

Rutherford Adult School

*Fall
2011*

Courses Begin

**Monday, September 19
Tuesday, September 20
Wednesday, September 21**

**For more information visit
rutherfordschools.org/adultschool
or call 201-438-7675 x2115**



GENERAL INFORMATION

ELIGIBILITY – Any adult over 18, regardless of residence, may register. High School Students need special permission to register.

REGISTRATION – Classes fill quickly, it is advisable to register early by mail to avoid disappointment. Registration forms are included in this catalog. A separate form is required for each student and each class. If more forms are needed, they may be copied or printed from the website. Your registration and payment automatically registers you. Your cancelled check is your receipt please make a note of the date and time of the classes for which you are registered. No confirmation or reminder will be mailed. You will only be notified if a class is cancelled or oversubscribed, and we cannot accept your registration.

IN PERSON REGISTRATION – For those who prefer to register in person, the in-person registration will be held at Rutherford High School, Tuesday and Wednesday, September 13 & 14 between the hours of 6:00-8:00 pm.

REFUNDS – All listed fees already include a \$10.00 Registration Fee which is **not refundable**. When students cancel before the first class, the \$10.00 registration fee will be **deducted** from the refund.

REFUNDS WILL ONLY BE MADE IF REQUESTED AT LEAST 48 HOURS BEFORE THE FIRST SESSION.

CANCELLATION – Many classes depend on a minimum number of students to operate. If the course is cancelled due to lack of enrollment, a full refund will be given INCLUDING the \$10.00 registration fee.

TEXTBOOKS & SUPPLIES – The fee DOES NOT include the cost of books or supplies unless otherwise stated. Note that Computer Technology Courses are taught using Mac computers.

SCHOOL CLOSING – The Adult School will be closed when the Rutherford Schools are closed due to inclement weather.

SMOKING – There will be absolutely NO SMOKING permitted in the public school buildings.

OTHER INFORMATION – Enrollment is limited in some classes. Registrations are accepted on a first come, first served basis. REGISTER EARLY BY MAIL. NO CREDIT CARDS, NO SENIOR DISCOUNTS, NO TELEPHONE REGISTRATIONS. Please note the number of sessions, beginning date, and room number of courses. No children or guests are allowed in classes without special permission from the Adult School Office. All classes are held in the evening, except where otherwise indicated.

For additional information call 201-438-7675 x2115 between the hours of 12:00-4:00 PM weekdays, and from 6:00-10:00 PM on Monday, Tuesday, and Wednesday evenings when school is in session. The course catalog is also available online at rutherfordschools.org/adultschool

TRAVEL DIRECTIONS are subject to change. You may want to check maps. google.com.

ROUTE 3 EAST – First exit after Passaic River. Left turn to light left turn over highway to Park Ave., Rutherford. At first traffic light turn left then immediate right to Mortimer Ave., continue to school.

ROUTE 3 WEST – Exit at Ridge Rd./Park Ave. ramp. Cross Ridge Rd. and continue on Marginal Rd. beside highway to Park Ave. Turn right and proceed to traffic light. Turn left and immediate right to Mortimer Ave., continue to school.

ROUTE 17 SOUTH – Follow signs to Route 3 West. On RT. 3, exit at Ridge Rd./Park Ave. ramp continue as above.

ASTROLOGY

This class covers the building blocks of the natal chart: Planets, Signs, Houses, Elements, Modes, and more. Get a firm foundation from the start and you will have a clear understanding of how to interpret a horoscope. No previous experience is necessary. Beginners as well as those who would like to review are welcome.

INSTRUCTOR: Liz Houle

Course #230

SCHEDULE: Tuesday 7-9 PM — Room 309

FEE: \$65

8 Sessions, Begins September 20

BASKETBALL— FOR MEN & WOMEN

Be an active participant in the most popular spectator sport. Now — YOU are the player. Get your exercise and sharpen your skills, JOIN THE FUN! Must be at least 18 years old. Play both nights for one price. Limited to 30 players.

INSTRUCTOR: Stephen Strumolo & Fabian Alesandro.

Course #211

SCHEDULE: Mon. & Tue. — Room 100 Gym 7-9 PM.

FEE: \$95

9 Weeks, Begins September 19

BOATING — PERSONAL WATERCRAFT & BOATING SAFETY

This basic safe boating class is the approved class for the mandatory certification of all individuals to operate any type of powerboat and personal watercraft. Course covers basics such as rules of the road, laws and safety. This course is suitable for adults and children 10 years and older. All materials included NASBLA approval for insurance discount. Presented by Coast Boating School.

INSTRUCTOR: Coast Boating School

FEE \$85

SCHEDULE: Course #112 Mon. & Tue. — Room 217 (September 19 & 20)

Course #113 Mon. & Tue. — Room 217 (October 24 & 25)
6:30-10 PM

BODY TUNE UP — DETOXIFICATION AND REJUVENATION WORKSHOP

Worried about toxins in the air, water and food? Looking for ways to increase your vim and vigor? To look and feel better? Ted Sheola will teach practical, streamlined ways to detoxify your body and gain vitality in this two-hour workshop. Learn health secrets from East and West to give your body a preventive "tune up." Find out about the powerhouse herbs, enzymes, fiber, foods and nutrients especially helpful for cleansing the body and stimulating rejuvenation. Get recipes for health potions packed with nutrients. Discover the cleansing and energizing power of exercise, sunlight, air bathing and deep breathing. Explore the body-mind connection to tap into inner resources for increased energy. Get the tools to tune-up your system.

