

sanfordlearns.org

Spring 2022



**General Pottery**  
(Hand Building & Wheel Throwing)  
*See page 11*



# Welcome Spring!

Welcome to SCAE!

As we welcome spring after a long, cold winter I look forward to seeing all the trees bud, the flowers blossom, and the bright blue sky once again. We would be honored to help you to begin, continue, or complete your high school education. Whether you are looking to complete your high school diploma or take the HiSET (high school equivalency test) Sanford Community Adult Education can help you reach your goal. High school diploma classes, as well as the HiSET test, are free to all Maine residents. Feel free to contact us, we would love to talk with you!

As you peruse our Spring brochure my hope is that you find something that piques your interest, that inspires you to try something new, or to celebrate the springtime by taking a course. Our goal is to continue to provide you with high-quality, interesting, relevant, and affordable enrichment courses. In addition, if you have an idea for a class or if you would like to teach a class, please reach out to us right away. When community members come out to share their talents Adult Education thrives.

Whether you are looking to complete your high school diploma, transition to a career or college, learn a new hobby, or simply figure out what your next step might be, feel free to contact us. We have a new College & Career Advisor who can help support you as you navigate your journey.

My promise to you, as your director, is to ensure every learner has access to a respectful, relevant, and safe learning environment.

Thank you for the privilege of your time,  
Jayne Perkins, Sanford Community Adult Education Director



Jayne Perkins, Director of SCAE

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# Academics & Advising

## Academics

### High School Diploma

Do you have 20 or more credits from high school, come to SCAE and complete the rest of your requirements with us.

### HiSET (High School Equivalency Test)

If you need more than 4-5 credits and you're looking to get your credential in a more time-efficient manner, maybe HiSET is the path for you. Five tests: Reading, Writing, Science, Social Studies & Math

### ELL (English Language Acquisition)

If English is not your native language, would you like to improve speaking, reading and writing English? Then, come check this out!

### College & Career Preparation

Has it been some time since you were in a classroom and you want to brush up on Math, English or Computer skills before you take a class, certificate or college course? Come and see us!

### SCAE offers four academic terms per year.

It is always a good time to contact us!

Phone: 207-490-5145

Text: 312-767-7223

Email: AdultEd@sanford.org



Lisa Blanchette, Operations Manager



Elizabeth Daly, College & Career Advisor

## Advising

### Do you have a plan?

Elizabeth Daly, our College & Career Advisor, can help you with:

- Career planning
- Resume writing and Interview skills
- Goal setting

Call or email and set up an online or in-person appointment - days or evenings:  
edaly@sanford.org 207-490-5145

### SCAE can help with:

- High School Diploma
- High School Equivalency Test (formerly GED)
- Computer Basics
- English Language Learners classes
- Accuplacer Prep and Testing
- College Level Examination Program (CLEP)
- Exam Proctoring

### After you complete your High School Diploma:

- College transition classes - prep classes to help with college
- Academy of Medical Professionals - healthcare certifications > online and in-person
- UGotClass - online training for certifications (web & graphic design, non-profit admin, etc.)
- Center for Legal Studies - online training for certifications (paralegal, personal injury etc., etc.)



# Career Boosters

## Solopreneur

**Jill Braceland**

Thinking about starting your own business? We'll explore these foundational topics: Who are you? What are you offering? Who are your customers... and competition? What are the cost estimates? How will you promote? Leave with resources and an action plan to get started!

**Wednesday, 4/13; 6:30-8:30 pm; ALC; \$28**



## I Now Pronounce You... How to Perform Weddings

**Lisa Blanchette**

If you are a Notary in the State of Maine, did you know you can perform weddings too? Maybe that seems a little intimidating and you're looking for some guidance. Lisa has been performing weddings as a Maine Notary for 16 years and is happy to share the tips and tricks she has learned along the way. Great informational night!

## Welding (5-week session) Mig, Tig, or Stick

Instruction in Mig (metal inert gases), Stick (electric), or Tig (heliarc). Proper techniques and safety are stressed. This course may be considered a preparation for the Certified Welding Course (future course date TBD). Limited spots for each type of welding. Please bring your own helmet.

