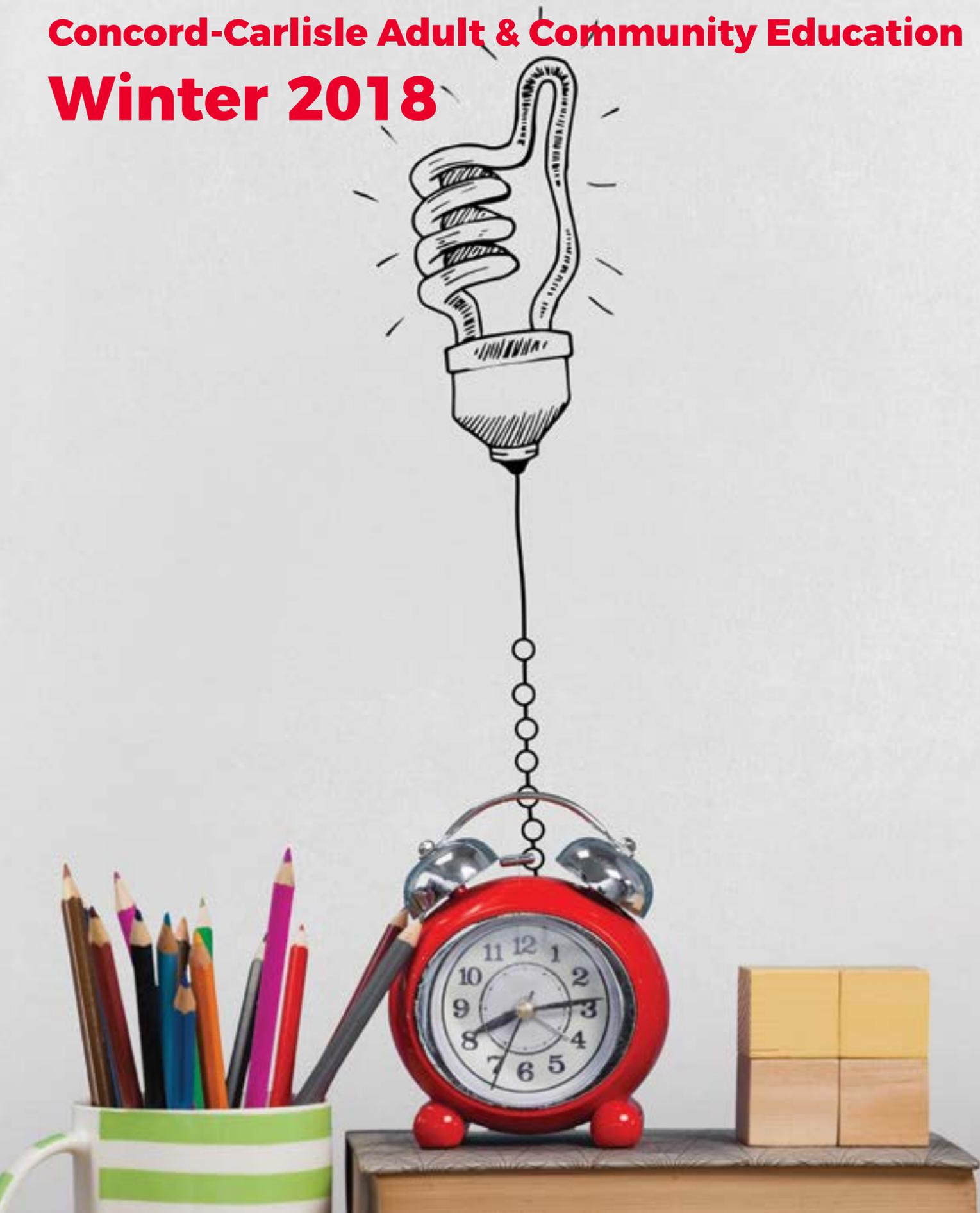


# Concord-Carlisle Adult & Community Education Winter 2018



# Adult & Community Education

The Concord-Carlisle Adult & Community Education Department is a program of the Concord-Carlisle Public Schools that is completely supported by tuition received from our courses. Established in 1954, we provide affordable education and enrichment opportunities for students of all ages. Community Education is much more than our classes - it's a process whereby citizens make wise use of after-hours space in public facilities, in order to foster continuous learning and a sense of community. Thank you for your continued support.

This fall, we sent a survey by email to families and community members who have participated in one of our classes in the last two years. We were thrilled to hear from so many of you about what types of classes you want to see, including the length and time of day. Thank you for your participation!

Do you have a skill or special knowledge to share with your community? We want to hear from you!

## Community Education Staff

- Jill Weintraub, Director  
jweintraub@concordcarlisle.org  
978-341-2490 x7123
- Stefanie Cloutier, Continuing Education & Enrichment  
scloutier@concordcarlisle.org  
978-341-2490 x7523
- Rebecca Gurley, Driver Education  
rgurley@concordcarlisle.org  
978-341-2490 x7124
- Deborah Levine, Instrumental Music School  
dlevine@concordcarlisle.org  
978-341-2490 x7653
- Kristen Herbert, Director of Teaching & Learning  
Laurie Hunter, Superintendent of Schools

## Location

Concord-Carlisle High School, 500 Walden St, Concord  
www.concordcarlisleace.org  
978-318-1432 (Fax) 978-369-7125

## CC ACE Advisory Committee

- |  |                          |
|--|--------------------------|
| Demi Ayres, Concord, Chair                   | Stuart Freeland, Concord |
| John Ballantine, Carlisle                    | Marla Iyasere, Concord   |
| Ron Bernard, Concord                         | Christine Lear, Carlisle |
| Helen Christiansen, Concord                  | Carol Murphree, Carlisle |
| Claudia Feeney, Concord                      | Rosalie Weiss, Bedford*  |
| Wallace Johnston, School Committee Liaison   |                          |
| <i>The Advisory Committee meets monthly.</i> |                          |
| *Participatory non-district member           |                          |

## Concord-Carlisle School Committee

- |  |                  |
|--|------------------|
| Heather Bout                           | Wallace Johnston |
| Johanna Boynton                        | Melissa McMorrow |
| Daniel Conti                           | Mary Storrs      |
| Robert Grom                            |                  |
| Student Representatives: Ariel Waldman |                  |

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**Unless otherwise noted, CC ACE will not hold classes on the following dates:**  
**January 15, 2018**  
**February 19 -23, 2018**

# Registration Details & Information

## How to Register

1. **Online** at [www.concordcarlisleace.org](http://www.concordcarlisleace.org).
2. **Call** 978-318-1432 to register by phone.
3. **Mail** the registration form and payment to Concord-Carlisle Adult & Community Education, 500 Walden St, Concord, MA 01742.
4. **Fax** the registration form and credit card information to 978-369-7125.
5. **Visit** our office.

## Class Locations:

Unless otherwise noted, classes take place at CCHS.

## Schools:

- Alcott Elementary School: 93 Laurel St, Concord
- Concord-Carlisle High School: 500 Walden St, Concord
- Peabody School: 1231 Old Marlboro Rd, Concord
- Ripley Building: 120 Meriam Rd, Concord (entrance around back)
- Thoreau Elementary School: 29 Prairie St, Concord
- Willard School: 185 Powder Mill Rd, Concord

## Other locations:

- Barre3, 158 Great Rd, Bedford
- Barre3, 365 Boston Post Rd, Sudbury
- Bedford Rec, 10 Mudge Way, Bedford
- Harvey Wheeler Community Center: 1276 Main St, Concord
- Concord Library Main Branch: 129 Main St, Concord
- Concord Visitors Center: 58 Main St, Concord
- Fowler Library: 1322 Main St, Concord
- Light Plant: 1175 Elm St, Concord (Park around to the left and rear of the building; the Community Meeting Room is at the rear entrance.)
- Newbury Court: 100 Newbury Court, Concord
- Scott's Stone Carving: 80 Loomis St, 2nd Fl, Bedford
- Starfish Dance & Yoga, 135 Commonwealth Ave, Concord

## Cancellations

If Concord Public Schools are cancelled due to inclement weather, CC ACE classes (both day and evening) are cancelled at all locations. Missed classes will be made up at the end of the term. If it begins to snow later in the day, an announcement about our evening classes will be made on our website and voicemail.

## Refunds & Course Changes

Refunds will be given if a student withdraws at least one week prior to the start of the course, less a processing fee of \$10. No other refunds will be granted - fees are committed to your class once it starts. Note: 3rd party providers noted in the catalog have their own refund policies that apply to students. Refunds will be granted for any course that is cancelled due to low enrollment or the fee may be transferred to another class.

## Scholarships

A grant from the Concord-Carlisle Community Chest makes lifelong learning a reality for many local citizens who require some financial assistance. Your application for assistance is confidential. Please contact the office. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit [www.cccommunitychest.org](http://www.cccommunitychest.org).



**Concord-Carlisle Adult & Community Education offers:**

- **Adult Education**  
We offer a variety of daytime, afternoon, and evening classes and workshops.
- **Driver Education**  
Students who are at least 15 years and 9 months of age can sign up to learn to drive with our highly qualified instructors!
- **Instrumental Music School**  
Students of all ages can sign up for 30-, 45-, or 60-minute private music lessons
- **Youth Programs**  
We offer select programs for elementary aged students during the summer time, as well as test prep and baby-sitters training during the year.

# Business & Entrepreneurship / Computer

## **Back to Work: Re-engaging with the workplace after a career break**

**Karen Jo Shapiro, Instructor**

Are you contemplating re-entering the workplace after a career break due to illness, care-taking, unemployment, or sabbatical? Re-launching your career can feel daunting, especially after having been away from it for a while. This class will help you think about your past career "story", your transferable skills, and your hopes for the future. We will work on how to pro-actively find the kind of workplace that you could thrive in, how to package your story, find available resources and create action steps. You will leave with some actions you can take immediately.

**Mon, Jan 22, 10 am-12 pm, Main Library** Fee: \$35

## **Branding and Design for Small Businesses & Nonprofits**

**Rachel D'Erminio, Instructor**

Branding and design are essential to creating an identity for your small business or non-profit, but hiring a designer can seem expensive and overwhelming! In this short course, learn the basics to making professional looking materials yourself, as well as when and how to hire someone to do the work for you. We'll cover logos, business cards, websites, marketing and social media material. We'll also take a look at helpful resources both online and in the real world.

**Thurs, Feb 1, 9:30-11:30 am, Main Library** Fee: \$35

## **DIY Graphic Design**

**Rachel D'Erminio, Instructor**

Do your invitations lack panache? Are your fliers looking trite? Come and learn DIY design! In this course you'll learn digital design basics such as layout, font selection and color theory. You'll also learn how to get your designs printed or formatted for easy emailing. Soon you'll be making your own bake sale fliers, party invitations, baby announcements, wedding invitations and more! Experience with design software such as Photoshop is ideal and experience with at least Microsoft Word is necessary.

**Thurs, Feb 8, 9:30-11:30 am, Main Library** Fee: \$35

## **How to Negotiate Top Deals**

**Rebecca Green Neale, Instructor**

Get ready for your next big opportunity. Rebecca will share her tried and true strategies for negotiating settlements, salaries, big purchases, and more. What is a "win-win" deal, and how do you get one? How do you figure out what to ask for? How do you know when to walk away? Learning even basic negotiation skills will help you build confidence in commonly nerve-racking situations. Students will learn how to prepare for and conduct a negotiation and will practice effective negotiation techniques. Don't leave anything on the table when the next opportunity knocks on your door.

**Wed, Feb 28, 7-9 pm, Bedford Rec** Fee: \$30

## **ed2go's Computer Courses**



### **Introduction to SQL**

Gain a solid working knowledge of the most powerful and widely used database programming language.

**6 week course starts Jan 17th, Feb 14th, or Mar 14th**

### **Introduction to Oracle**

Learn how to use the Oracle database management system to plan, organize, and manage your data.

**6 week course starts Jan 17th, Feb 14th, or Mar 14th**

### **Introduction to Database Development**

An experienced professional guides you through a structured approach to database design and development.