INSTRUCTOR: Ted Sheola, CP, CYI,

Course #216

a Shiatsu/Acupressure practitioner, holistic health lecturer and Certified Yoga Instructor with more than 20 years of experience. He maintains Certified Practitioner membership in the AOBTA (American Organization for Bodywork Therapies of Asia) and ABMP (Associated Bodywork & Massage Professionals). A graduate of the New Jersey School of Massage, he is based in Montclair, NJ.

SCHEDULE: Tuesday, September 27, 7-9PM — Room 217 FEE \$35

BODY WORKS — MEN & WOMEN

Exercise from head to toe. A body-shaping work-out designed to tone, build flexibility, strength and relieve stress. All done to motivating music to keep your energy level high. Sneakers, comfortable clothing and exercise mat. (Hand-held weights are optional.)

INSTRUCTOR: Andrea Sollitto, AFAA Certified. Course #101
SCHEDULE: Monday 8-9 PM FEE: \$75
Begins September 19. 9 Sessions.
Pierrepont School Gym. 70 Pierrepont Ave.
Enter on Lincoln Ave side.

CASINO GAMBLING — CAPPY'S CASINO CORNER

I hosted my own TV program for 21 years, entitled Cappy's Casino Corner. Now I can teach you the six most popular games that are playing in casino's everywhere which include Craps, Blackjack, Baccarat, Roulette, The Big Six Wheel and slot machines. So, come join the fun!

INSTRUCTOR: Fred "Cappy" Capitani Course #205
SCHEDULE: Tuesday 7-9 PM — Room 206 FEE: \$70
Begins September 20. 6 Sessions.

COMPUTER TECHNOLOGY — BASIC INTRODUCTION

Familiarize yourself with a computer. Learn the basics on how to use the internet, send and receive e-mails with attachments, and utilize search engines to navigate more effectively. ENROLLMENT LIMITED TO 10 STUDENTS. The course is taught on a Mac.

INSTRUCTOR: Margaret Nastasi FEE: \$85
SCHEDULE: Course #204 - Tuesday, September 20. 7-9PM. 4 Sessions
Course #250 - Tuesday, October 18. 7-9PM. 4 Sessions

COMPUTER TECHNOLOGY — MICROSOFT WORD

Interested in learning new computer skills? This 5-session course will introduce and teach basic need-to-know concepts of word processing. The participant will learn word processing commands to create, edit, save, delete, underscore, retrieve documents saved, and print results. Must bring a flash drive to class. The course is taught on a Mac running Office 2011.

INSTRUCTOR: Gail Tricarico Course #206
SCHEDULE: Tuesday 7-9 PM — Room 308 FEE: \$90
Begins September 20. 5 Sessions.

COMPUTER TECHNOLOGY — MICROSOFT EXCEL

Interested in learning new computer skills? This 5-session course will teach how to create an electronic worksheet in Excel using basic commands and formulas to develop a simple working business report. Must bring a flash drive to class. The course is taught on a Mac running Office 2011.

INSTRUCTOR: Gail Tricarico Course #207
SCHEDULE: Tuesday 7-9 PM — Room 308 FEE: \$90
Begins October 25. 5 Sessions.

Courses fill up quickly, make sure to fill out the registration cards TODAY!

COMPUTER TECHNOLOGY — ADOBE PHOTOSHOP I
BASIC DIGITAL PHOTO EDITING

Learn the basics of Photoshop the fun and easy way. You'll be up and running in no time. Learn how to use tools, palettes including info on color, pixel basics, layers, file size, selection tools, stroke and fill, type/text, cropping, filters and drawing/ painting tools. This course is great for graphic design, web design and digital photography. The version of Photoshop being used is CS 5.5 on a Mac.

INSTRUCTOR: Jon Slater

Course #328

SCHEDULE: Wednesday 7-9 PM — Room 308
Begins September 21. 5 Sessions.

FEE: \$100

COMPUTER TECHNOLOGY — POWERPOINT

Learn how to make a Powerpoint presentation from scratch. The course cover will how to create and manipulate slides, insert clip art, pictures and design unique templates. We will also go over how to make list, edit text, headers, footers, create charts hyperlinks and more! The course is taught on a Mac running Office 2011.

INSTRUCTOR: Gail Tricarico

Course #300

SCHEDULE: Wednesday 7-9 PM — Room 314
Begins September 21. 6 Sessions.

FEE: \$100

COOKING — FAST, EASY & DELICIOUS

Preparing a fine meal doesn't have to take hours. Learn how to have fun preparing delicious meals with our expert chef Mike. Receive recipes and hints for saving time. You will be able to sample the delicious food that you prepared. Your family and friends will think you're a culinary graduate! A fee of \$20 (cash) per student is paid to the instructor the first night of class for supplies and ingredients. Class limited to 20 and must be 21 years old to attend.