**Wednesday, 3/9-4/6; 6:00-9:00 pm; SRTC; \$123**

**Thursday, 3/3-3/31; 6:00-9:00 pm; SRTC; \$123**

**Wednesday, 4/27-5/25; 6:00-9:00 pm; SRTC; \$123**

**Thursday, 4/28-5/26; 6:00-9:00 pm; SRTC; \$123**



## CPR Heartsaver & First Aid

**Thomas Miskell, Jr.**

Acquire the critical skills needed to respond to and manage first aid, choking, or sudden cardiac arrest until emergency medical services arrive. Learn to treat bleeding, sprains, broken bones, and other first aid emergencies. CPR and AED for Adult, Child, and infant. Certification is good for 2 years and meets most requirements for advisors, camp counselors and basic care providers. Course fee includes CPR card.

**Saturday, 5/7; 9 am-3 pm; ALC; \$70**



## CPR & Basic Life Support Advanced

**Thomas Miskell, Jr.**

CPR and BLS (Basic Life Support) This is an advanced course for people in public service as a paid or volunteer first responder. Enhance your basic CPR and AED skills learning how to better manage breathing, airways, and drug overdoses. Course meets requirements for first responders, lifeguards and others who may need or want more advanced medical training. Course fee includes book and CPR card.

**Saturday, 5/21; 9 am-3 pm; ALC; \$135**



## Substitute Teacher Training

**Sandra Thompson**

Learn to be a successful substitute! Discover the basic responsibilities, such as process, duties, school and classroom orientation, interpreting and implementing plans, health and safety information, professionalism, and legal and ethical considerations. Explore working in the educational community, including behavioral and classroom management tips, and age-appropriate teaching strategies.

**Tuesday, 4/26; 5:30-8:30 pm; ALC; \$60**

# Legal Training

**with Center for Legal Studies**

## Legal Secretary Certificate

Topics include: terminology and process; jurisdiction and venue; ethics; written communications (letters, pleadings, discovery, notices and motions; filing procedures); billing and accounting; time and records management; an overview of commonly used word and data processing programs; legal research; memoranda preparation and citation format.

**3/7-4/22 or 5/2-6/17; Online;**

**Course: \$995; Books: \$109**



## Victim Advocacy Certificate

Advocate for domestic violence shelters, crisis centers and hotlines, and assist crime victims in the criminal justice system. Learn legal terminology and process, victims' rights, jurisdiction and venue, ethics, effects on the victim, advocacy skills, guardianships and crisis intervention.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995; Books: \$60**

## eDiscovery for Paralegals

Broaden your knowledge of the eDiscovery process. Course covers preparation to collection and review of Electronically Stored Information (ESI). Explore basics of eDiscovery prep, best practices for ESI collection, and the review process.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995; Books: \$149**

## Paralegal Certificate

Paralegalism is one of the fastest growing careers in the country with excellent salaries. Learn to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation.

**3/7-4/22 or 5/2-6/17; Online; Course: \$1,595; Books: \$521**

## Employment Law Certificate

Employment law is a branch of contract law that deals with relationships between employers and employees. Explore statutes such as the National Labor Relations Act, the Railway Labor Act, and others dealing with public employees. Topics covered: master and servant, wages and hours, anti-discrimination in employment, minimum wages and maximum hours, as well as regulation of working conditions.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995; Books: \$245**

## Software Essentials for the Law Office

Improving skills and knowledge of commonly used technology and programs in a law office. Topics include: operating systems and peripheral devices; software for time tracking and billing, database, case management and docket control, litigation support; electronic discovery, and trial presentation and graphics. Hands on exercises.

**3/7-4/22 or 5/2-6/17; Online; \$995**

## Legal Investigation Certificate

Assist attorneys, paralegals, insurance companies and private businesses with civil and criminal investigation. Explore: investigation of arson and product liability, personal injury and traffic accident forensics, employment accidents, financial and equity matters, professional malpractice and negligence, skip-tracing, and preparing for civil and criminal litigation.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995; Books: \$85**

## Alternative Dispute Resolution (Mediation) Certificate

Become a mediator. Learn both traditional and non-traditional dispute resolution options. Focus on "interest-based bargaining." Take the mystery out of settlement processes, focus on reaching reasonable solutions for government, business and personal disputes, and divorce settlement mediation.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995; Books: \$105**

## Advanced Legal Research and Writing

Learn advanced and specialized approaches to utilize the legal resources available in a law library and elsewhere. Formulate WESTLAW search queries and effectively and efficiently use these time-saving devices in legal research and legal writing. Prerequisite: Core Paralegal Certificate Course or have one year paralegal experience prior to enrolling in this course.