**6 week course starts Jan 17th, Feb 14th, or Mar 14th**

### **Introduction to ASP.NET**

Learn how to create powerful, interactive, community-based Web sites with ASP.NET.

**6 week course starts Jan 17th, Feb 14th, or Mar 14th**

### **Introduction to PHP and MySQL**

Learn how to create dynamic, interactive Web sites using PHP and a MySQL database server.

**6 week course starts Jan 17th, Feb 14th, or Mar 14th**

**Most courses run for 6 weeks with lessons post twice per week. New sessions start every month! Check out Intermediate and Advanced level courses as well as many more Computer Applications courses.**

**[www.ed2go.com/concord](http://www.ed2go.com/concord)**

# Concord-Carlisle Cable Television

## **Concord Carlisle Cable Television**

CCTV is a non-profit, public-access facility operating in Concord and Carlisle. Their mission is to foster community, communication, and collaboration by providing citizens that live, work or attend school in Concord or Carlisle with the skills and equipment necessary to produce their own local cable television programs. CCTV studios and editing classroom are located on the first floor of CCHS. Information at [www.concordtv.org](http://www.concordtv.org) and [www.carlisle.org](http://www.carlisle.org). The CCTV staff includes Tamarah Green, Executive Director; Mike Dyer, Community Production Coordinator; Kester Krueger, Education & Outreach Manager; and Sam Krueger, Production Manager.

**Please note: There is an annual membership fee of \$10, in addition to course fees, for all CCTV programs.**

### **CCTV Orientation & Getting to Know the Cameras**

This one time class will explain how CCTV works, teach you how to set up and operate our cameras and introduce you to basic shot composition. Upon completion of the orientation, you automatically become a member and are able to reserve equipment and editing time. This class will be taught by one of CCTV's staff members. Call CCTV at 978-369-5038 or email us at [manager@concordtv.org](mailto:manager@concordtv.org) to schedule a time that is convenient for you!

**Contact CCTV to schedule** Fee: \$10

## **Many of our CCTV course offerings are new this semester!**

### **Music Video Production**

Produce your own Music Video! In this 4-week course you will learn what it takes to choreograph, direct, tape and edit your own Music Video using CCTV's State of the art chroma-key (Green Screen!) studio and field equipment.

**4 Wed, Feb 28 - Mar 21, 3:30-5 pm, CCTV** Fee: \$50

### **Lighting 101**

This workshop is an interactive demonstration of the role of lighting in film and TV production, and basic lighting concepts and techniques. Learn how to alter the way your subject looks, change the mood of your scene and more!

**Mon, Jan 22, 10-11:30 am, CCTV** Fee: \$25

### **Interview Techniques**

Learn how to balance the keys to a great interview...research, curiosity, silence and set-up.

**Tues, Jan 23, 1-2:30 pm, CCTV** Fee: \$25

## **Learn How to Use Your Smartphone for Beginners**

This program is designed to meet the needs and interests of each participant. People with varying levels of experience are welcome to attend. Learn how to send and check for email, surf the web and more. If you acquired a new device, or have one but want to learn some new options we'll help you get the most out of your phone, tablet or laptop.

**Wed, Jan 24, 10-11:30 am, CCTV** Fee: \$25

## **All About Accessibility! Understand the Features on Your Computer, Device & Browser**

Do you have trouble seeing the small text on the screen of your computer or electronic device? Do you wish you could access certain computer applications without all the frustration? In this class, we will delve into several of the available accessibility features on your computer, electronic device and internet browser to help you navigate your way around the computer and the web with ease.

**Thurs, Jan 25, 11-12:30 pm, CCTV** Fee: \$25

## **Intro to Digital Field Production**

This class introduces students to all the elements of field video production including video, audio, and lighting. Learn to operate CCTV's video cameras and microphones. Gain an understanding of shot composition, working with lighting, and how to create an edit plan. This is taught over one session. Students will make a short video for certification. CCTV staff will train people individually or as a small group.

**Mon, Jan 29, 6-7:30 pm, CCTV** Fee: \$25

## **Intro to DSLR Filmmaking**

If you acquired a new DSLR or have one but want to learn some new options we'll help you! Bring your DSLR camera and learn how to choose video settings, determine depth of field, adjust lighting, audio recording and more.

**Tues, Jan 30, 2-3:30 pm, CCTV** Fee: \$25

## **Director's Workshop**

Want to sit in the driver's seat? This workshop will take you through the role of the director. Learn the art behind directing a live (or live-to-tape) shoot, including communicating with your crew effectively, switching between camera shots seamlessly, chroma key and calling up graphics that enhance your final production. If you've ever volunteered for a live shoot or a studio show, and wondered how the director commands the production, this is the class for you! After taking this class, students will be certified to run the switcher.

**Wed, Jan 31, 10 am - 1 pm, CCTV** Fee: \$25

## **Community Event Coverage**

This one-session class will teach non-profit organizations how to video record their events for Web and cablecast. Learn to use CCTV's cameras and microphones to record presentations, meetings, street events, and interviews. Learn how to deal with challenging lighting and audio situations, and how to shoot for efficient post-production editing.

**Thurs, Feb 1, 2-3:30 pm, CCTV** Fee: \$25

# Concord-Carlisle Cable Television

## Digital Storytelling

Storytelling is poetry-in-motion, our common cultural currency, and a framework for self-identity. In this four-session class, you will write a 150-300 word story and use video, scanned images and narration to create simple, yet deeply connective, multimedia stories of your own. Sessions will include development of writing skills for your projects, feedback during story circles, and cultivating basic audio, photography, and video production techniques to complete a short two-minute video that you will be able to share online, via social media, and via DVDs with family, friends or colleagues.

**Fri, Feb 2, 11 am - 12:30 pm, CCTV** Fee: \$25

## iPhone and Android Photography and Filmmaking

Smartphones have become the most prominent recording devices today, allowing us to easily capture and share moments of everyday life and the world around us from our unique perspective. In this introductory class, we will explore techniques and concepts that enhance the quality of the content captured on a Smartphone camera. Learn about lighting, how to optimize your Smartphone camera settings, and using tools to create high-quality photographs and videos directly from your phone.

**Mon, Feb 5, 10:30 am - 12 pm, CCTV** Fee: \$25

## Photoshop Basics

Your photos don't always capture the scene the way you remember it but now you can take your best shots and make them even better with Photoshop. Join this hands-on workshop exploring Photoshop CS6 and learn how to optimize your photos, draw shapes, use text effects and more with Photoshop CC2015.

**2 Thurs, Feb 8 & 15, 10-11:30 am, CCTV** Fee: \$35

## Adobe Premiere I

You've shot some video but now what? Learn the basics of editing using Adobe Premiere, a user-friendly, advanced digital video-editing program designed to help you create professional-looking videos. In this hands-on class, you will learn media management, how to import and capture footage, edit in a timeline, and add video and audio effects using multiple tracks. Whether you want to learn how to edit footage of your child's sporting events or create a blockbuster movie, editing in Adobe Premiere will give you the tools to create videos that you'll be proud of.

**3 Tues, Feb 6-27, 2-3:30 pm, CCTV** Fee: \$35

## Adobe Premiere II

Modern productions are built on hundreds (if not thousands) of clips and in this hands-on, advanced class, you'll delve deeper into Adobe Premiere and learn how to link & locate your clips, apply rich, beautiful, preset color grades, control your sound with the Audio Clip Mixer, set up multi-cam edits with a streamlined workflow and mix frame rates and codecs in the same sequence. Prerequisite: Adobe Premiere I or experience with the program.

**3 Wed, Feb 7-28, 2-3:30 pm, CCTV** Fee: \$50

**Save the date!**



**True Islam:  
Understanding Our Community**

**Wednesday, March 7th, 8 am**

Join a community discussion on True Islam: what it is, and how to counter ignorance about the world's second largest religion. Led by local Muslims (not the extremists).

**Presented in partnership with the  
Ahmadiyya Muslim Community,  
First Parish in Concord, &  
Concord-Carlisle Human Rights Council.**

**Reserve your space online or by phone!**

**CANCELLED**

**Do you get frustrated when your class is cancelled due to low enrollment? So do we!**

**Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students!**

**We encourage you to register at least one week prior to the class start date.**



# College & Test Prep

## PSAT Results are Back. Now what?!?!

**NEW** **Open Door Education, Instructors**  
The PSAT provides students with an introduction to college admissions testing. Now that you've received the scores, it's time to formulate a plan. In this seminar-style class, families will learn how to interpret PSAT results, how to decide which test to take, and how to build a smart and effective testing calendar that maximizes student success. Families may bring their PSAT reports with them, but it is not essential that they do so.

**Thurs, Jan 11, 7-8:30 pm, CCHS** Fee: \$25; \$40/family

## The SAT and the ACT:

### An overview for parents & students

**Open Door Education, Instructors**  
This seminar, team-taught by Matt McNicholas and Travis Minor of Open Door Education, will provide families with the information they need in order to make smart, thoughtful, informed decisions about college admissions testing. Travis will meet with parents to discuss the differences between the tests and the process of preparing appropriately and effectively. Matt will meet with students to provide them with fundamental skills and strategies that will help them to make the most of Test Day. Families may attend together or just as parent or student.

**Thurs, Feb 1, 7-9 pm, CCHS** Fee: \$25; \$40/family

## ACT/SAT Practice Tests

**Open Door Education, Instructors**  
This full-length practice test is being offered in order to afford students the opportunity to sit for a low-stakes test in a simulated environment. In addition to the valuable practice, students will receive score reports that will help them to make a well-informed decision as to whether the SAT or the ACT is a better fit for them.

**SAT Test: Sat, Feb 10, 10 am-1:30 pm, CCHS** Fee: \$20

**ACT Test: Sat, Mar 31, 10 am-1:30 pm, CCHS** Fee: \$20



## ACT/SAT Preparation Bootcamp

**Open Door Education, Instructors**  
Whether you take a practice test with us or not, join us for a bootcamp where you will learn strategies and techniques to help you prepare for the ACT or SAT.

**SAT Prep: Sat, Mar 3, 9 am-1 pm, CCHS** Fee: \$115

**ACT Prep: Sat, Apr 7, 9 am-1 pm, CCHS** Fee: \$115

## Biology SAT Subject Test Prep

**Jennifer Benson, Instructor**  
Students who have done well in high school Biology may want to consider taking the Subject Test in Biology E/M. We will emphasize content materials on the Biology test that may not have been addressed fully in the regular Biology curriculum (which is not necessarily geared toward a particular exam). We will also review topics covered during the school year. Please note that there will be some homework. Course fee includes textbook.

**6 Thurs, Apr 26 - May 31, 2:45-4:45 pm, CCHS** Fee: \$199

## Chemistry SAT Subject Test

**Andy Fall & Michael Vela, Instructors**  
Students who have done well in high school Chemistry may want to consider taking the Subject Test in Chemistry. We will emphasize content materials on the Chemistry Subject Test that may not have been addressed fully in the regular Chemistry curriculum (which is not geared toward a particular exam). We will also review topics covered during the school year. Please note there will be some homework. Course fee includes textbook.

**4 Sun, Mar 25, Apr 8, 22, & 29, 9 am-12 pm, CCHS** Fee: \$199

# Stay tuned for more SAT Subject Test prep classes coming soon!

**Help make CC ACE classes affordable for everyone! Give to our scholarship fund online or by phone. Call us for details.**

# Creative Arts



## Learn to Knit

**Denise Cohen, Instructor**

This knitting class is for anyone who would like to learn to knit or improve their knitting skills. We will be learning how to cast on, the knit stitch and cast off. Once we've mastered the basics, we'll move on to the purl stitch and other techniques as determined by the projects you choose. Bring a knitting project appropriate to your skill level. For complete beginners I recommend a simple knitted winter scarf with medium or bulky yarn weight 4, 5 or 6. The recommended needle size will be on the label. The Caron Cakes or Caron Tea Cakes yarns are fun as they are self-striping. Bring whatever appeals to you. Please bring pen and paper also.