INSTRUCTOR: Mike Grieco, Culinary Institute of America.

FEE: \$95

SCHEDULE: Course #100. Monday 7-9 PM — Room 303
Begins September 19. 8 Sessions.
Course #240. Tuesday 7-9 PM — Room 303
Begins September 20. 8 Sessions.

**Registration forms can be found towards the rear of the
catalog and additional forms can be found at**

rutherfordschools.org/adultschool

Be sure to send the forms in today!

DANCING — SALSA AEROBICS

Get in shape the Latin way! If you like the pulsating music from Cuba, Puerto Rico, Dominican Republic, and New York City this class is definitely for you. Groove to a fun, easy to follow, high energy Salsa Style workout. Meet new friends and gain confidence on the dance floor. Wear comfortable shoes.

INSTRUCTOR: Roberto Pagan

owns, directs and produces an entertainment company which was established over 20 years ago. For the past 12 years, he owns Roberto's Dance Studio. He has earned over 200 professional titles during the past 12 years in styles including American Rhythms, Hustle, Mambo, Salsa, Theater Arts, ShowDance. He has also achieved the World Hustle Champion title in ballroom. Roberto has International training in Latin and Standard and special skills in drops, lifts, and tricks. Most recently, Roberto danced in the movie called El Cantante starring Jennifer Lopez and Marc Anthony. Dance where the stars dance, sign up now!

SCHEDULE: Thursday 7-8 PM — Roberto's Dance Studio Course #401
Roberto's Dance Studio located at Knights of Columbus,
39 Washington Street, Lodi, NJ 07644
201-600-3152
Begins October 6. 8 Sessions. FEE: \$70

DANCING — SALSA LATIN

If you ever wanted to get out on the dance floor but were not sure how, this is the dance for you. Learn turns and steps of one of the most favorite dances.

INSTRUCTOR: Roberto Pagan

Course #402

SCHEDULE: Thursday 8-9 PM — Roberto's Dance Studio FEE: \$70
Roberto's Dance Studio located at Knights of Columbus,
39 Washington Street, Lodi, NJ 07644
201-600-3152
Begins October 6. 8 Sessions.

DANCING — BASIC BALLROOM DANCE

Come join the fun and learn the 3-4 basic dance steps for the Fox Trot, Waltz, ChaCha, Rhumba, Swing, and Salsa. Singles encouraged to join. Learn to lead and follow with confidence. Everyone will be danced. No partner necessary. Be ready to dance at "our end of session social". Lincoln School located on 414 Montross Avenue, Gym on Vreeland Avenue.

INSTRUCTOR: Jo-Anne Watson

Course #323

SCHEDULE: Wednesday 8-9 PM — Lincoln School Gym FEE: \$65 PP
Begins September 21. 8 Sessions.

Check out the redesigned website at
rutherfordschools.org/adultschool

DEFENSIVE DRIVING COURSE

Defensive Driving (DDC-6) is a 6-hour classroom course developed by the National Safety Council to sharpen driving skills, identify problems and give guidelines to avoid collisions and other preventable driving situations. Taught by a certified instructor, Defensive Driving addresses issues such as driver age, weather conditions, road surfaces, tailgaters, speeding and vehicle characteristics. The course is accredited by the N.J. State Division of Motor Vehicles (DMV) and the N.J. Insurance Commission. It is also approved for: •a two-point reduction on N.J. DMV driving record; •5% or more reduction in personal (non-commercial) insurance premiums; •6 elective continuing education units (CEUs) for Emergency Medical Technicians. Defensive Driving is ideal for individuals with driving record points, companies with fleets and those seeking a reduction in their insurance premiums. A National Safety Council Certificate of Completion will be awarded upon successful completion of this course.

INSTRUCTOR: John Mateus, Program Director,
Less Stress Instructional Services. **Course #116**
FEE: \$80

SCHEDULE: Monday & Tuesday 6:30-9:30 PM — Room 212
October 3 & 4. 2 Sessions.

ELDER LAW

Seniors need to know more about the law than the right to have a Will. Elderly individuals and their children are faced with a wide range of issues: Nursing home expenses; Medicaid qualifying; Living Wills; Planning for disability of loved ones and protecting assets. Learn about these issues and more.

INSTRUCTOR: Daniel Jurkovic **Course #202**
SCHEDULE: Tuesday 7-9 PM — Room 212 **FEE:** \$25
Begins September 27. 1 Session.

EMPOWER YOUR LIFE FOR SUCCESS - ENERGY IN MOTION

All thought is a vibration of energy which is constantly in motion, and it is that vibration that is sent out into the universe. The design of the universe is to give us back whatever we ask for. It doesn't matter whether the thought is positive or negative; the design is to send it back. Hypnosis is a natural ability and it is through that ability we gain access to the subconscious mind. What we think we become. By changing limiting belief and negative thoughts we can create the life that we desire. This course focuses on steps to: Create awareness, Build confidence, create positive change for Achieving your Potential, and Inner Peace.

Learn how to use our imagination through guided imagery; improve relationships, personal growth, career advancement, and to enhance financial income; Manifest abundance; Be more focused, create inner peace and to achieve your potential.