**3/7-4/22 or 5/2-6/17 or 6/27-8/12; Online; \$995 plus books**

## Intellectual Property Law for Engineers

Discover patent applications, research and prosecution; the law of infringement, and computer applications of software (protected by copyright) and hardware (by patents). Topics cover patent law, copyright, trademark, trade dress, trade secrets and business methods.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995 plus books**

## Legal Nurse Consultant Training Course

Building on your medical education, gain skills necessary to advise law firms, health care providers, insurance companies and governmental agencies regarding medically related issues. Appear in court as an expert witness. Explore legal health care concepts and the role a legal nurse consultant might play in litigation areas such as medical malpractice, toxic torts, product liability, personal injury, wrongful death, criminal law, and workers' compensation.

**3/7-4/22 or 5/2-6/17; Online; \$1195**

## Personal Injury for Paralegals

Learn legal terms, causes of action, and remedies available to victims of personal injury accidents. Review negligence theory upon which many personal injury claims are based. Discuss interviewing, investigating and other case building techniques.

**3/7-4/22 or 5/2-6/17; Online; Course: \$995; Books: \$240**



# Medical Training



SCAE is pleased to have a long-term partnership with the Academy of Medical Professions. AMP offers a wide variety of training courses for aspiring medical professionals. Some classes are offered live or via Zoom while many are offered independently online on your own schedule.

If you'd like to explore any of the medical professions listed here, let us know! Give us a call (207-490-5145) or email us at [AdultEd@sanford.org](mailto:AdultEd@sanford.org) requesting AMP info and we'll be happy to connect you!



**Clinical Medical Asst (CMA)**  
3/1-6/16; \$3200  
6/21-10/6; \$3200

**Medical Coding -CPC Cert.**  
3/17-7/28; \$3750  
10/13-2/23; \$3750

**Medical Transcription Cert.**  
Online Anytime; \$2600

**Dental Assistant**  
2/28-5/2; \$2900  
6/20-8/22; \$2900

**Medical Office Specialist (CMAA)**  
3/2-6/15; \$3200  
5/21-10/5; \$3200

**Pharmacy Tech with PTCB National Certification**  
Online Anytime; \$2050

**Phlebotomy with CPT Cert.**  
3/1-5/5; 6/21-8/23; \$2500

**ACADEMY**  
of MEDICAL PROFESSIONS

# Online Certifications

## Business Certificates

with LERN's U Got Class

### Basic Game Design

Games serve many business purposes beyond entertainment. Here's a general introduction to the design and development of video and analog games, particularly the use of games outside of consumer entertainment. Discover resources for developing and identify mechanics and verbs used. Flesh out a game idea for a successful game design experience and learn how to work with developers. Master the basics of video game design, learn about video game genres, and use a game development application to begin your journey. Two classes each \$245 or bundle for certificate for \$395.  
**CERTIFICATE: 3/7-5/27; Online; \$395**

**Intro to Game Design; 4/4-4/29; Online; \$245**

**Intermediate Game Design 3/7-4/1 or 5/2-5/27; Online; \$245**

### Business Writing

Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Enhance your career by improving this critical communication skill. Three classes priced individually or bundled for certificate for \$495.  
**CERTIFICATE: 4/4-7/1; Online; \$495**

**Business Writing: 4/4-4/29 or 6/6-7/1; Online; \$195**

**Effective Copywriting: 3/7-4/1 or 5/2-5/27; Online; \$195**

**Writing News & Press Releases: 4/4-4/29 or 6/6-7/1; Online; \$195**

### Customer Service

With the increase of technology, human interaction with customers becomes more important. Improve your customer service skills to improve productivity and increase your organizations's success. Learn some extraordinary customer service techniques you won't find anywhere else. Two classes which may be taken individually or bundled as a certificate for \$245.

**CERTIFICATE: 4/4-5/27; Online; \$245**

**Extraordinary Customer Service: 3/7-4/1 or 5/2-5/27; Online; \$145**

**Keys to Customer Service: 4/4-4/29; 6/6-7/1; Online; \$145**

### Workplace Communication

Good workplace communication is critical to career advancement and business success. Explore a workable conflict management model with successful, practical strategies. Improve negotiation skills for a win-win outcome, including helping others to get what they want, so you get what you want. Explore personality profiles for better performance. Three classes priced individually or bundled for certificate for \$595.

