vocabulary. Sharpen your comprehension and answering ability skills for the reading passages. For the "Writing Skills" sections, learn what is expected and how the 25 minute essay is graded. Review the grammar skills needed for the three different types of multiple choice questions. Please note: Homework is given for each session and is a vital tool in acquiring and mastering all of these skills.

4 TUESDAYS, STARTING APRIL 3

6:30-8:30PM

B331

\$260

For online brochure or to register and pay online, please visit [www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted) 5

## ACT REVIEW

STEPHANIE LAPAT

For many students, the ACT represents a better testing option. The ACT is attractive to students because it has the same sections in the same order on each test. Its predictability will help us raise your score! I will get you ready for both types of verbal sections of the ACT. We will begin with Section 1: the English Test. This part of the test has 75 Questions, organized in 5 passages, each of which asks exactly 15 grammar or organizational questions. We will next focus on strategies for Section 3: the Reading Test. This part of the test has 4 passages presented in the same order: Prose Fiction, Social Science, Humanities and Natural Science. Each of these passages is followed by 10 questions. Then we will work on the Essay section. As you get comfortable with the consistency of the ACT, your confidence will increase and your scores will follow the same path!

5 WEDNESDAYS, STARTING MARCH 14

6:30-8:30 PM

B331

\$325

## SAT II MATH LEVEL 1 TEST REVIEW

REZA KHORSHIDI

This class prepares juniors and sophomores who have taken (or will be finishing) Geometry and Algebra 2 by the end of this academic year. Some colleges require one or more SAT II subject tests as part of their application package for admissions. Note that this test is NOT the same as the SAT I Reasoning Test. The first class is dedicated to test taking skills and graphing calculator programs/techniques. For each class of SAT II, students will take timed practice tests followed by a review session in which students are taught to use the techniques on actual test questions. While reviewing the tests, students make flashcards of important facts and formulas to remember for test day. Students MUST bring to every class, 1) a TI-83 or TI-84 graphing calculator, 2) a stack of ruled 3x5 index cards, 3) Pencil and eraser. This is a good opportunity to get training for this test from one of the most experienced tutors in the field. The SAT II subject tests are offered on June 2, 2012.

4 WEDNESDAYS, STARTING MAY 2

6:30-8:30PM

B330

\$215

## SAT II BIOLOGY (E/M) TEST REVIEW

TOM DANKO

A concentrated, intense review for students who have already taken biology. The Biology E/M Test has a common core of 60 questions, followed by 20 questions in each specialized section;(Biology-E for Ecology or Biology-M for Molecular). Students decide whether to take Biology-E or Biology-M on the test day by gridding the appropriate code on their answer sheet. Common core topics of review include cellular and molecular biology, ecology, classical genetics, organismal biology, and evolution. The ecology review will cover energy flow, nutrient cycles, populations, communities, ecosystems and biomes. The cellular and molecular review will include cell structure, cell organization, mitosis, meiosis, photosynthesis, cellular respiration, enzymes, molecular genetics, biosynthesis, and biological chemistry. Test taking strategies will be emphasized. SAT II test is offered

June 2. 4 THURSDAYS, STARTING MAY 10

6:30-8:30PM

LECTURE HALL

\$175

## SAT II CHEMISTRY

CATHY MANWARING

Jump-start your studying for the June 2nd Chemistry SAT Subject Test (it's not too soon to begin!). Each session will consist of a timed practice test, followed by a discussion where we will apply test-taking strategies as we review the test questions. Concepts students may not have covered during the year, such as chemical equilibrium, electrochemistry and nuclear reactions, will also be reviewed. Please note that weekly homework will be assigned from Princeton Review: Cracking the SAT Chemistry Subject Test, 2011-2012 edition. Students are asked to purchase a copy prior to the beginning of class. For more information, contact [cathy@allsciencetutor.com](mailto:cathy@allsciencetutor.com).

3 THURSDAYS, STARTING APRIL 5

6:30-8:30PM

B329

\$140

## MANAGING THE COLLEGE ADMISSIONS PROCESS

MARA PLATT

This two-part workshop is designed for parents of students who are embarking on that special adventure known as the college admissions process. Topics include standardized testing; insight on what colleges look for in applicants; teacher recommendations; timeframes and deadlines; college essay; interviewing; college visits and more. There will be time during each session for Q and A. Marla Platt, MBA; CPC is a college consultant and academic coach. Her company, AchieveCoach College Consulting, supports students and families in selecting and applying to colleges. As a Cornell alumna, Marla has conducted student applicant interviews for over 20 years. She also coaches Babson College undergraduates on leadership and communication skills. Marla is a member of the Independent Educational Consultants Association.