Take a metaphysical journey and achieve the success that you always dreamed of.

CD's are available for the student to continue practice and create change at home for an additional cost, payable to the instructor.

INSTRUCTOR: John C. LaNeve CPC, CH, **Course #316**
Member of the National Guild of Hypnotists and the Internal
Coaching Academy.
Visit at www.newhorizonshypnosiscenter.com

SCHEDULE: Wednesday 7-9 PM — Room 204 **FEE:** \$75
Begins October 5. 4 Sessions.

ENGLISH AS A SECOND LANGUAGE

These sessions are open to those people who have some knowledge of basic English but who wish to continue learning the language. Text Cost: \$25 cash, payable to instructor the first night of class.

INSTRUCTOR: Arraceli Serrano **Course #209**
SCHEDULE: Tuesday 6:30-8:30 PM — Room 218 **FEE: \$90**
Begins September 20. 9 Sessions.

ENGLISH AS A SECOND LANGUAGE — SPEAKING BETTER ENGLISH
Intermediate course to help the English as a Second Language Learner increase level of proficiency in conversation and grammar.

INSTRUCTOR: Arraceli Serrano **Course #302**
SCHEDULE: Wednesday 6:30-8 PM — Room 218 **FEE: \$90**
Begins September 21. 9 Sessions.

ENTREPRENEURSHIP:

STARTING YOUR OWN BUSINESS WITH LITTLE MONEY DOWN

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or produce to sell with minimal problems. You will also learn how to avoid psychological wear and tear. Franchising will also be discussed. Optional Materials Fee of \$20 to be paid at class.

INSTRUCTOR: Beverly Nathan is a successful business owner for 16 years. She started a part-time home-based business with a partner over 16 years ago, and it is now a successful full-time business in an office complex.

SCHEDULE: Wednesday 8-10 PM — Room 209 **Course #330**
Begins October 5. 1 Sessions. **FEE: \$65**

TAKE CONTROL OF YOUR FINANCES — FOR WOMEN

This course will make you a smarter investor and give you the confidence you need to take control of your finances. Hear timely investment ideas for your stock and bond portfolios, maturing CDs, IRA or 401(k), inherited accounts, cash and annuities. Learn to avoid some common investing mistakes. Learn terminology you need to know before investing in taxable bonds, tax-free bonds and mutual funds. If you want to achieve peace of mind and financial security, this course is for you.

INSTRUCTOR: Esther Fishman is a financial advisor at a major Wall Street firm. She received her BS from Brooklyn College, summa cum laude. Esther is focused on helping people with their finances, and has very practical, common sense toward investing.

SCHEDULE: Monday 7-9 PM — Room 214 **Course #132**
Begins September 19. 2 Sessions. **FEE: \$30**

FRENCH

Learn the basics of the French language. An introduction to the international traveler. You will experience the conversational language through a series of role-playing, skits, dialogues, etc., in order to survive in a French speaking foreign country. (This course is designed for the basic communicative competence and is not intended to replace a college level grammar course). Instructional tapes available for \$20, payable to instructor the first night of class.

INSTRUCTOR: Abdallah Khétir
SCHEDULE: Monday 7-9 PM — Room 213
Begins September 19. 8 Sessions.

Course #118
FEE: \$90

GETTING GREAT REAL ESTATE DEALS WHEN BUYING & SELLING IN DIFFICULT TIMES

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class, you will know how to research property at the tax assessor office and county clerk office including other methods to use to research a property using web sites. Also, how to sell your home with or without a realtor will be discussed. Optional material fee of \$20.

INSTRUCTOR: Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in MA, Conn., NY, PA, and NJ for the past 20 years.

SCHEDULE: Wednesday 8-10 PM — Room 212
Begins October 5. 1 Session.

Course #332
FEE: \$65

GOLF — THE FULL SWING

The course covers the address position to the follow-through. Beginners bring a 7 iron to first class. Intermediate bring full set of clubs to first class. All students are responsible for driving range golf ball fees. Limit 10 students for per class. The classes are held at the Willowbrook Driving Range located at 366 Route 46 Service Road East, Wayne, NJ.

INSTRUCTOR: GOLF CONSULTANT LLC,
John Thievon and Neal Wiener

SCHEDULE: Course #406, **Beginner**.
Monday, Begins September 19. 5 Sessions. 7-8 PM

FEE: \$100

Course #408, **Intermediate**.
Monday, Begins September 19. 5 Sessions. 8:15-9:15 PM

IMPRESSIONISTIC PAINTING

Have you ever wished you can paint like Monet and Van Gogh's impressionist style? This course will teach you step by step various painting techniques to create your own floral and landscape painting with acrylics. Bring a few small brushes, acrylic paints and a 12" x 16" canvas to the first class.

INSTRUCTOR: Alev Dinc
SCHEDULE: Tuesday 7-9 PM — Room 208
Begins September 20. 8 Sessions.

Course #210
FEE: \$95

LOSE WEIGHT WITH HYPNOSIS

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Hypnosis is recognized by the American Medical Association for its therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase. CDs \$18.

INSTRUCTOR: Barry Wolfson

Hypnosis Counseling Center, hypnosisnj.com

SCHEDULE: Course #119. Monday 7:30-8:30 PM, FEE: \$60
September 26 Room 212. 1 Session.