**CERTIFICATE: 4/4-7/1; Online; \$595**

**Conflict Management: 4/4-4/29; Online; \$245**

**Negotiation Get What You Want: 3/7-4/1 or 5/2-5/27; Online; 195**

**Using Personality Profiles; 4/4-4/29 or 6/6-7/1; Online; \$245**

## Business Topic Certificates

with LERN's U Got Class

### Accounting and Finance for Non-Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. Discover the financial concepts and accounting processes used in most businesses. Learn practical techniques to increase your effectiveness and career. Analyze resource allocation and evaluate financial performance. Maximize cash flow; learn the importance of your role in cash flow success. Master financial information that drives your organization, assessing and analyzing business reports. Make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**

**Acct & Finance for Non-Financial Mgrs: 4/4-4/29; \$195**

**Cash is King: 3/7-4/1 or 5/2-5/27; \$195**

**Financial Analysis & Planning: 4/4-4/29 or 6/6-7/1; \$195**

### Bookkeeping

Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, you'll get the knowledge needed to measure and manage the financial health of your business with cash basis accounting. No one will care more about the financial health of your business than you! Understand the process and complete the accounting cycle accurately, in a timely fashion. Even if you plan to outsource your bookkeeping, you should still understand the process. No one should be clueless when it comes to the finances of their business. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**

**Und. Debits & Credits: 4/4-4/29; \$195**

**Gen. Ledger/Month End: 3/7-4/1 or 5/2-5/27; \$195**

**Closing Procedures: 4/4-4/29 or 6/6-7/1; \$195**

**Closing Procedures: 4/4-4/29 or 6/6-7/1; \$195**

### Entrepreneurship

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Create a business plan, including assessing business feasibility and prepare management and financial plans. Follow a step by step approach to attract and keep



customers, with an emphasis on customer-driven marketing decisions and building a strong brand. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**

**Entrepreneur Boot Camp: 4/4-4/29; \$195**

**The Business Plan: 3/7-4/1 or 5/2-5/27; \$195**

**Entrepreneurial Mktg: 4/4-4/29 or 6/6-7/1; \$195**

## Marketing Certificates

with LERN's U Got Class

### Social Media for Business

From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Develop a two-way communication and marketing strategy for your organization. Find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing. Come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**

**Intro to Social Media 4/4-4/29; \$195**

**Mktg Using Social Media; 3/7-4/1 or 5/2-5/27; \$195**

**Integrating Social Media; 4/4-4/29; 6/6-7/1; \$195**

### Digital Marketing

Come get a fundamental yet advanced introduction to eMarketing, (improving email promotions, analyzing web traffic, search engine optimization, and successful online advertising. Relevant for businesses, non-profits, and government agencies. No eMarketing experience or expertise is necessary. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**

**Imp Email Promos: 4/4-4/29 or 6/6-7/1; \$195**

**Boost Website Traffic: 3/7-4/1 or 5/2-5/27; \$195**

**Online Advertising: 4/4-4/29; 6/6-7/1; \$195**

### Mastering Video Marketing

Video marketing is the latest hot new marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart. Video with good SEO has a 53% higher chance of showing up on page one of Google searches. When done correctly, video can tell a story and stories connect people. Video also leads to an emotional 'trigger' that plain text cannot do. Two classes each \$195 or bundled for certificate for \$395.

**CERTIFICATE: 4/4-5/27; Online; \$395**

**Video Marketing: 4/4-4/29 or 6/6-7/1; \$195**

**YouTube for Business: 3/7-4/1 or 5/2-5/27; \$195**

## About U Got Class...

SCAE has partnered with U Got Class for many years. We have personally taken their courses and certificate programs, and have found all we've taken to be exceptional in content, instruction and value for the dollar. There will be a different assignment each week - and you tackle it in your time, in your space. Check in with instructors and students through bulletin board posts and assess your learning with a weekly quiz. If you have questions, don't hesitate to give us a call at 207-490-5145 - we'll be happy to help!



# Management Certificates

## Non-Profit Administration

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus, and staff need to be even more productive. Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits, with our Certificate in NonProfit Administration. Come away with the latest information from instructors who train people in nonprofits. Two classes which may be taken individually or bundled as a certificate for \$595.