**8 Wed, Jan 10 - Mar 7, 7-8 pm, Bedford Rec Fee: \$96**

## Sewing

**Therese Quinn, Instructor**

This class is for all levels, whether you have been sewing for years or are new to it. We will go over adjusting patterns for a personal fit, tips on achieving a perfect set-in sleeve, and alterations such as hemming slacks, skirts, tapering legs on slacks and shortening sleeves on women's and men's clothing. You will receive instruction on your own projects. Please bring a pattern, material, thread, pins, needles, tape measure, chalk, and scissors. One machine is available, and you may bring your own machine to class.

**8 Mon, Jan 22 - Apr 2, 6:30-8:45 pm, CCHS Fee: \$96**

*There is no class on 2/19, 3/5, or 3/12*

## Introduction to Photography:

### Getting results with your digital SLR camera

**Pierre Chiha, Instructor**

Join Pierre, who will share his knowledge and techniques in using a digital SLR camera. We will discuss lighting, both natural and artificial, as well as professional tips and techniques for photographing portraits, landscapes and products. To begin to understand computer processing of the digital images, we will look at software programs and discuss printing your own photos or finding good labs for cost effective results.

Requirements: a digital SLR camera (highly recommended), or a compact camera with manual exposure capability (shutter and aperture settings) which can record RAW images with a hot shoe for a flash.

**6 Tues, Jan 30 - Mar 20, 6:30-9:30 pm, CCHS Fee: \$185**

*There is no class on 2/20 or 2/27*

## Stone Carving Saturday

**Scott Cahaly, Instructor**

In this popular one-day workshop, you'll have the opportunity to carve your own stone, an art form that is not typically accessible. For beginners and experienced sculptors alike, you'll be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated, and stone carving lore will be discussed. We'll also touch upon safety in the studio, and stone and tool sourcing. You will leave with your stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided.

**Sat, Jan 20, 9:30 am-2:30 pm, Scott's Stone Carving**

**Sat, Feb 17, 9:30 am-2:30 pm, Scott's Stone Carving**

**Sat, Mar 24, 9:30 am-2:30 pm, Scott's Stone Carving**

**Fee: \$125**



## Friday Flicks at Fowler Library

Join us for free movies on Friday evenings! Visit [concordlibrary.org](http://concordlibrary.org) for more information.

**The Golden Door: Jan 19, 7 pm**

**(Italy, Argentina 2006) PG-13** An Italian family migrates from Sicily, Italy to New York City at the beginning of the 20th century. Salvatore, a poor and widowed farmer, dreams of a better life for his family in the USA.

**Two Days One Night: Jan 26, 7 pm**

**(Belgium, France, Italy 2014) PG-13** Sandra learns that she no longer has a job after being released from the hospital. Sandra may regain her position at the factory by convincing her co-workers to sacrifice their annual bonuses.

**Kid With A Bike: Feb 16, 7 pm**

**(Belgium, France, Italy 2011) PG-13** A heartfelt story about an 11-year old boy, Cyril, who becomes the ward of a nurturing hairdresser who is determined to help him while he obsessively searches for his stolen bicycle.

**THEEB: Feb 23, 7 pm**

**(Jordan/UAE/Qatar/UK, 2015) NR "Bedouin Western"** A young, orphaned Bedouin boy, Theeb, must survive in the Wadi Rum desert in the wake of the Great Arab Revolt. Theeb is beautifully filmed entirely in Wadi Rum in southern Jordan.

**Like Water for Chocolate: Mar 16, 7 pm**

**(Mexico, 1992) R** Tita knew the smells of the kitchen and learned how to cook at a young age. As the youngest daughter, Tita must uphold the family tradition to care for her mother until her mother's death.

**El Mariachi: Mar 23, 7 pm**

**(USA 1992) R "Western for Mexican audience"** A young musician arrives in town carrying his own guitar case with his signature guitar. He hopes to find work in the town to pursue his dream of becoming a mariachi like his father.

**March 30, 7:00 Snow date.**

# Driver Education / Family Life

## Driver Education

Driver education promotes and teaches safe driving attitudes, develops defensive driving skills, and respect for the rules of the road. It prepares students for the RMV road test and it strives to prevent or reduce accidents and fatalities that involve young drivers. Students must be at least 15 years and 9 months of age to begin driver education. Driver Education at CCHS includes:

- 30 classroom hours
- 12 hours of behind-the-wheel instruction,
- 6 hours of on-the-road observation, and
- one 2-hour parent/guardian class.

**Classroom materials are supplied:** Also recommended: RMV Driver's Manual. Download at [www.massdot.state.ma.us/rmv](http://www.massdot.state.ma.us/rmv). Purchase at RMV offices (\$5) or in the ACE office (\$4)

**Elective Credit:** CCHS students may earn one elective credit for completion of the classroom program.

**Parent Session:** We strongly encourage parents to attend the RMV-mandated parent class **before** their child begins the Driver Education program or early in the program, as we will review our program's policies, procedures, and the expectations of the parents and students. Parent meetings are FREE for parents of students in the CCHS Driver Education Program.

## Class Schedule

**Afterschool: Mon/Wed/Thurs, Jan 8 - Feb 12, 2:45-4:45 pm**

**February Break: Tues-Sat, Feb 20 - 24, 9 am-4 pm\***

**Afterschool: Mon/Wed/Thurs, Mar 5 - Apr 5, 2:45-4:45 pm**

**April Break: Tues-Sat, Apr 17 - 21, 9 am-4 pm\***

**June Week: Mon-Fri, Jun 25 - 29, 9 am-4 pm\***

**Fee: \$775**

*\*There will be a break from 1-2 pm*

## Parent Class

**Tues, Jan 9, 7-9 pm, CCHS**

**Thurs, Feb 15, 7-9 pm, CCHS**

**Tues, Mar 6, 7-9 pm, CCHS**

**Wed, Apr 11, 7-9 pm, CCHS**

**Thurs, May 10, 7-9 pm, CCHS**

*If your child is attending another Driver Education program*

*Fee: \$25*

**See Page 18 for more information**



## Smart Choices in Divorce

**Susan Stamps, Esq., Instructor**

There are so many things to think about when it comes to divorce and so many choices to make. Attend this lively session with an experienced Concord divorce attorney, divorce mediator, and collaborative lawyer and find out what you need to know. Learn about the process, such as how to get the divorce, how you can control the process, if you need a lawyer, if you should file for divorce, whether mediation is a good idea, how long the process takes. There are choices about the children - parenting plans, child support, college, extra expenses, decision-making. Learn about ways to divide up the assets and secure your future. Who pays the debts? Find out about spousal support and the good and the bad of the new alimony reform law in Massachusetts. How will a prenuptial agreement affect the outcome? Bring your questions to this friendly, information-packed class, or email them ahead of time to Attorney Stamps at [sdstamps@stamps-law.com](mailto:sdstamps@stamps-law.com).

**Tues, Feb 6, 7-9 pm, CCHS**

**Fee: \$25**



## Genealogy Basics

Learn where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.

**6 week course starts Jan 17th, Feb 14th, or Mar 14th**

**Most courses run for 6 weeks with lessons posted twice per week. New sessions start every month! Visit the website for the latest dates and prices.**

**[www.ed2go.com/concord](http://www.ed2go.com/concord)**

# Fitness & Movement

## Yoga for Beginners & Beyond

**John Calabria, Instructor**

This class is geared specifically towards beginners and is a slightly slower paced class. Every class is open to students of all levels and abilities. We're flexible about switching to other classes as needed. For directions to the studio and answers to frequently asked questions please visit [www.YogaWithJohn.com/CAE](http://www.YogaWithJohn.com/CAE).

**8 Mon, Jan 22 - Mar 19, 6-7:15 pm, Starfish Dance & Yoga**  
**Fee: \$120**

## Peaceful Mindful Yoga

**John Calabria, Instructor**

Yoga is one of the best ways to increase health, happiness, and overall wellbeing.

We're not that hard-fast-workout yoga that so many are doing these days. Rather this is Yoga as it once was, unhurried movement through peaceful postures with lots of breathing.

Modifications are taught; some do more, some do less. So truly, *all* are welcome. If you can breathe, you can do this Yoga.

The cascade of benefits begin within the first few calming breaths of the session. In time, students shed stress, extra pounds, drop medications, strengthen muscle and bones, sleep better, regulate blood pressure, make headaches history, and more, along with a lasting sense of well being.

For directions to the studio and answers to frequently asked questions please visit [www.YogaWithJohn.com/CAE](http://www.YogaWithJohn.com/CAE)

**Section A: 8 Sun, Jan 21 - Mar 18, 9-10:30 am**  
**Section B: 8 Mon, Jan 22 - Mar 19, 4-5:15 pm**  
**Section C: 8 Tues, Jan 23 - Mar 20, 10:15-11:30 am**  
**Section D: 8 Thurs, Jan 25 - Mar 22, 4-5:15 pm**  
**Classes meet at Starfish Dance & Yoga** **Fee: \$120**



## Barre3

**Ashley Quesnel & Kristin McCullar, Instructors**

Barre3 is a 60-minute workout that mixes athleticism, grace, and the latest innovations designed to balance the body. Inspired by ballet barre, yoga and pilates, instructors guide clients through a sequence of movements designed to tone and lengthen all major muscle groups, rev the heart rate, and strengthen the body. Barre3 is for everyone -- this is not a one-size-fits-all approach to fitness. Instead, each individual is empowered to adapt postures and develop body awareness for lasting results. Please wear comfortable clothing. We will work barefoot or with sticky socks (which can be purchased at the studio). All you need to bring is a water bottle -- all other props will be provided. Age 16+

**Section A: 8 Tues, Jan 16 - Mar 13, 5:45-6:45 pm,**  
**Classes meet at Barre3 Bedford**  
**Section B: 8 Wed, Jan 17 - Mar 14, 10:15-11:15 am,**  
**Classes meet at Barre3 Sudbury**  
**Fee: \$105**



## Tai Chi

**Eliot Prisby, Metrowest Kung Fu**

Translating to "Supreme Ultimate Fist", Tai Chi Quan is a Taoist martial art that is practiced slowly and gently. Some study Tai Chi for its benefits to balance and body awareness. Many find its pursuit of natural relaxation effective in stress-relief. Martial arts students often augment their training with Tai Chi to increase their understanding of body mechanics and energy transfer, making them more solidly-rooted, effective fighters. Learn to listen to your body and move naturally as you leave the day's stress behind you.

**Section A: 10 Mon, Jan 22 - Apr 2, 12-1 pm**  
**Section B: 10 Thurs, Jan 25 - Apr 12\*, 5:30-6:30 pm**  
**Fee: \$125**  
**Classes meet at Metrowest Kung Fu**  
*\*There is no class on 2/15 or 3/8. There is class on 2/22.*

# Food & Drink / Health & Wellness

## Tea: The World's Most Popular Drink

**Paul Angiolillo, Instructor**

No other plant has influenced the history of so many countries as *camellia sinensis*—tea. From China, India, and Russia, to Japan, England, the Middle East, and the U.S., tea has played a major role in trade, technology, religion, politics, and artistry. Today, it's the most popular drink in the world—and its popularity keeps growing. While all teas come from the same plant, there are hundreds of varieties, from robust black teas, plummy oolongs, and spicy ceylons, to toasted whites, delicate greens, and aromatic blends. We'll taste at least nine top-quality ones from tea-growing regions around the world. You'll also learn how to make chai and take home plenty of samples. Sweet and savory snacks will be served to complement the tastings. Bring one or two of your favorite cups. **A \$3 food fee is payable to the instructor on the night of class.**

**Wed, Feb 7, 7-8:30 pm, CCHS** **Fee: \$25**



## It's All in the Soup!

### Knife Skills and Soup Making

**Jeannette Pothier, Instructor**

Make meal preparation easier and quicker by having good knives, and learning how to use them efficiently. This knife skills hands-on class is the most useful skill in cooking. You will learn how to hold a knife, how to cut, slice, mince, julienne and more without cutting yourself. Bring a 3 inch peeler, and a chef's knife, 6 or 8 inch if you have one. First we will learn how to sharpen your knives and make soups, based on a simple white stock. Class includes vegetable soup with turkey meatballs, cream of carrot soup, and more! We will finish by cutting fruits like mangoes, pineapple and apples. Bring an apron, your knives and be ready to get to work to make cooking fun. We will cook and eat the food you prepare! **A \$10 food fee is payable to the instructor on the night of class.**