Course #140. Monday 7:30-8:30 PM, FEE: \$60
November 14. Room 212. 1 Session.

MESSAGE FOR PARTNERS

A wonderful opportunity for partners and friends to get in touch with themselves and each other with therapeutic massage. Working with a partner, the participant will learn how to ease tension, release physical and mental blocks and enhance verbal and non-verbal communications through Shiatsu/Acupressure massage, reflexology and deep tissue work. Wear loose, comfortable clothing and bring exercise mat or blanket. Must register with a partner.

INSTRUCTOR: Ted Sheola, a member of Course #226
Associated Bodywork & Massage Professions

SCHEDULE: Tuesday 7-9 PM — Room 217 FEE: \$70
Begins November 1. 1 Session. per couple

MEDITATION

Meditation practice is a simple and profound way to experience peace in our daily lives. It allows us to let go of our hectic schedules and experience deep moments of relaxation, which can restore energy, health and awareness to let us live a more meaningful and fruitful life. During this course we will learn various methods of focusing the mind, to be calmer, clearer and more centered. Breathing techniques, sound, visualization, gazing and other practices will be explored. A steady more focused mind can benefit us in making better decisions in life, creates better relationships and leads us to a more productive life.

INSTRUCTOR: JoAnne Lemaire

A certified Meditation Teacher and lifelong resident of Rutherford, she has been a student of yoga and meditation for over 20 years. She is a registered teacher with Yoga Alliance and holds certifications in Therapeutic and Restorative Yoga as well.

SCHEDULE: Wednesday 7-8:15 PM — Room 309
Begins September 21. 6 Sessions. Course #304
Sponsored by: YOGA LIFE SOCIETY FEE: \$75

Check out some of the
new courses and sign up today!

METAPHYSICS AND PARAPSYCHOLOGY 11

This course will explore a study of esoteric teachings concerning the nature of reality, the purpose of life, our relationship to the universe, spiritual evolution, cosmic laws and their application in daily life. Topics will include:

- The Esoteric Interpretation of The Bible
- The Esoteric Interpretation of Genesis
- The Mysteries of the Ark of the Covenant
- The Esoteric Interpretation of the Virgin Birth
- The Esoteric Interpretation of the Crucifixion

INSTRUCTOR: Charles LoBello Course #106
has fifteen years' experience and is certified by the
Metaphysical Center of New Jersey.

SCHEDULE: Monday 7-8:30 PM — Room 207 FEE: \$95
Begins September 26. 9 Sessions.

NEEDLEWORKS: CROCHETING AND KNITTING

Needleworks are easy, relaxing and fun. Beginners will learn basic stitches and intermediate students may work on individual projects. Learn to read instructions from pattern directions. Bring yarn and needles of your choice.

INSTRUCTOR:

INSTRUCTOR: Joan Eveleens, an experienced needle worker. Course #211
SCHEDULE: Tuesday 6:30-8:30 PM — Room 213 FEE: \$80
Begins September 20. 8 Sessions.

NATURAL HEALTH AND HEALING SECRETS

Instructor Ted Sheola condenses more than 30 years of research and practical application in this all-new, information-packed holistic health seminar. Topics covered include: The best foods, herbs and nutrients for optimizing your ideal weight, aging healthfully, improving joint and bone health, as well as types of fiber to cleanse and detoxify your body. Ted will also present tonics, herbs and formulas from Chinese medicine and Indian Ayurveda to balance and tone your digestive system, ward off colds and stress, increase energy and endurance. The interactive seminar features recent scientific research that validates ancient wisdom traditions in a clear and practical way.

INSTRUCTOR: Ted Sheola Course #326
SCHEDULE: Wednesday 7-9 PM — Room 217 FEE: \$35
Begins October 12. 1 Session.

PHOTOGRAPHY — BASIC

This course introduces the student to their digital SLR camera. We will cover all basic aspects of photography. Student assignments will be reviewed in class. Please bring camera and manual to all classes. Must have digital SLR or film SLR, point and shoot cameras are not advanced enough for this class.

INSTRUCTOR: Daria Amato Course #315
graduated from the School of Visual Arts in 1992 with a BFA.
She has 22 years' experience in portraiture, editorial,
advertising and event photography.

SCHEDULE: Wednesday 7:30-9 PM — Room 206 FEE: \$110
Begins September 21. 8 Sessions.

PHOTOGRAPHY — BASIC DARKROOM

This course covers black and white printing. Chemicals supplied but student will supply negatives and paper. Bring negatives and paper to first class. RC Paper by Kodak or Ilford, 8 x 10 or smaller, any surface - glossy, matte or pearl.

ENROLLMENT LIMITED TO 6.

INSTRUCTOR: Joseph Riggio Course #107
SCHEDULE: Monday 7-10 PM — Room 206 FEE: \$110
Begins September 19. 9 Sessions.

SCULPTING

This course is for the beginners as well as those with experience. Come and join us as the instructor leads you step by step into creating beautiful sculpture in clay or plastiline. Materials cost approximately \$10.00 payable to teacher on first day of class. Class size limited to 12.