**CERTIFICATE: 4/4-7/1; \$595**  
**Revenue Generation: 4/4-5/27 or 6/6-7/29; \$495**  
**Program Evaluation: 4/4-4/29 or 6/6-7/1; \$245**

## Project Management

In today's business environment, there is a need for good project management, providing visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancelation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; \$495**  
**Intro to Proj. Mgmt.: 4/4-4/29 or 6/6-7/1; \$195**  
**Proj. Mgmt. Proc.: 3/7-4/1 or 5/2-5/27; \$195**  
**Proj. Mgmt. Knowledge Areas: 4/4-4/29 or 6/6-7/1; \$195**

## with LERN's U Got Class

## Managing Remote Workers

Discover the keys to communicating with and managing remote workers; one of the fastest growing sectors of the workforce. Working from home is here to stay. Tap into the experience of a CEO who has been managing remote workers for 22 years. He has pioneered the fundamental processes and procedures and consulted with organizations around North America on managing remote workers. Two classes \$245 each or bundle for certificate for \$395.

**CERTIFICATE: 4/4-5/27; \$395**  
**Remote Work & Communicating: 4/4-4/29; \$245**  
**Managing Remote Workers: 3/7-4/1 or 5/2-5/27; \$245**

# Technology Certificates

## Graphic Design Software Essentials

Adobe is the leading software for graphic design. Illustrator is the industry standard for designing logos, flyers, posters and more for print or web. InDesign allows creation of simple to complex multi-page documents (brochures, flyers, magazines). Use Photoshop to effectively edit, retouch and enhance existing images or create your own composite digital artwork. Access to the Adobe software tools required. Three classes which may be taken individually or bundled as a certificate for \$545

**CERTIFICATE: 4/4-7/1; Online; \$545**  
**Illustrator Essentials: 4/4-4/29 or 6/6-7/1; \$225**  
**InDesign Essentials: 4/4-4/29; or 6/6-7/1; \$225**  
**Photoshop Essentials: 3/7-4/1 or 5/2-5/27; \$225**

## Web Design

A website's design is the top criteria for determining credibility. Produce effective web design in today's market of highly saturated digital competition. Discover the basics of HTML and CSS. (No prior knowledge required.) Plan and design effective web pages. Create dynamic websites/applications. Create a hosted web application that is accessible and Search Engine Optimized. Three classes each \$245 or bundle for certificate for \$595.

**CERTIFICATE: 4/4-7/1; Online; \$595**  
**Intro to Web Design: 4/4-4/29; Online; \$245**  
**Intermed. Web Design: 3/7-4/1 or 5/2-5/27; \$245**  
**Adv. Web Design: 4/4-4/29 or 6/6-7/1; \$245**

## with LERN's U Got Class

## Coding

One of the most in-demand skills in the workplace today, coding has become a core skill that bolsters one's chances of becoming valuable to organizations. The highest demand is for programming languages with broad applicability. Learn the basics with various programming languages; HTML and CSS. Explore these two industry-standard web page coding languages and the step by step process of hand coding and building web pages. Discover advanced features of CSS. 3 classes which may be taken individually or bundled as a certificate for \$595.

**CERTIFICATE: 4/4-7/1; Online; \$595**  
**Intro to Coding: 4/4-4/29; 6/6-7/1; \$195**  
**HTML Fundamentals: 3/7-4/1 or 5/2-5/27; \$245**  
**CSS Fundamentals: 4/4-4/29 or 6/6-7/1; \$245**

# Data Science Certificates

## Data Analysis

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Add a whole new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills. Analyze data in a business setting. Observe how your business decisions involve comparing groups for differences. Perform useful inquiries and communicate these results through graphs and text that your fellow employees will understand. 3 classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**  
**Introduction to Data Analysis: 4/4-4/29; Online; \$195**  
**Intermediate Data Analysis: 3/7-4/1 or 5/2-5/27; Online; \$195**  
**Advanced Data Analysis: 4/4-4/29 or 6/6-7/1; Online; \$195**

## Mastering Excel

Microsoft Excel is the most used spreadsheet tool in the world for creating, editing and managing spreadsheet data. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Learn how to organize, display and calculate your data usefully. Learn a variety of Excel's most powerful features to analyze data quickly and easily. Attractively visualize your data into meaningful information with confidence. Completely online. Three classes each \$195 or bundle for certificate for \$495.