**Mon, Feb 26, 6:30-9:30 pm, Bedford Rec** **Fee: \$42**



## Love 'N Cake

**Tara Savino, Instructor**

Nothing says I love you more than a Valentine's Day cake. Give your sweetie a romantic treat in this fun 3-dimensional cake decorating class. No experience is needed; just have fun learning the hottest trends in cake decorating. **A food fee of \$15 cash or check is due to the instructor on the night of class.**

**Mon, Feb 12, 6-9 pm, CCHS** **Fee: \$35**

## Cake Night Paint Night

**Tara Savino, Instructor**

Who wouldn't want to eat their own edible work of art when you finish this hands-on cake decorating class?! We will be airbrushing, doing stencil details, and hand-painted designs to create a delicious piece of artwork. It's a piece of cake to learn if you're looking for a fun night out! **A food fee of \$15 cash or check is due to the instructor on the night of class.**

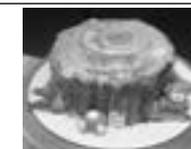
**Mon, Mar 5, 6-9 pm, CCHS** **Fee: \$35**

## Cupcakes Galore

**Tara Savino, Instructor**

Cupcakes are one of the hottest trends in the dessert industry right now. Everyone loves cupcakes - you don't have to cut any cake, just pass and serve! In this class, you will learn how to decorate for a variety of special occasions, birthday themes to holiday ideas and other clever designs. Everyone will go home with an array of decorated cupcakes. This hands-on class will also teach you how to make a cupcake perfect for any event. Students will go home with recipes and ideas to continue their cupcake decorating for the future. **A food fee of \$15 cash or check is due to the instructor on the night of class.**

**Mon, Mar 12, 6-9 pm, CCHS** **Fee: \$35**



## Tree Stump Flower Cake

**Tara Savino, Instructor**

Come learn the many styles of cake decorating in this all-inclusive class while we make a 3-D flower tree stump. Spring ahead with this perfect cake centerpiece that will dazzle anyone! **A food fee of \$15 cash or check is due to the instructor on the night of class.**

**Mon, Mar 19, 6-9 pm, CCHS** **Fee: \$35**

# Health & Wellness

## Energy Medicine: Self-Care for the New Year

**Louisa Mattson, Instructor**

Want to feel more vital, grounded, and centered no matter the swirl of activities and stressors in your life? Are you looking to boost your stamina and enhance your sense of wellbeing and joy? Experience a "daily energy routine" that can take as little as five minutes but keeps your body and psyche humming. You will learn the WHY and HOW of eight fun, easy-to-do but powerful techniques to galvanize your personal energy. Participants will leave with a handout of the energy exercises to put into practice right away, and will also receive a copy of Donna Eden's classic book *Energy Medicine*.

**Wed, Jan 24, 7-9 pm, CCHS** **Fee: \$30**



## Homegrown Herbalism

**Abigail Wolf, Instructor**

This workshop will cover the basics of herbal medicine making and introduce numerous easy-to-grow medicinal flowers, shrubs and trees. We'll discuss growing conditions and landscape uses as well as how to harvest and prepare your own remedies from these plants. Beginner gardeners and herbalists welcome. Find out how rewarding and easy it is to grow a garden for wellness!

**Tues, Feb 6, 7-9 pm, Bedford Rec** **Fee: \$25/family**

Wondering where your class meets?

Check page 3 for addresses for all of our class locations. Room numbers for classes at CCHS will be sent in your email reminder, the day before the class begins.

# History & Culture / Home & Hearth

## Concord Town History & Guide Training

Jayne Gordon, Instructor

We are surrounded by the past in Concord. In this course, we will learn to see it all around us. As we learn about Concord's history, we also learn about how this history has shaped the present. This course is for all local citizens who want to know about this "estimable place" we call home. This course, which originated through town efforts starting in 1904 to ensure a good visitor experience, provides a wealth of information about Concord and its place in American history. In addition to town history, the course will also cover the techniques of interpreting cultural history to an audience. Our topics include:

- Pre-Contact To 1700: Living with the Land
- 1700-1775: The Colonial Community
- 1775-1835: Shots Heard Around The World
- 1835-1860: The World Of The Writers
- 1860-1900: Challenges & Changes - Civil War to Century's end
- 1900-1976: At Home in the World
- Interpretation class

Those applying for a Town Guide license must complete this course and pass an exam on Concord history and the essentials of guiding. A primary text for the course is *Historic Concord* (included in fee). This will be supplemented with additional readings, archival material, audio-visuals and more.

**7 Mon, Feb 26 - Apr 9, 7-9:30 pm**

**Fee: \$175**

**There will be one meeting at the Town Archives (Concord Library, Sat, Mar 17, 8:30-10 am), and an afternoon field session on Sun, Apr 8, 1-4 pm**

## Home & Hearth



### NEW Kitchen Renovations & More!

CF Construction, Instructor

Are you thinking about renovating your kitchen but don't know where to start? Join us to look at how to start your renovation journey. We'll look at how to put the project together, how to hire the right contractor, determining your budget, what to choose for cabinets, countertops & appliances, and more! We will also talk about the process, the timeline, who pulls permits, and what your responsibilities are as a homeowner. Bring your questions and ideas!

**2 Tues, Feb 6 & 13, 7-8:30 pm, CCHS Fee: \$59; \$79/couple**



### Decluttering Without Stress The Emotional Journey of Simplifying Your Life

Laura Moore, Instructor

It's one thing to get rid of your clutter. It's quite another to do it without stress.

People (who are otherwise doing rather well in life) often find themselves struggling when decluttering (organizing, down-sizing), despite thousands of books and videos offering good tips and strategies. It's crazy-making, isn't it?

It takes more than quick tips to manage the emotionally messy business of decluttering and simplifying your life.

Contrary to popular belief, no matter your unique challenges, it is possible to learn how to declutter with ease, even enjoyment. Come learn an essential fresh perspective and the life skills we all need to declutter without stress:

- Make a realistic plan
- Prevent overwhelm
- Trust your decisions
- Get cooperation
- Stay motivated
- Make the time

Finally, you can be free of the burden of too much!

**Mon, Jan 22, 7-8:15 pm, CCHS**

**Fee: \$30**

This event is an introduction to the ClutterClarity strategies and principles that will be addressed in greater depth with individual coaching during the three week March class.

**3 Mon, Mar 5 - 19, 7-8:30 pm, CCHS**

**Fee: \$85**

This is an interactive, experiential class. All students will receive individual support and "Graphic Info Charts" to help them practice what they learn in between classes. Attendance limited to 25. If you missed our January class, you can still join us!



### Aging in Place: How to make your home safe & convenient

William Dickinson, Instructor

When most people consider the possibility of aging in their home they think of wheel chair ramps, stair lifts, elevators, and single level living. However, modifying your house for aging is much more than just adding ramps, it is also about enhancing your house's convenience and safety. We will discuss kitchens, bathrooms, bedrooms, entries, interior and exterior circulation, material choices, and planning concepts.

**Tues, Mar 6, 7-8:30 pm, CCHS**

**Fee: \$39; \$59/couple**

# Online Learning / Parent & Child

Quick. Affordable. Effective.  
**Online Courses**



Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners.

Course Features:  
• 24-Hour Access  
• Online Discussion Areas  
• 6 Week Format  
• Monthly start sessions

### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

### Accounting Fundamentals I & II

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. Follow up by giving yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

### Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

### Creating Web Pages

Learn how to design, create, and post your very own site on the Internet's World Wide Web using HTML. Discover low-cost marketing techniques and search engine strategies.

### Introduction to Microsoft Excel

Versions Available: 2007, 2010, 2013, 2016

Become proficient in using Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

### Introduction to Microsoft Word

Versions Available: 2007, 2010, 2013, 2016

Learn how to create and modify documents using MS Word, the world's most popular word processing program.

### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Call or visit us for a full list of courses

**CCACE**  
ed2go.com/Concord

## Parent-Toddler Program (Ages 1-2\*)

Ingrid Wheeler, Instructor

This program for parents and their children, ages 12-24 months\*, is a fun-filled play group experience. Children enjoy cooking in the play kitchen, rolling cars down the ramp of the car garage, putting babies to bed in the doll area, or exploring many other toddler toys. While the children play in the same room, parents participate in a discussion about parenting one-year-olds. The class includes a snack time, outdoor or gym play, and a fun interactive singing time. \*Ages are as of September 2017.

**12 Thurs, Jan 11 - Apr 5, 9:30-11 am, Ripley School Fee: \$159**

## Parent Pre-School Program (Ages 2-3\*)

Ingrid Wheeler & Amy Happ, Instructors

This program is two classes in one: It's a preschool class for the child, and a discussion group for Moms and Dads in another room.

The preschool morning is filled with fun activities including sand and water play, painting at the easel, cooking in the play kitchen, and playing with play dough. There is a special project each morning and a snack time when the teacher reads stories, followed by outside or gym play. The morning ends with an interactive parent and child singing time.

The parent group is facilitated by the other teacher and parents enjoy coffee and refreshments while discussing issues relating to the joys and challenges of raising a two year old. Parents take turns helping in the classroom and sharing their child's first school experience. \*Ages are as of September 2017.

**12 Fri, Jan 12 - Apr 6, 9:30-11:30 am, Ripley School Fee: \$345**

## Save the date!

### Conversations in a Civil Society: Agreeing to Disagree The search for common ground

Join us for a panel discussion by

**Moderator:**

Chris Gauthier, Social Studies teacher at CCHS

**Panelists:**

Ona Ferguson from Consensus Building Institute

Dr. Robert Munro from Middlesex School

Rose Pavlov from Ivy Child

**Tuesday, April 3rd at 7 pm**

**Visit [www.concordcarlisleace.org](http://www.concordcarlisleace.org)  
for tickets or call us**

# Personal Finance

## You Can Afford College If...

### **Don Anderson, Instructor**

...you **PLAN** in advance; you **UNDERSTAND** the financial aid process; you **ACT** early enough to be successful.

Financial aid goes to the families who **plan and act** in advance - before December of the child's **sophomore year** of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by **understanding** the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who **act** in the early years of high school. **REMEMBER: Procrastination equals less financial aid.** All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, please visit our website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com).

**Thurs, Mar 15, 6:30-8:30 pm, CCHS Fee: \$25; \$40/Couple**

## Understanding Medicare

### **Daniel Williams, Instructor**

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, and Medigap plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

**Wed, Jan 17, 7-9 pm, CCHS Fee: \$25; \$40/Couple**

## Demystifying Social Security

### **Daniel Williams, Instructor**

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security you could leave thousands of dollars on the table. When should I file for benefits? What are the advantages and disadvantages of filing at age 62 or deferring to age 70? How does the November 2015 change in the rules affect me? How can I make sure I am taking advantage of available spousal, survivor or divorced benefits? How much of my Social Security will be subject to income tax? What potential changes are in store for Social Security and how might they affect my claiming decision? These questions and many more will be answered in this very important class.

**Mon, Feb 12, 7-9 pm, CCHS Fee: \$25; \$40/couple**

## The Latest Long-Term Care Strategies

### **Daniel Williams, Instructor**

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 still protect their assets?

All of these questions and more will be clearly answered in this very important class.

**Mon, Mar 12, 7-9 pm, CCHS Fee: \$25; \$40/couple**

## **NEW** Estate Planning: Everything You Always Wanted to Know But Are Afraid To Ask

### **Margaret Hoag, Instructor**

Many people put off estate planning for fear of the time involved, the cost, and being sold documents they don't need. In this workshop, you will learn the basics of estate planning so you can set your goals, know the documents you need, and prepare the questions you need to ask. We will cover how to: avoid probate, protect minor children, minimize taxes, plan for children with special needs, among other issues. We will review the purpose of wills, trusts, durable powers of attorney, health care proxies and other end of life documents, and homesteads. We will also discuss working efficiently with attorneys and what to expect during the process.