INSTRUCTOR: Miklos Sebek Course #255
SCHEDULE: Tuesday 7-9:30 PM — Room 210 FEE: \$75
Begins September 20. 8 Sessions.

SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY

Have you just come upon some money or have some money to invest? This lively, fact-packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman, and has nothing to sell you, he will be blunt straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to get ripped off when buying or leasing cars, buying insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. **IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!**

Optional material fee of \$20.

INSTRUCTOR: Richard Nathan, Course #331
a consumer advocate, has been successfully teaching this
course for over 20 years. His sole purpose is to protect you,
the consumer.
SCHEDULE: Wednesday 6-8 PM — Room 212 FEE: \$65
Begins October 5. 1 Session.

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SEWING - GET TO KNOW YOUR MACHINE

Learn to become comfortable with using your sewing machine. The class will include: how to thread the machine and the bobbin, how to clean and oil the machine for routine maintenance, and how to use the various stitches and machine feet. Students are to bring their own machine, along with the foot control, any additional feet and equipment, two contrasting colors of thread, bobbins and the manual that comes with the machine. Please test the machine before you bring it to the class so you know that it is in good working condition.

Students are to bring their own machines to class. LIMITED TO 8 STUDENTS.

INSTRUCTOR: Virginia Wentworth is a sewing professional with a home-based sewing business, "Sewing for the Family". She is a former teacher and high school vice principal, and is a member of the Association of Sewing and Design Professionals, the American Sewing Guild, the Custom Home Furnishings Network and the Window Coverings Association of America.

SCHEDULE: Monday 7-9 PM — Room 305 Course #108
Begins September 19. 1 Session. FEE: \$35

SEWING FOR BEGINNERS

Prerequisite: "Get To Know Your Sewing Machine" or familiarity with a sewing machine. In the first class, students will be taught to thread and operate the school machines and be given instruction on techniques for basic seam sewing, pinning and cutting fabric from a pattern, and pattern/ fabric selection. Students will then choose one of three "start to sew" patterns: pajama pants, elastic waist skirt or tote bag/purse. Pattern sizing, suitable fabric selection and preparation, and the contents of a basic sewing supply kit will also be discussed. For the second and subsequent classes, students will be expected to bring supplies needed to construct the individual project they have chosen (pattern, prewashed fabric and sewing kit). After the first project is completed, students may choose any other sewing project of their choosing. Students may use the school machines or bring their own machine. LIMITED TO 8 STUDENTS.

INSTRUCTOR: Virginia Wentworth, see bio above. Course #120
SCHEDULE: Monday 7-9 PM — Room 305 FEE: \$125
Begins September 26. 8 Sessions.

GARMENT SEWING

Prerequisite: Familiarity with a sewing machine and basic machine sewing skills. In this class, students will learn how to select, read and use a sewing pattern to make a well-fitted garment. Basic and intermediate sewing skills will be taught as needed. Students will work individually on their personally selected projects. Emphasis will be on choosing a flattering garment style, altering patterns for proper fit, perfecting sewing skills and completing a fashionable garment. Basic skills will be taught and practiced in the first class and suitable garment and fabric choices will be discussed. For the first class to practice basic skills and techniques, students should bring a basic sewing kit (fabric scissors, straight pins with "ball" heads, 6-inch seam gauge, tape measure, seam ripper and thread to match the sewing project). For the second class (after the first class discussion), students will select and bring their approved pattern, prewashed fabric and notions for their individual projects. Students may use the school machines or bring their own machines. Specifics of the school machines to be used will be covered in the first class. LIMITED TO 8 STUDENTS.

INSTRUCTOR: Virginia Wentworth, see bio above. Course #213
SCHEDULE: Tuesday 7-9 PM — Room 305 FEE: \$125
Begins September 20. 8 Sessions.

HOME DECORATOR SEWING

Prerequisite: Familiarity with a sewing machine and basic machine sewing skills
A textbook will be required for this class: Sewing Pillows for Beginners. It will be available for purchase from the teacher at the first class for \$20. This book includes full instructions and patterns for over 20 styles of home dec pillows (no other patterns required), as well as techniques for inserting zippers, creating covered cording, applying decorative trims, etc. These techniques can be used for other home dec. as well. In the class, students will be taught to construct at least three types of pillows (choices to be made from the book by class vote). For the second and subsequent class sessions, students are expected to bring the fabric (usually 1/2 yard_ and pillow form for each pillow to be constructed, as well as a basic sewing supply kit (fabric scissors, straight pins with "ball heads, 6-inch seam gauge, tape measure, seam ripper and thread to match the project). Students may use the school machines or bring their own machines. Specifics of the school machines to be used will be covered in the first class.
LIMITED TO 8 STUDENTS.

INSTRUCTOR: Virginia Wentworth, see bio above. Course #312
SCHEDULE: Wednesday 7-9 PM — Room 305 FEE: \$125
Begins September 21. 8 Sessions.

SIGN LANGUAGE I

This class is designed for anyone with little or no knowledge of American Sign Language (ASL). Learn to fingerspell, sign the Pledge of Allegiance, 2 songs and approximately 400 signs through games in this interactive, beginner friendly class. Parents of hearing impaired or autistic children, special education teacher, doctors, nurses, law enforcement officers, religious leaders... EVERYONE can benefit in bridging the communication gap between the hearing and the deaf communities. Sign Language part 2 will be offered in the Spring Semester.