2 TUESDAYS, MARCH 6 and 20

7:00-9:00PM

B329

\$55

## STANDARDIZED TESTING IN COLLEGE ADMISSIONS: MAKING SENSE OF IT ALL

MARLA PLATT

What is the role of standardized testing in college admissions today? A centerpiece of the college admissions process, standardized testing can overwhelm parents and students as they sort out the various requirements and options available to them. This informative seminar will clarify the issues and choices in college admissions testing today and address questions such as: the role of the PSAT, differences and similarities between the SAT and ACT, and considerations around SAT Subject Tests. We will also talk about approaches to test prep, the College Board's Score Choice option and reporting of scores, as well as a discussion of what "test optional" really means.

WEDNESDAY MARCH 28

7:00-8:30PM

B329

\$30

## VIDEO

### BASIC VIDEO PRODUCTION

SUDBURY TV

Do you watch SudburyTV? Do you have an idea for your own TV show? Are you interested in local meetings, events, and sports in town? No matter what your age or skill level, SudburyTV offers training in the basics of television video production in a hands-on environment. Students will develop an understanding of television production both in the studio and on location. Topics include: studio and portable camera operation, sound, graphics, directing a multi-camera production, and an introduction to digital editing using Final Cut Pro. This class requires a minimum of 6 participants, maximum 10. Call SudburyTV at 978-443-9507, or email [info1@sudburytv.org](mailto:info1@sudburytv.org) to register. Classes can also be scheduled by appointment.

4 THURSDAYS, STARTING MARCH 15

7:00-9:00PM

STUDIO A207

NO FEE

For online brochure or to register and pay online, please visit [www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted) 6



## LINCOLN-SUDBURY ADULT EDUCATION SPRING 2012

Linda Hawes, Director

Roz Drawas, Assistant Director

978-443-9961 x 3326

[www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted)

781-259-9527 x 3326

### REGISTRATION PROCEDURES

Enrollment is open to anyone of high school age or older except where noted. Children cannot be accommodated in adult classes. Please register by mail or online. Order of receipt of registration will determine class lists. Students should consider their application accepted and report to class for the first meeting unless otherwise notified. **No confirmations are sent.** If you have not registered prior to the first class meeting, please call the office, or check our website to insure the class is running. All classes are held at Lincoln-Sudbury Regional High School unless otherwise specified. **On first night of class, please enter and check in at the front entrance, facing Lincoln Rd. The school is large and spread out and this will ensure a prompt starting time for your class.** To register online, [www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted)

### TUITION AND FEES

Tuition fees as listed by course must be paid at the time of registration and accompany registration form by mail or online. A sufficient number of students must register for each course if it is to be given. Refunds in full will be granted for any course that must be canceled due to under enrollment or fee may be transferred to another course if there is space. Refunds for any reason other than cancellation of the course must be requested one week before the first class meeting, after that time a \$10 registration fee and any materials fees will be deducted from your refund. There is no tuition reduction if a student is unable to attend all classes.

### RESIDENTS OVER 65 AND L-S TEACHERS & STAFF

Lincoln & Sudbury residents over 65, L-S teachers and staff, may request a 20% reduction of tuition (except for those stated in description) by indicating birth date, or L-S position on their registration form. This reduction does not apply to materials fees, lab fees or entrance fees.

### CANCELLATIONS

Classes are not held on school holidays, during vacation weeks or whenever school has been cancelled. Call the High School for a recorded cancellation message. **No classes February 20-24, April 16-20, May 28**

For information visit our website at [www.lsrhs.net/community/adulted](http://www.lsrhs.net/community/adulted)

Sign up early, some classes have limited space

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### REGISTRATION FORM SPRING 2012

PLEASE INCLUDE YOUR E-MAIL ADDRESS

Course Name	Session	Start Date	Cost
1.) _____	_____	_____	_____
2.) _____	_____	_____	_____
3.) _____	_____	_____	_____
Name _____	Address _____	Total Cost _____	
Town _____	Zip _____	Email _____	
Telephone (home) _____	(work) _____	(cell) _____	

Checks should be made out to and mailed to:

Lincoln-Sudbury Adult Education 390 Lincoln Road Sudbury, MA 01776