**Wed, Feb 28, 7-9 pm, CCHS Fee: \$35; \$60/couple**

**Would you like to teach for CCACE or do you have an idea for a new class? We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us! Send a resume and course proposal to [ace@concordps.org](mailto:ace@concordps.org).**

# Instrumental Music School



## Individual Instruction

for new & continuing students  
**Debbie Levine, Program Coordinator**

Established in 1980

**David Gresko & Kevin Maier,**  
Music Directors

The Carlisle, Concord, and Concord-Carlisle Schools offer individual instrumental and vocal instruction all year long. Private study through IMSCC ensures real progress and results for our student musicians of all ages, including adults.

Fall and Winter/Spring sessions are 16 weeks; the Summer semester is designed with flexibility in mind, customizing your lesson schedule to fit with your vacation plans. IMSCC is a fee-based service provided by the schools, enabling convenient and reasonably priced one-on-one music lessons with highly qualified professional musician-teachers.

We have teachers for: violin, viola, cello, string bass, flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone horn, euphonium, tuba, voice, piano, electric and acoustic guitar, ukelele, electric bass, and percussion (includes snare drum, tympani, mallet instruments, and drum set).

We will work with you to accommodate requests for individual teachers and times. Parents are responsible for obtaining instruments.

**Instructional fees are payable in advance for each session.**  
**Annual registration fee (July - June) is \$30 for the first family member & \$20 for each additional family member.**

**The rates are:**  
**\$30.25 for a half-hour lesson**  
**\$45 for a 45-minute lesson**  
**\$59.25 for a one-hour lesson**

**Lessons meet in the Carlisle schools, Sanborn Middle School, & at CCHS.**

Start your lessons at any time! Register online at [www.concordcarlisleace.org](http://www.concordcarlisleace.org) and click on **IMSCC** or call the office. Once we receive your registration, an IMSCC teacher will contact you directly to arrange a lesson time.



For more information and enrollment questions, contact:  
**Debbie Levine: 978-341-2490 x7653, [dlevine@concordcarlisle.org](mailto:dlevine@concordcarlisle.org)**

**David Gresko (Concord): 978-341-2490 x7657, [dgresko@concordcarlisle.org](mailto:dgresko@concordcarlisle.org)**  
**Kevin Maier (Carlisle): 978-369-6550 x5109, [kmaier@carlisle.k12.ma.us](mailto:kmaier@carlisle.k12.ma.us)**

## ~ IMSCC FACULTY ~

Jon Amon, saxophone  
Glorivy Arroyo, voice & piano  
Jane Bailey, clarinet  
Todd Brunel, clarinet  
Sissie Siu Cohen, saxophone  
Tony D'Aveni, trumpet  
Brian Diehl, trombone  
Alexei Doohovskoy, trombone  
Nune Hakobyan, accompanist  
Chip Halt, tuba  
Susan Jackson, flute  
Deanna Johnson, flute

Rachel Juszczak, bassoon  
Sargis Karapetyan, violin & viola  
Don Kirby, percussion  
Tobi-Ann Kocher, flute  
Phil Lauriat, voice  
Debbie Levine, clarinet  
Marian Levinstein, cello  
Mena Levit, voice  
Ellen Martins, French horn  
Jessica Matthews, piano & guitar  
Colleen McGary-Smith, cello  
Chris Noce, saxophone

Ryan Noe, trumpet  
Jean Pulsifer, piano  
Yoon-Wha Roh, piano  
Jeremy Ronkin, French horn  
Timur Rubinshteyn, percussion  
Dennis Shafer, saxophone  
Matthew Small, trumpet  
Andrei Sobchenko, saxophone  
Andrew Sorg, trumpet  
Henry Tervo, oboe  
Jason Yost, guitar



# Armchair Travel



The Concord-Carlisle Adult & Community Education Advisory Committee invites you to attend the popular, long-running Armchair Travel Series on Monday nights. All sessions meet at 7pm at the Harvey Wheeler Community Center in West Concord.

There is no charge for the Armchair Travel programs, however we recommend you register ahead of time so that we can alert you of any date changes or cancellations. This will also help us better anticipate the number of participants.

## Turkey

with **Ralph Shanner**

Join Ralph on a journey to Turkey! His trip began in Istanbul and then to Ephesus, Pamukkale, Antalya, Goreme, Bartin, and Amasra on the Black Sea. Their guide, a young friend, in Turkey for a year on a Fulbright Scholarship, introduced them to several Turkish families, who in turn invited them in to their homes. This experience gave them a true sense of the Turkish culture.

**CODE AT116: Mon, Jan 8, 7 pm, Harvey Wheeler Community Center**

## Patagonia

with **Jay Luby**

Jay will show slides from his March 2017 hiking trip to Patagonia. During his travels through Chile and Argentina, Jay felt very fortunate to hike in some of the most beautiful and interesting parts of the southern Andes Mountains.

**CODE AT117: Mon, Jan 22, 7 pm, Harvey Wheeler Community Center**

## To Be Determined...

We are working on a fantastic presentation for this date - check our website for more details!

**CODE AT118: Mon, Jan 29, 7 pm, Harvey Wheeler Community Center**

## Tuscany and Florence

with **Claudia Feeney**

Travel with us through the beautiful villages and wineries of Tuscany, visit an olive farm where they press their own olive oil. We'll also talk about the many historical works of art we saw in Florence.

**CODE AT119: Mon, Feb 5, 7 pm, Harvey Wheeler Community Center**

## Iceland

with **Annette Pollack**

Iceland is a country of sharp contrasts. A place where fire and ice co-exist. Where dark winters are offset by the summer's midnight sun. Join Annette and her family as they share their experience with the beauty and culture of Iceland.

**CODE AT120: Mon, Feb 12, 7 pm, Harvey Wheeler Community Center**

## Climbing to the Rooftop of Africa and Meeting Simba in the Serengeti with Chris Petrini

Join Chris Petrini as he presents his travel video of his 2016 climb of Mt. Kilimanjaro, one of our Seven Summits, followed by photos of a magnificent family safari in the Serengeti.

**CODE AT121: Mon, Feb 26, 7 pm, CCHS, Learning Commons\***

## Voyages to Versailles

with **Sarah Hutchinson**

Sarah traveled to Versailles France in April as part of Concord-Carlisle High School's French Exchange program. For two weeks, she lived with a French family, and spent time visiting sites around Versailles and Paris including the Palace of Versailles, the Louvre, and the Eiffel Tower and attending some classes at a local high school. Sarah experienced and learned a lot about French history, culture, food and especially politics as she was visiting during the French presidential elections.

**CODE AT122: Mon, Mar 5, 7 pm, CCHS, Learning Commons\***

## Yorkshire and London, Lyon France, Lake Como and Milan

with **Nancy & David Dillon**

We're off to Europe! Join the Dillons on another fascinating experience through parts of England, France and Italy.

**CODE AT123: Mon, Mar 12, 7 pm, CCHS, Learning Commons\***

\*Please note the sessions on Feb 26, March 5 & 12 will be at CCHS.

**Do you have a trip you would love to share with us as an Armchair Travel presentation? Contact [ace@concordps.org](mailto:ace@concordps.org)!**

# Village University



The Village University, established in 2003, was inspired by Elliot and Alma Ring, and offers courses for mature learners who are seeking stimulating study and conversation about interesting topics. The courses are taught by academics, scholars, and educational leaders who volunteer to share their knowledge and inspire others. The volunteer instructors bring the best uni-

versity-level learning experiences to Concord and Carlisle. Our dedicated coordinators include Court Booth, Richard Cornell, Nancy Cronin, Bob Hartman, Bill Koenigsberg, Murray Nicolson, Meryl Schwartz, Alma Ring, Susan Sekuler and Phil Stark.

## American Popular Song From Stephen Foster to Lady Gaga

with **Keith Daniel**

This listening course will focus on the varieties of American song, as first typified by Stephen Foster's parlor songs and minstrel songs in the 19th century. We will listen to and examine songs generated by wars, Tin Pan Alley songs, songs from the American musical, songs of social protest (Guthrie, Dylan et al), rock and roll songs (including the Brill Building, Motown, surf music, and others), singer-songwriters, and pop stars of the eighties and beyond. Who "created" tradition? Who followed it? And who broke with it? What composers emerged as our greatest songwriters? No knowledge of music is necessary.

**6 Mon, Mar 26 - May 7, 10-11:30 am, Newbury Court**

**Requested donation: \$60**

## Random Accidents that Changed History, Part IV

with **Bill Koenigsberg**

The upcoming course is a continuation of the "Random Accidents that Changed History" class, offered previously at Village University. It will introduce the student to additional circumstances involving accidents that significantly influenced history.

History is filled with seemingly improbable events whose outcomes are often unanticipated. A simple conjecture offered in the course, is that history is frequently driven by random accidents that are not fully understood or appreciated at the time that they occurred. Topics such as the unexpected origin of fiberglass insulation, how our Moon was formed, and the discovery of purple dye, will be presented. Other topics, such as the failure of the Kinzua viaduct, collapse of the Silver Bridge, and Boston's infamous Summer Street Bridge accident, will also be examined. 'Accidents' introduced in earlier VU courses will be mentioned and possibly reviewed, based on audience interest. The historical accounts presented illustrate the idea that there is a rational explanation behind many surprising events.

Class participants are encouraged to investigate the credibility of the anecdotes and to introduce related material based on their own knowledge and experience.

**5 Tues, Mar 27 - May 1, 10-11:30 am, Location TBD**

**Requested donation: \$60**

## The Art of Resistance: Painting by Candlelight in Mao's China

with **Shelley Drake Hawks**

Shelley Drake Hawks, Ph.D. is an historian lecturer of Chinese Art and History. The course will discuss the Cultural Revolution (1966-76) from the perspective of seven artists who suffered greatly during that period. In spite of the dangerous times, these artists stood up for creative autonomy. All found opportunities to maintain their connection to art. Their stories reveal a fierce personal independence rooted in Chinese art and philosophy. We will develop a broad framework for understanding recent Chinese history and Chinese culture today.

**4 Wed, Mar 28 - Apr 25, 10-11:30 am, Newbury Court**

**Requested donation: \$60**

CC ACE is thrilled to be able to offer Village University programs to our community members. We request a donation of \$60 for the first course and \$30 for each additional Village University course. Adult & Community Education is made possible through student fees, with student financial aid made possible through a grant from the Concord Carlisle Community Chest. The Village University is supported entirely by voluntary donations and your donations help us promote the programs.

# Driver Education

## Earning your drivers license is a huge milestone. Share this time with us!

Driver education promotes and teaches safe driving attitudes, develop defensive driving skills, and respect for the rules of the road. It prepares students for the RMV license exam and it strives to prevent or reduce accidents and fatalities that involve young drivers.



### Driver Education Age Requirement

- 15 years, 9 months: Students can begin classroom instruction.
- 16 years: Legal age to operate with a Learner's Permit.
- 16 1/2 years: Legal age (to the day) to be licensed with a Driver Education Certificate.
- 18 years: Legal age (to the day) to be licensed without a Driver Education Certificate.

### Complete Driver Education Course

For students under 18 years old, this course fulfills all requirements for junior operators to obtain a Driver Education Certificate and become eligible to take a road test and receive a license. Driver Education at Concord-Carlisle High School includes:

- 30 classroom hours,
- 12 hours of behind-the-wheel instruction,
- 6 hours of on-the-road observation, and
- one 2-hour parent/guardian class, attended by at least one parent (verification valid for 5 years).