INSTRUCTOR: Barbara Thumann - Calderaro Course #214
a NJ Certified Deaf and Hard of Hearing teacher.
SCHEDULE: Tuesday 6:30-7:30 PM — Room 205 FEE: \$80
Begins September 20. 9 Sessions.

SPANISH — BASIC

Start learning Spanish in this fun and friendly "Introduction to Spanish" class. Whether you need it for work, travel, school, or just want to get introduced to the Spanish language basics, come join me in this exciting and educational class. Learn how to say letters, numbers, colors, days, body parts, seasons, days of the week and some more in Spanish. Discover the Spanish language! Text book costs \$25 cash payable to the instructor on the first class.

INSTRUCTOR: Assunta Smith Course #309
SCHEDULE: Wednesday 6:30-8 PM — Room 213 FEE: \$90
Begins September 21. 8 Sessions.

Check out some of the
new courses and sign up today!

STOP SMOKING WITH HYPNOSIS

Through hypnosis, stopping smoking is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement CD's are strongly recommended and are available for purchase. CD's \$18.

INSTRUCTOR: Barry Wolfson
Hypnosis Counseling Center
hypnosisnj.com

SCHEDULE: **Course #121**, 1 Session. **FEE:** \$60
Monday 6:30-7:30 PM, September 26. Room 212.

Course #141, 1 Session. **FEE:** \$60
Monday 6:30-7:30 PM, November 14. Room 212.

TAI CHI CH'UAN FOR HEALTH

Tai Chi Ch'uan, a renowned traditional Chinese shadow boxing originated about 1300 years ago by the Taoist saint as a secret treasure for calisthenics, is an excellent method for healthiness, longevity, rejuvenation, as well as self-defense. Its gentle, soft and rhythmic movement in combination with the mental power developed, as in conformity with the ancient Chinese mystic philosophy, has proven to be surprisingly effective for the cure of diseases such as obesity, high blood pressure, nervous breakdown, rheumatism, arthritis, tuberculosis, ulcer and heart disease.

INSTRUCTOR: Peter Kwoks, Kung Fu Academy **Course #218**
SCHEDULE: Tuesday 7-8:15 PM — Room 230 Gym **FEE:** \$100
Begins September 20. 6 Sessions.

THE TAROT: A SPIRITUAL GUIDE TO LIVING IN A MATERIAL WORLD
Be your own psychic. Learn how to use this ancient spiritual tool as a guide or road map for every day living and gain the technique to observe how you create your own destiny through the thoughts you choose by seeing what they're manifesting before it happens. See for yourself how the tarot is a mirror reflection of your own consciousness, clueing your conscious mind what your subconscious mind is creating in your life.

INSTRUCTOR: Cindy Zweibel **Course #212**
Metaphysical Center of New Jersey.
SCHEDULE: Tuesday 7-9 PM — Room 209 **FEE:** \$75
Begins October 11. 6 Sessions.

TENNIS — BEGINNERS I

Recommended for those who have never played tennis or had any formal instruction. Introduction to basic fundamental serve, forehand, backhand, volley, lob, overhead, plus serving and rules. Bring racket and 3 balls.

INSTRUCTOR: Giles Houghton **Course #319**
SCHEDULE: BEGINNERS I, Wednesday 7:30-8:30 PM **FEE:** \$90
Room 100 Gym. Begins September 21. 9 Sessions.

TENNIS — BEGINNERS II

A continuation of Beginners I, stressing drills on basic fundamentals and introduction to double strategy. Course will be 'full gym' using tennis net. Balls furnished. Class size is limited. Must have completed Beginners I.

INSTRUCTOR: Giles Houghton Course #320
SCHEDULE: Wednesday 8:30-9:30 PM — Room 100 Gym. FEE: \$90
Begins September 21. 9 Sessions.

THE TURNING EFFECT

Individuals suffering from overeating, smoking, unhappiness, or low self-esteem now have a new means to effectively manage and overcome these life challenges. A new self-help method called The Turning Effect evokes the power of one's mind to effect balance and lasting positive change.

INSTRUCTOR: Barry Wolfson Course #122
SCHEDULE: Monday 8:30-9:15 PM FEE: \$60
September 26. 1 Session.

Monday 8:30-9:15 PM Course #142
November 14. 1 Session. FEE: \$60

VOLLEYBALL — COMPETITIVE FOR MEN & WOMEN

Serious players only! For those of you who like to play the game of Volleyball the way its supposed to be played! Bumps . . . sets . . . spikes . . . Being competitive can be fun! Limited enrollment of 24 players is based on first come, first served basis. Early registration recommended!

INSTRUCTOR: Thom Huelbig, experienced volleyball player. Course #109
SCHEDULE: Monday 7:30-9:30 — Lincoln School Gym FEE: \$75
Begins September 19. 9 Sessions.