**On-the-road schedule:** Initially, students are encouraged to find a partner and schedule 2-hour lessons, which will include one hour of observation and one hour of behind-the-wheel instruction for each of them. The remaining 6 hours of behind-the-wheel instruction can be arranged in 1- or 2-hour sessions. Students must have their Learner's Permit in their possession to drive or observe. *A practice road test may be scheduled with one of our instructors for an additional \$25 on a weekday or \$35 on a weekend. Approved vehicles and instructors are available to sponsor students for their road test. Contact the office as soon as a test date is scheduled at 978-341-2490 x7124 or rgurley@concordcarlisle.org.*

**Week-long classes during  
school vacation weeks and summer:  
February Break  
April Break  
Summer offerings, include June 25-29**

**See page 9 for upcoming class dates**

### DriveInControl "Skid School"

#### Sponsored by N.P. James Insurance Agency

CCHS students are eligible for a discounted price for the half-day "skid school" offered by In Control in North Andover, sponsored by N.P. James Insurance Agency of Concord. Experience anti-lock brakes, emergency stopping, and evasive steering. In Control offers the nation's first state certified crash prevention training to drivers of all ages. This closed-course, hands-on education was adapted from existing law enforcement training in the US, as well as European instruction that led to a societal shift in attitudes toward driving in many countries. Specifically, the training addresses the driving issues that most affect the safety of drivers while on the road. The inclusion of skills was developed after examining insurance and police data to find the most dangerous activities, and assessing the biggest needs. Learner Permit or Driver License required. Parents may take the class too. More information and sign-up for advanced driver training at [www.DriveInControl.org/ConcordCarlisleDriverEd](http://www.DriveInControl.org/ConcordCarlisleDriverEd)

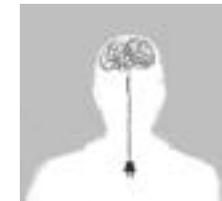
# Personal Growth / Recreation & Adventure

## Self Compassion: Learning to Be Kinder to Your Self

### Karen Jo Shapiro, Instructor

We are often kinder and more compassionate to our family and friends than we are to our own selves. Self-compassion, the practice of being kind to yourself, may seem hard to come by, but it can be learned with awareness and persistence—and almost nothing will increase your emotional well-being more. In this class, we will explore the concept of self-compassion, how it differs from self-esteem, how to notice and tame those mean inner voices (the inner "critic"), accept ourselves more, and treat ourselves like a loved one. The class will be practical and applied while also touching on some of the best research available in positive psychology.

**Mon, Jan 29, 10 am - 12 pm, Library Main Branch Fee: \$30**



## NEW Unplug & Bust Stress!

### Tori Hallowell, Instructor

Do you ever feel overwhelmed, exhausted, unmotivated and stuck? What if you were able to release some of the stress in your life and feel more balanced and therefore, energized? In this workshop we are going to break down the factors, influencers and results of living with too much stress as well as the causes that lead to eventual burnout. Uncover easy steps you can implement to create more time for yourself and create balance in your life. Start recognizing the blocks and triggers that are preventing you from happiness, and keeping you stressed and frazzled. Discover your key values and what role they are currently playing in your life. Let's start the New Year off on the right foot by creating strategies to prioritize your resolutions without feeling burdened by them and pushing them aside.

**Wed, Jan 31, 7-9 pm, CCHS Fee: \$30**

## Evolving as We Age

### Annie Gray, Instructor

In this workshop we'll explore our assumptions about aging and change, some of which may be limiting and blocking us from the opportunity for the evolutionary growth available to us. Through exercises and discussion, we'll explore the territory that can open us up to a richer, more vibrant "third chapter" in life. Information presented along with rich conversation should open new vistas of possibility and will lead into the eight-week program offered in the spring.

**Tues, Mar 20, 7-9 pm, CCHS Fee: \$30**

## Sailing Fundamentals

### U.S. Coast Guard Auxiliary Flotilla 502, Instructors

This course is an opportunity to learn more about sailboat handling, rigging, rules of the road, and heavy weather sailing. This course is a separate, companion course to Boating Skills. You may take either one first. Completion certificate in Sailing requires participation in both courses. **Course materials are \$12-15, payable in class.**

**4 Wed, Jan 10 - 31, 7:30-9:30 pm, CCHS Fee: \$25**

## Boating Skills & Seamanship

### U.S. Coast Guard Auxiliary Flotilla 502, Instructors

This introductory course is for both sail and power boaters and includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures, and navigation electronics. Completion certificate helps reduce boat insurance fees. Families are welcome. Children age 12 and older are encouraged to attend with a parent at a reduced rate. **Course materials are \$30-\$45, payable in class.**

**12 Wed, Feb 28 - May 30, 7:30-9:30 pm, CCHS**

**Fee: \$50; \$90/couple**

**\$25 additional for child attending with parent**

## Coastal Piloting

### U.S. Coast Guard Auxiliary Flotilla 502, Instructors

Coastal Piloting is advanced instruction for those who have already completed a basic boating course. It covers aids to navigation, the earth and its coordinates, Mercator projection, piloting, correcting compass errors, dead reckoning, tides and currents, radio navigation and more. **Course materials are \$30-\$45, payable in class.**

**12 Wed, Feb 28 - May 30, 7:30-9:30 pm, CCHS Fee: \$50**

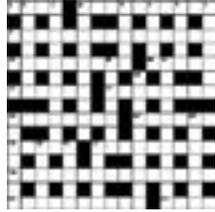
## Improving Your Bridge

### Alan Horvitz, Instructor

If you play Bridge and feel you might benefit from instruction, this is the course for you. We will focus upon useful artificial bids, play of the hand, defensive leads and signaling. We will balance instruction with an opportunity to play the game under experienced supervision. You will build on your skills, learn new skills, and have fun!

**6 Mon, Feb 5 - Mar 19, 4-6 pm, CCHS Fee: \$75**

# Recreation & Adventure / World Languages



## **Solving Cryptic Crosswords & Other Word Puzzles**

**Debbie Levine, Instructor**

Can you solve this cryptic clue? "Parents react badly assuming name for unwanted houseguests?" (The answer is a two word phrase, 9 and 4 letters.) Or this one - "Holding back, raised a generation of rebels" (9 letter word)

A cryptic crossword is a delightful mix of different kinds of wordplay, including standard word definitions, anagrams, and subtle clues that the solver must hunt for and decipher. We'll explore different types of wordplay and solve clues together. You'll also learn where to find cryptic puzzles – the class includes a list of puzzle sources. Warning – once you're hooked there may be no going back!

**2 Mon, Feb 5 & 12, 7-8:30 pm, CCHS**      **Fee: \$40**

## **Concord-Carlisle Chess Club**

**Vadim Martirosov, Instructor**

The Concord-Carlisle Chess program is for chess lovers of all ages who want to learn and improve their play. We will develop our memory, critical thinking skills, sense of fairness, attention span, and have fun! Chess Master Vadim Martirosov conducts lessons, training, and master challenges to all levels. Participants have time for practice and tournament preparation each week, and newcomers may join at any time!

The club encourages participation of all ages and we often have young kids competing against adults. By offering a reduced-fee for parents, we encourage parent/child enrollments and encourage quality family time around the chess board.

Please note we will not meet on Feb 18, Mar 25 (tournament day), and Apr 1.

**9 Sun, Jan 21 - Apr 8, 2-5 pm, Harvey Wheeler**      **Fee: \$179**  
**\$65 for parent joining students under high school age**



## **Art & Soul: Six Intriguing Museum Tours**

**Mary Hurley, Instructor**

Join us to visit 6 "off the beaten track" museums in our area. We carpool and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience.

After registering, email [MaryHurley@comcast.net](mailto:MaryHurley@comcast.net) to receive a list of meeting places and directions. Museum admission is an additional fee each week.

**6 Wed, Feb 14 - Mar 28, 9:30 am - 1:30 pm**      **Fee: \$89**

## **French for Beginners**

**Maurice Bombrun, Instructor**

If you have little, no, or long-since-forgotten knowledge of French, this is the class for you. In the beginner level course, we will introduce pronunciation, grammar, and vocabulary. You will learn to communicate basic concepts in French, both written and spoken. Our focus is shared among reading, listening, and speaking for a well-rounded, dynamic learning experience. Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.

**10 Tues, Jan 16 - Mar 27, 4:30-6:30 pm, CCHS**      **Fee: \$175**

## **French Intermediate**

**Maurice Bombrun, Instructor**

This class is intended for intermediate level students. You should have completed Beginner French studies or similar, including basic French pronunciation, nouns, adjectives, articles, possessive and demonstrative adjectives, basic regular verbs and common irregular verbs, in the present tense, near future tense, past tense/passé compose, basic positive, negative and question sentence construction, partitive articles, "il faut", "depuis", numbers, time, and weather. Building on this foundation, we will increase and practice your knowledge of other tenses, constructions, and expressions. You will develop skills that lead to simple conversation and understanding of Intermediate level French. Please purchase *Contacts* (ISBN 978-0618-395-781), 8th Edition, by Valette/Valette, prior to the first class.

**10 Tues, Jan 16 - Mar 27, 7-9 pm, CCHS**      **Fee: \$175**

## **Conversational French Workshop**

**Maurice Bombrun, Instructor**

In the continuing Conversational class, students will learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons will include pronunciation, understanding, conversation, role/play, writing, grammar and translation to reinforce the learning process. We will focus on giving you the opportunity to speak and write in French. We will use documents from literature, news, movies, and student-submitted documents to expose you to a variety of real-life topics and French language questions. No textbook required.

**10 Wed, Jan 17 - Mar 28, 4:30-6:30 pm, Main Library**      **Fee: \$175**

# World Languages

## **French Lunch Lessons: Dejeuners en Francais**

**Grace Butler, Instructor**

What better way to revive and maintain your French language skills than over lunch! For the first meeting, we suggest you pack a lunch (un bon sandwich fromage/jambon, par exemple). After that, we will decide together what direction the course will take. Conversational topics might include: cuisine, restaurants, and travel, but could also include cinema, theatre, and literature. Language and grammar points will be discussed as needed or requested. A basic comfort with spoken French is recommended. Ideal for intermediate and advanced level students.

**8 Thurs, Feb 1 - Mar 29, 12-2 pm, Main Library**      **Fee: \$129**

## **Spanish for Beginners**

**Sonia Hoyes, Instructor**

This is a continuation of the Beginners course from the Fall semester. We will continue to develop and improve listening, speaking, reading and writing practice skills in the target language by using a variety of activities incorporating vocabulary and new grammatical structures. We will review grammar learned in the Fall and build on that knowledge. Communicative class activities will include pair and group work, interviews and role playing. Customs and culture are also presented. Please purchase the textbook prior to the first class: *iAnda Curso! Elemental*, first edition (ISBN: 978-0205239771) by Audrey L. Heining-Boyton/Glynis S. Cowell.

**10 Thurs, Jan 25 - Apr 5, 6:30-8:30 pm, CCHS**      **Fee: \$175**

## **Spanish Intermediate**

**Sonia Hoyes, Instructor**

This is a continuation of the Intermediate course from the Fall Semester. We will build upon knowledge gained and work on perfecting pronunciation, mastery of the basic grammatical structures, and increased reading, written, listening and communicative skills. Acquisition of functional vocabulary is expected. You will be exposed to a variety of grammar tenses that you will be expected to apply in your writing and speaking skills. Communicative class activities will include pair and group work, interviews and role playing. Customs and culture are also presented.

**10 Wed, Jan 24 - Apr 4, 6:30-8:30 pm, CCHS**      **Fee: \$175**

## **Spanish Advanced**

**Sonia Hoyes, Instructor**

Advanced Spanish is a continuation of the Fall course. We will recycle grammar structures acquired from previous courses while new vocabulary and grammar tenses are introduced. You are expected to apply them in your written and speaking skills. Everyone will be encouraged to participate in realistic, functional, and thematically set communicative situations. The class is conducted entirely in Spanish so you need to be able to communicate at the advanced Spanish level with the instructor and the classmates. Communicative class activities will include pair and group work, interviews and role playing. Customs and culture are also presented.

**10 Mon, Jan 22 - Apr 2, 7-9 pm, CCHS**      **Fee: \$175**

## **Spanish Conversation**

**Sonia Hoyes, Instructor**

This course is for students who already took Spanish 1, 2 and 3. In this course, we will achieve a sound level of communicative ability in the language, with an emphasis on spoken Spanish. Classes cover all aspects of learning the Spanish language; oral and written communication, grammar, vocabulary and pronunciation. The goal is to help you use the language in different contexts and acquire more confidence in applying your Spanish fluency and expand your vocabulary. You will discuss current events, brainstorm to solve problems, participate in role-plays, and prepare oral presentations to develop vocabulary, reinforce grammatical structures, and utilize new expressions. The class is taught and conducted in Spanish so you are expected to be able to understand the language and be able to communicate in Spanish with the instructor and the classmates.

**10 Tues, Jan 23 - Apr 3, 6:30-8:30 pm, CCHS**      **Fee: \$175**

Can't find the right class?  
We have many more online with ed2go!  
Visit [www.ed2go.com/concord](http://www.ed2go.com/concord)



# Writing / Youth Programs / Instructors



## Writing Your Own Obituary

### **Janet Mendelsohn, Instructor**

How would you like to be remembered? At any age, writing your own obituary (minus the final details, of course) is a good way to tell your story as you want it told. Along with your achievements, interests and the names of those important to you, your obituary can tell others who you really were. Journalists routinely write them in advance for famous and noteworthy people so news outlets are prepared when the unexpected happens. Writing yours now will not only spare loved ones from a difficult task while grieving, it can also be a good way to take stock of your own life so far. During three sessions, we'll read and discuss interesting examples, do a few writing exercises and help you create an engaging written record of your life suitable for newspapers, alumni publications, a memorial program, a family history or social media in the future. After all, who knows you better than you do?

**3 Mon, Jan 29 - Feb 12, 7-8:30 pm, CCHS Fee: \$59**

## Creative Writing for Fun

### **Pamela Wight, Instructor**

Do you love to write, but not sure what to do with those stories in your head or hidden somewhere in a back drawer? Are you brave enough to write extemporaneously in a class of like-minded adults and then share your written word minutes later? If so, sign up! Designed to encourage creative writing productivity, this popular class includes in-class writing, different writing topics and tips each week, and shared reading. Both fiction and non-fiction (journal writing and essays) are encouraged. Enthusiasm, a great sense of fun, and shared insights are used as learning tools instead of criticism. Class size is limited.

**6 Mon, Mar 19 - Apr 30, 1-2:30 pm, Location TBD Fee: \$145**

## Babysitters' Training

### **VaShon Wallace-Hiltbold, Instructor**

The 4-H Babysitters Training Course teaches youth ages 11 and older what they need to know to be caring, trustworthy, responsible, and competent babysitters. The course includes units on: safety, first aid, child development, nutrition, entertaining children, and the business of babysitting. Join us and prepare to become a responsible babysitter!

**4 Tues, Mar 6-27, 1:30-3:30 pm, Sanborn MS Fee: \$85**

**Learn about Instrumental Music School lessons for all ages on page 15**

**Don Anderson** has been working with college strategies since 1990. His first association with College Funding Advisors (CFA) was as a client. He joined CFA after successfully guiding his three children through the financial aid process over an eleven year period. From his own experiences with his children, Don knows all too well that what his children achieved in higher education would have been impossible to afford without financial aid. Prior to joining CFA, Don worked as an analyst and computer systems manager for various international businesses and manufacturing firms.

**Paul Angiolillo** discovered the contemplative pleasures and soothing benefits of tea as an undergraduate at Yale U. in the 1970s. Since then, he has expanded his interest in this world's most-popular drink (after water), while working as a journalist and an editor. To gain more experience in fine teas, he has also worked at Upton Tea Imports (Holliston, MA). Today, Paul teaches tea-tasting classes in adult-ed programs throughout the Greater Boston Area.

**Barre3** - Bedford & Sudbury: Natasha Groblewski fell in love with barre3 after graduating from college and moving across the country to Portland, OR, in 2009. She was drawn to barre3's warmth, its welcoming community, and its challenging yet centering workout. After a year in Portland, she moved back home to Massachusetts, where she continued her practice with barre3 Online workouts. In 2015, she became an instructor at barre3 Needham, and soon after that she began working toward opening her own studio. Prior to opening barre3 Bedford, Natasha worked as a consultant and in operations and HR at tech startups in the Boston area. When she's not in the studio, you can find her cooking (especially barre3 recipes!) or hiking with her handsome pup, Herbie.

**Jennifer Benson** is a CCHS science teacher.

**Maurice Bombrun** is a French native, dual citizen, and experienced bilingual teacher. He spent more than 15 years teaching and tutoring in the Boston area, worked for Alliance Française and many private/public schools. He holds master's degrees from Sciences Po Paris and the University of Grenoble with undergraduate studies at the Sorbonne/Paris IV.

**Grace Butler**, private tutor, has lived and studied in France and taught at all levels.

**John Calabria** walked away from a successful engineering career years ago to do what he loves: helping people feel more at home in their bodies and happier in their lives through the teachings of Yoga and mindfulness, and the love of nature. It's such a joy to see students leaving class feeling uplifted and self-empowered, taking charge of their health and lives. He has been doing this a long long time and is sure that he can help you with your wellness goals.

# Instructors

**Pierre Chiha**, a professional photographer, is passionate about portraiture and gets his inspirations from painters such as Vermeer, Rembrandt and Singer Sargent, as well as from noted photographers Yusuf Karsh and Arnold Newman.

**Denise Cohen's** grandmother and mother first taught her how to knit when she was a little girl. By her teens, she was knitting more complicated items and has loved it ever since. Denise is excited to pass on her knitting skills and help keep this wonderful craft going so it can be passed on to future generations.

**Concord Carlisle Cable Television (CCTV)** is a non-profit public-access facility operating in Concord and Carlisle. Their mission is to foster community, communication, and collaboration by providing citizens who live, work or attend school in Concord or Carlisle with the skills and equipment necessary to produce their own local cable television programs. CCTV studios and editing classroom are located on the first floor of CCHS. Information at [www.concordtv.org](http://www.concordtv.org) and [www.carlisle.tv.org](http://www.carlisle.tv.org).

**CF Construction's** mission is to be THE construction company of choice, providing their clients with world class service and craftsmanship. CF Construction is a full service residential and light commercial Construction Company based out of the Concord, MA region. In business for over 20 years, they specialize in new homes, home additions, whole house renovations, detailed interiors, and exterior finish work, roofing, masonry and more. Join Tino and Olga to design your dream kitchen!

**Rachel D'Erminio** is a designer with extensive experience in Illustration and Motion Graphics. She holds a B.S. in Television Production from the University of Florida and an M.A. in Broadcast Design and Motion Graphics from the Savannah College of Art and Design. Her clients include the Smithsonian, NBC, Harvard, MIT and the University of Massachusetts. Learn more about Rachel at her website: [www.raetastic.com](http://www.raetastic.com).

**Keith Daniel** recently retired from teaching at Concord Academy after 30 years. Prior to that, he taught at Assumption College in Worcester and Mount St. Joseph Academy in Buffalo. In all three positions, he has taught music history and theory, which complements his advanced degrees (MA and Ph.D.) in musicology. In 1994, he was honored by the College Board as the outstanding Advanced Placement music theory teacher in New England. He has also taught at the Paris American Academy and in the Governor's School for the Humanities in Tennessee.

**Nancy & David Dillon** have been traveling to Europe independently for over 20 years and have been presenting at Armchair Travel for over 15 years. Nancy is a fourth grade teacher at Thoreau School in Concord. David is a middle school social studies teacher in Lancaster.

**William Dickinson** is a registered architect with over 25 years of experience. He has designed, produced, and supervised the construction of numerous custom residential projects throughout the Metro West area. These projects extend from kitchen/bath renovations to new houses.

**Shelley Drake Hawks** is a writer and historian living in Concord, MA who teaches art history at Middlesex Community College. She has also taught at Mount Holyoke College, Boston University, UMASS/Boston, and Rhode Island School of Design. She has a master's degree in Asia regional studies from Harvard and a doctorate in history from Brown, and is the author of the book "The Art of Resistance."

**Andrew Fall** is a CCHS Chemistry teacher.

**Claudia Feeney** has been a Concord resident for 35 years; now that she is retired-there is time to travel!!

**Jayne Gordon**, resident of Concord, regularly teaches and lectures about aspects of the town's history, drawing on her experience working as a staff or board member, consultant, partner, or teacher with all of Concord's historical organizations over the past forty-five years. This is the 21st year that she has taught the Concord History course.

**Anne Gray** is a coach, speaker, and workshop facilitator with a mission to help professionals who are yearning for meaning, purpose and legacy in life's next chapter. She helps people who are "at the crossroads", ready for change, but not sure in which direction. Past workshop participants and clients have said Annie is deeply insightful and good at finding the powerful leverage points that free clients up for significant life change. Her own experience in leaving a 30 years corporate, teaching and consulting career offered her the opportunity to learn first-hand some of the pitfalls and challenges that other baby boomers may face. Anne's certifications include Co-Active Coaching, Retirement Options, and an MPA from Harvard University.

**Tori Hallowell** is a former educator who currently runs her own business helping young professionals who are feeling burnt-out and stuck in their careers. Tori works individually with clients by helping them discover their purpose, create balance and boost their confidence. She seeks to educate and mentor others by creating educational videos and e-books that offer simple strategies and tips to reduce stress and enhance productivity. To learn more and further explore her educational archive visit [www.hallowellcoaching.com](http://www.hallowellcoaching.com)

**Amy Happ** holds a BS in Communication Disorders and an MS ICC-SP in Speech Language Pathology. She has been working with preschool aged children for more than twenty years.

# Instructors

**Margaret A. Hoag**, of the Acton law firm Eckel, Morgan & O'Connor, received her A.B. from Bryn Mawr College and her J.D. from Suffolk University Law School. She is the co-author of Massachusetts Elder Law, and has lectured extensively. Her focus is in the area of estate planning and elder law, including long-term care planning, guardianship and conservatorship, MassHealth (Medicaid) application, and probate administration. She is currently the President of the Board of Directors for Minuteman Senior Services, serves on the board of the Concord Council on Aging and the Liberty Alzheimer's Partnership, and is a member of the National Academy of Elder Law Attorneys.

**Alan Horvitz** is a retired clinical social worker, a Bronze Life Master and an experienced Bridge teacher.

**Sonia Hoyes** is a native Spanish-speaking instructor who has been teaching Spanish as a foreign and heritage language for over 11 years. She is currently teaching Spanish at Middlesex Community College and to K-8 students in various school systems throughout northern Massachusetts.

**Mary Hurley** raised her family in Bedford and lived 4 different locations in town before moving to what she now considers heaven - Huckins Farm. For the last 30 years, she has been leading bike rides and walks and cross/county ski trips in our local areas of historic New England. Also, in the winter she takes a group to the "out of the way museum's" (for example did you know there was a Piano Museum?). Mary ran Adult Ed for 26 years and her passion has turned into quality leisure time. Now she lives to PLAY. Mary believes the reason folks sign up is for friendship and love of the outdoors. Learning where we live and how it connects to each other and history is her passion. The shared knowledge of these connections is why she does it and will continue to lead people through the woods to feel like we are 10.

**Sarah Hutchinson** is a CCHS senior.

**Bill Koenigsberg** formally retired in 2008, after a 4-decade-long career in industrial research involving a broad range of disciplines, including electronics, physics, mechanics, lighting, ceramics, nondestructive testing, radiation physics, failure analysis, and communicating with clarity. He has always been interested in finding the root cause of problems (technical or otherwise). Bill earned multiple degrees in electrical engineering, all from Rensselaer Polytechnic Institute, Troy, New York.

**Debbie Levine** is a recent convert to cryptic puzzles and is a regular contributor to the Enigma, the monthly puzzle publication of the National Puzzlers League.

**Carolynn & Jay Luby** feel fortunate to have traveled extensively throughout the world. Perhaps because neither traveled much until they were young adults, they immediately caught the travel bug once they had that opportunity and have never looked back. This trip to Southeast Asia was like many others they have taken in that it was a combination of group and individual travel. In this case, they teamed up with National Geographic Travel Adventures for the bulk of their trip, but traveled on their own at the beginning and end of the trip too.

**Vadim Martirosov** is a highly experienced Chess Master (Highest Fide rating: 2345). He studied chess in the USSR under the supervision of Oleg Privorotsky (Kasparov's first coach). Vadim immigrated to the U.S. and has been teaching chess full time here for almost 20 years. He has taught hundreds of students of all ages, including adults, and has mentored many of them from beginners up to master level. Many of his students have won tournaments throughout New England and the United States.