WOODWORKING

Always wanted to know how to use tools properly? Want to experience the pleasure of building something yourself, or hand craft a project from a beautiful piece of natural wood? This project based introductory class will teach you the safe and proper use of a variety of tools and techniques. Taught by a NJ State Certified Industrial Arts/Tech. Ed. Instructor, you will learn to use a variety of hand tools and power tools as you proceed toward completion of your individually selected project. Students will choose from four different project options. Plans will be provided. Materials can be purchased during the class or may be provided by the student. The materials cost is estimated to be in the range of \$20.00 to \$50.00 per project depending upon the options you select. Class size is limited to 14.

INSTRUCTOR: Jim Pepe Course #234
SCHEDULE: Tuesday 7-9 — Room 106 FEE: \$75
Begins September 20. 8 Sessions

WRITING A PERSONAL MEMOIR

Every person has a story to tell! Will your children and grandchildren really know who you are? You do not have to be a famous person, or an author to write a memoir. It doesn't have to be a full-length autobiography to be a personal narrative that can be a wonderful legacy to leave to children, grandchildren or other family members. Louis Alexander, author of "Echoes From a Small Country Town" will show you how to write your own memoir. He will guide you through the process of writing and publishing your memoir. You will begin some writing to bring to the second class.

INSTRUCTOR: Louis Alexander **Course #130**
SCHEDULE: Monday 7-8:30 — Room 204 **FEE: \$50**
October 4 & October 18. 2 Sessions.

WRITING FOR PROFIT

There's nothing more thrilling for a writer than pitching an idea, selling the story, seeing it print, and getting a check. Find out from a pro how to sell stories based on your personal experience or special hobby. Classes will cover how to come up with original ideas, how to find the right market for your story, and how to write a story proposal.

INSTRUCTOR: M.T. Schwartzman, freelance writer **Course #110**
SCHEDULE: Monday 7-9 — Room 204 **FEE: \$50**
Begins September 26. 4 Sessions.

YOGA FOR BEGINNERS

An introduction to basic Hatha/Yoga practices and principles with attention paid to breathing, traditional yoga postures and deep relaxation. Students will benefit from individual attention and continued introduction of various yoga postures. Wear loose, comfortable clothing and refrain from eating for at least two hours prior to class. Bring a blanket or exercise mat. It is advised that pregnant women refrain from taking this course.

INSTRUCTOR: Integral Yoga Institute, Fair Lawn **Course #223**
SCHEDULE: Monday 7-8:30 — Pierrepont Gym **FEE: \$80**
70 E. Pierrepont Ave. through the Lincoln Ave. entrance
Begins September 20. 8 Sessions.

ZUMBA

An exhilarating exercise program that combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

INSTRUCTOR: Jo-Anne Watson **Course #322**
SCHEDULE: Wednesday 7-7:45 — Lincoln School Gym **FEE: \$75**
414 Montross Ave. Gym Entrance on Vreeland Ave
Begins September 21. 8 Sessions.

Registration forms start on page 18

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REGISTRATION FORMS

please print clearly

RUTHERFORD ADULT SCHOOL - REGISTRATION FORM		
COURSE NAME _____ # _____ FEE _____		
Last Name _____	First Name _____	OFFICE ONLY CK _____ CA _____ DP _____ RF _____ # _____
Street Address _____		
City _____	Zip _____	
Phone Number _____		
Email Address _____		
PLEASE, USE ONE FORM PER PERSON PER CLASS		<i>Make check payable to Rutherford Adult School 56 Elliott Place Rutherford NJ 07070</i>

Please make checks payable to

Rutherford Adult School
 56 Elliott Place
 Rutherford NJ 07070

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Additional forms can be found on
rutherfordschools.org/adultschool

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Street Address _____		
City _____	Zip _____	
Phone Number _____		
Email Address _____		
PLEASE, USE ONE FORM PER PERSON PER CLASS		<i>Make check payable to Rutherford Adult School 56 Elliott Place Rutherford NJ 07070</i>

Additional forms can be found on

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Ideas for new classes

What courses would you like to see the Rutherford Adult School offer?

Write in your thoughts below & submit it with your registration forms

Please make checks payable to
Rutherford Adult School
56 Elliott Place
Rutherford NJ 07070

RUTHERFORD ADULT SCHOOL - REGISTRATION FORM	
COURSE NAME _____ # _____ FEE _____	
Last Name _____	First Name _____
Street Address _____	
City _____	Zip _____
Phone Number _____	
Email Address _____	
OFFICE ONLY	
CK _____	
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RF _____	
# _____	
<i>Make check payable to</i> Rutherford Adult School 56 Elliott Place Rutherford NJ 07070	
PLEASE, USE ONE FORM PER PERSON PER CLASS	

LOOK OUT FOR NEW CLASSES...

and of course....

**Computers, Dancing, Sports, Arts
& Crafts, Financial, Language,
Photography, Health & Fitness,
Sewing, Quilting and much much
more..**

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favorite class.***

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Rutherford High School

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AVOID DISAPPOINTMENT — MAIL YOUR REGISTRATION NOW

AVOID THE CONGESTION OF PERSONAL REGISTRATION

PLEASE NOTE THE DATE & TIME OF YOUR CLASS — NO ACKNOWLEDGMENT WILL BE SENT