**Louisa Mattson** is an Eden Energy Medicine Certified Practitioner as well as a psychologist holding a Diplomate in Comprehensive Energy Psychology. She has studied a variety of energy healing and energy psychology modalities through the years and continues to be fascinated by the power of energy medicine to impact our health, happiness, vitality and resilience. In her work and career she has been a catalyst at the intersection of body/mind/spirit—as a psychotherapist specializing in psychospiritual development, a career management consultant working with senior executives in career/life transition, and an energy medicine practitioner. Visit her website at [www.concordenergyhealing.com](http://www.concordenergyhealing.com).

**Janet Mendelsohn** is a freelance writer for the Boston Globe and other publications. She earned a BA in Journalism from Syracuse University and an MFA in Writing from Vermont College of Fine Arts. Janet has taught writing at Bentley University and is the author of *Maine's Museums: Art, Oddities & Artifacts* (Countryman Press). She believes everyone's life is filled with stories, big and small, worthy of sharing with others.

**Laura Moore**, M.Ed., Principal of ClutterClarity LLC provides sustainable relief from the burden of too much in homes, calendars and lives. Her uncommon, integrated approach goes beyond solving logistical challenges to removing clients' unique emotional barriers to getting a project done. Laura custom-designs strategy, stepping into any one of several roles: Professional Organizer, Downsizing Consultant, Move Manager, Clutter Therapist, or Life Coach. In-home sessions, Phone/Skype Coaching, and a Team of 20 vetted experts are available. As "Sherpa and Schlepper," Laura guarantees clients enjoy her process, not just the results. Author of *Paper Clarity: What to Keep, Where and When to Shred*.

# Instructors

**Rebecca Neale** has advocated for clients in the courtroom and the conference room for over a decade. She focuses on family law and estate planning in her legal practice and has a passion for negotiation education. Prior to opening her own firm in Bedford, MA, Rebecca clerked for the highest state courts in New York and California, and worked for the Massachusetts and California Attorney General's Offices. You can find out more at <http://bedfordfamilylawyer.com>

**Open Door Education** was founded in 2011 with the sole purpose of providing smart, compassionate tutoring and test preparation to local students. Running the business from home and tutoring students anywhere and everywhere, Travis Minor and his love of teaching and learning nurtured Open Door in its early days. In 2013, Travis partnered with Matt McNicholas and Erin Webb, co-owners of East Owl Tutoring in Boxborough who are also dedicated, enthusiastic tutors. Together, the trio moved Open Door into its wonderful home at 492 Main Street in Acton. Open Door Education has since helped hundreds of students to navigate the stormy seas of admissions testing and has helped hundreds more to succeed in the classroom and beyond. Committed to cultivating a love of knowledge, Open Door's team of exceptional tutors helps each and every student to become more confident and, ultimately, more successful.

**Chris Petrini** is founding principal of Petrini & Associates, P.C., a municipal law firm in Framingham that represents cities and towns throughout the state. Chris has served as Town Counsel to the Town (now city) of Framingham since 2001. Chris has been selected as a New England Super Lawyer on six occasions (only 5% of practicing lawyers are selected for this honor), and was named as a Top 100 Lawyer in New England by Super Lawyer in 2016 and 2017. Chris has climbed several mountains over 14,000 feet since reaching his 50th birthday several years ago, including several high points along the majestic Annapurna Circuit in Nepal in 2011, Long's Peak in 2012 and 2017, Mount Whitney in 2013 with Backpacker Magazine, Mt. Rainier in 2014, and Mt. Kilimanjaro in Tanzania in 2016.

**Jeannette Pothier** earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman of Modern Gourmet in Newton, Mass. She taught Classic French cooking, including French baking and pastry making. She studied in Aix-en-Provence with Ms. Kamman. Jeannette was the day chef at Café l'Orange in Concord while teaching at Modern Gourmet. She wrote the recipes for The Zone, by Dr. Barry Sears and she teaches healthy eating. Jeannette also taped ten classes called Cooking in the Zone that appeared on Bedford Cable TV. She enjoys sharing her knowledge of cooking, especially in the baking arena, such as breads and pie making.

**Annette Pollack** has been a Concord resident for 22 years. She and her husband have three grown children and one black lab puppy. Every summer, Annette's family embarks on a group vacation with two other families. They have just finished their 27th trip together! She enjoys backyard gardening and all things nature.

**Eliot Prisby** is the owner and head instructor of Metrowest Kung Fu in Maynard. He teaches traditional Chinese martial arts that enrich the lives of his students through self-control, discipline, physical fitness, and relaxation. Learn more at [www.metrowestkungfu.com](http://www.metrowestkungfu.com).

**Therese Quinn** has professional experience sewing and tailoring dresses, uniforms and more.

**Chef Tara Bowman Savino** always wanted to help in the kitchen by mixing different flavors and ingredients as a young girl. This was the interest that sparked her career in culinary arts and baking. For over a decade, Chef Tara has successfully operated a cake and bakery shop, and enjoys making wedding cakes and all sorts of specialties. She trained and worked at La Patisserie, a European bakery in Winchester center, while attending The New England Institute of Arts and Communications. Tara continues to expand her skills through professional development and specialty classes. She is always looking to keep up with the newest trends and techniques. Tara's energy and enthusiasm is what keeps students returning session after session. Children and adults alike continue to return to her classes to learn from her. Tara's friendly and encouraging coaching is respected by her students; she is an open book and shares many tips and tricks that prove her knowledge and expertise.

**Scott's Stone Carving Classes & Art Centers'** mission is to further the artistic education of students by conducting sculpture classes and more... Stone Carving Saturdays, Semester long day and night stone carving classes, Teen school vacation workshops. Private Events and Team Building. Discover stone sculpture.

**Ralph Shanner** is a Concord resident who was a general contractor until his recent retirement. In his free time he enjoys both traveling and photography. His main interest is learning about people from other cultures as well as seeing the different architecture and wildlife in other parts of the world.

**Karen Jo Shapiro** is a licensed psychologist and Board Certified Coach who works with professionals and leaders from non-profit, educational, and corporate settings. She has been on adjunct faculty at the Center for Creative Leadership since 1999, and she regularly facilitates workshops in all kinds of settings on interpersonal skills and self-awareness for professional and personal development, as well as on career management. Some of her topics have been conflict competence, learning to give effective feedback, team building, managing change, self-care, and stress management.

# Instructors / Details & Information

**Susan Stamps** is an experienced Concord divorce and family law attorney with a practice in litigation, mediation, and collaborative law.

**U.S. Coast Guard Auxiliary** boating courses provide instruction to boaters at all levels, from the fundamental to the advanced. Our classes are taught by experienced and knowledgeable instructors committed to the highest standards of the U.S. Coast Guard.

**Michael Vela** is a CCHS Chemistry teacher.

**Va Shon Wallace-Hiltbold** is a UMass Extension 4-H Extension Educator and Northeast regional 4-H Teen Ambassador Liaison. Va Shon offers workshops and trainings across the state. Her areas of focus are leadership, public speaking/visual presentations, babysitting, and workforce preparation. She has been part of the Extension team for 18 years, and has been working with the military families for the past 10 years. She received her Bachelors in Liberal Arts through UMass Amherst. Va Shon believes youth trainings should be educational and enjoyable with a lot of hands-on learning!

**Ingrid Wheeler** is an early childhood educator whose background includes elementary and pre-school teaching. She has been teaching the parent-child programs for over 30 years.

**Pamela Wight** has an MA in Literature and teaches creative writing classes in the Boston and San Francisco Bay areas. She is a published author of two novels (The Right Wrong Man and Twin Desires) and of an illustrated children's book (Birds of Paradise). Pamela posts a popular weekly blog called Roughwighting ([www.roughwighting.net](http://www.roughwighting.net)).

**Daniel Williams, CLU, CHFC, CFP®**, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine.

**Abigail Wolf**, with an education background in herbalism, permaculture, Environmental Design and organic farming, enjoys transforming landscapes into beautiful and productive vegetable gardens. Abigail teaches customers about HomeHarvest's holistic approach to gardening and is involved with school lesson planning and integrating HomeHarvest gardens into school curriculum.

## Details & Information

Classes are filled on a first-come, first-serve basis. Once you enroll, you will receive a confirmation by email. If a class needs to be cancelled due to low enrollment, you will be notified at least 2 business days prior to the start of class.

Payment in full is due at the time of registration. We cannot reserve spaces in classes. A \$25 fee for all checks returned due to insufficient funds will be charged and added to your course tuition, in accordance with MGL Ch 60, Sec 57A.

### Who Can Enroll?

CC ACE programs are open to participants 16 years of age and older unless otherwise specified. Middle school students are permitted to enroll if a parent/guardian also enrolls.

Non-residents (people residing outside of Concord or Carlisle) pay a \$3 non-resident fee per course.

### Course Completion Certificates

Certificates are available upon completion of a course. Please request this from the office at the beginning of the class.

### Parking at CCHS

Park on the right as you approach the building, and enter the first floor doorway (C17) into the Dining Commons. The ACE office will be directly in front of you. From there, you can walk upstairs or use the elevator to attend your class. You may also park above the school and enter the second floor doors to the main lobby.

### Holidays

Classes do not meet on legal holidays, teacher professional days (at the high school), or school vacations unless otherwise specified.

### Disclaimer & Limited Release

Students in Adult & Community Education activities assume responsibility for their own safety and well-being. The Concord/Concord-Carlisle Schools are not responsible for any accident or occurrence resulting from the voluntary participation of students in its extended-day community education activities.

### Non-Endorsement Policy

The opinions, views, and recommendations of Concord-Carlisle teachers represent their own views and not necessarily those of Concord-Carlisle Adult & Community Education. The program does not endorse commercial services or products offered by teachers or cooperating organizations.

### Hugh Cargill Trust

**Concord Residents: Are you having trouble paying a bill? The Hugh Cargill Trust Committee may be able to help with some short-term, emergency needs.**

Over 200 years ago, Hugh Cargill, Concord yeoman, left part of his estate for the benefit of citizens in need. To this day, Concordians, acting on behalf of the Board of Selectmen, review requests by Concord residents for assistance with short-term, emergency, financial needs. Each year, the trust provides dozens of grants to help pay utility, medical, food, housing, insurance, taxes, and other bills. Private donations to the Hugh Cargill Trust are welcomed and provide critical assistance to Concord citizens with short-term, emergency financial need. To request help, please call 978-319-3100 x2030 and leave a message.

# Adult Registration Form

## Contact Information

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

## Course Information

Start Date	Course Name	Fee
	<b>Total</b>	

## Billing Information

Cash \_\_\_\_\_ Check/MO \_\_\_\_\_ Credit Card \_\_\_\_\_

Name on card		Exp Date	
Card #		CVV	

# Kids & Teens Registration Form

## Contact Information

First Name		Last Name	
Birth Date		Grade	
School			
Parent/Guardian			
Address			
City		Zip	
Phone #		Email	
Emergency Contact		Phone #	

## Course Information

Start Date	Course Name	Fee
	<b>Total</b>	

## Billing Information

Cash \_\_\_\_\_ Check/MO \_\_\_\_\_ Credit Card \_\_\_\_\_

Name on card		Exp Date	
Card #		CVV	



**Concord-Carlisle Adult & Community Education**  
500 Walden St  
Concord, MA 01742

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 **Find us on Facebook**

**[www.concordcarlisleace.org](http://www.concordcarlisleace.org)**

**978-318-1432**

### **True Islam: Understanding Our Community**

Join a community discussion on True Islam:  
what it is, and how to counter ignorance about  
the world's second largest religion.  
Led by local Muslims (not the extremists).

**Presented in partnership with the  
Ahmadiyya Muslim Community,  
First Parish in Concord, and the  
Concord-Carlisle Human Rights Council**

**Wednesday, March 7th, 8 am**



### **Conversations in a Civil Society: Agreeing to Disagree**

#### **The search for common ground**

Join us for a panel discussion by  
**Moderator:**

**Chris Gauthier, Social Studies teacher at CCHS**

**Panelists:**

**Ona Ferguson from Consensus Building Institute**

**Dr. Robert Munro from Middlesex School**

**Rose Pavlov from Ivy Child**

**Tuesday, April 3rd at 7 pm**

**Tickets for both events will be available online or by phone**