**CERTIFICATE: 4/4-7/1; Online; \$495**  
**Mastering Microsoft Excel: 4/4-4/29; Online; \$195**  
**Intermediate Excel: 3/7-4/1 or 5/2-5/27; Online; \$195**  
**Advanced Excel: 4/4-4/29 or 6/6-7/1; Online; \$195**

## with LERN's U Got Class

# Self Care

## Healthy Chocolate with Plants

Do you love chocolate? Come learn about the health benefits of chocolate from it's natural source and how to make a healthy recipe in your very own kitchen. We will talk about natural ingredients and herbs/spices that can make your chocolate healthy and delicious.



## Skin Care and Herbs

There are so many herbs that heal the skin. We will learn about herbs that moisturize and tone, and techniques to exfoliate the skin.

**Wednesday, 3/9; 5:00-6:00 pm; ALC; \$25**

## 14 Days to Successfully Stop Smoking

Discover NRT (Neural Training) or "Retrain your Brain" therapy, unlike anything you've previous tried to quit smoking! Help your brain easily "unlearn" old habits and behavior. Get to the root cause of why you smoke and eliminate it by releasing old habits stored in the brain. Quit food cravings, weight gain or use of other "crutches." Course includes eBook (purchased from instructor directly for \$10), coaching and a bonus NRT session you can record for home use!



**Wednesday, 3/9 or Thursday, 6/2; 6:00-8:00; Zoom; \$49 + \$10**

# The Unusual

## Paranormal 101 - Spirit School

**Missy Lathrop**  
Dive into the world of the unexplained and paranormal. See "how it really is" not what you see on TV! Explore the history and culture of the paranormal and see the real tools and techniques that investigators use. Hear some local ghost stories and experiences from Maine paranormal investigators. Bring an open mind and walk away with a new outlook. Find Missy and her husband Richie on Facebook at Paranormal Five.



**Tuesday, 4/5; 6:00-8:00 pm; ALC; \$25**

## Paranormal 101-History of Maine Haunted Locations

**Missy Lathrop**  
Dive into Maine's haunted history with Missy and Richie of Paranormal Five. They will lead a discussion of the back stories of locations all over the state of Maine that have been identified as "haunted". There will be a virtual presentation with history, facts, haunts and photos. They will also be sharing evidence from investigations they have performed.

**Tuesday, 4/26; 6:00-7:30 pm; ALC \$25**

## Intro to Parapsychology

**Walter Selens**  
Six weeks of in-depth study in the vast field of Parapsychology with expert Walter R. Selens. We'll include psychic awareness and what makes a house appear haunted. Then we'll delve into the origins of Religious Spirituality. Sure to keep you on the edge of your seat! Please bring to class: water bottle, notebook, pen, and 3-ring binder.



**Wed., 4/20-5/25; 6:30-8:30 pm; ALC; \$100**

## Stretch and Flow Yoga

**Tabetha Leach**  
Just starting out with yoga? Blend meditation and mindfulness with gentle warm-up stretches and move into a flowing posture sequence. Alignment and breathing cues will be suggested verbally throughout class. Whether you're a newbie or a pro, challenge yourself with variations of each posture presented. Practice at the level you are comfortable with and try new things in a safe and encouraging environment. Bring a mat, blocks, blanket and water bottle.



**Tuesday, 3/22-5/3; 6:00-7:15 pm; CJL Gym; \$100**

## The Mind-Body Weight Loss System

**Carolann Cliche**  
The last weight loss program you will ever need! This complete 30-day system includes a holistic food plan and the hottest new trend in weight loss using modern Neuroscience. Teach your brain to "unlearn" habits to control appetite, eliminate unhealthy eating and junk food cravings and stop emotional stress eating! Course includes eBook (purchased from instructor directly for \$10), coaching and a bonus NRT session you can record for home use!



**Thursday, 3/24; 6:00-8:30 pm; Zoom; \$49 + \$10**

## Stop Weighing In! The No-Diet Weight Loss Program

**Carolann Cliche**  
Weight loss starts in the brain! This 14-day program in Neural Retraining is the hottest new trend for weight loss. Discover new ways to help your brain "unlearn" unwanted habits and their relationship to food. Choose healthy foods, eat smaller portions, cut out junk and stop emotional stress eating. Course includes eBook (purchased from instructor directly for \$10), 14-days of coaching and a bonus NRT session you can record for home use!

**Thursday, 5/5; 6:00-8:00 pm; Zoom; \$49 + \$10**



# Creativity Counts



## Acrylic Painting for Beginners Kyle Durkin

Learn how to use paint and color! We will learn how to mix paints as well as how to build up an image step-by-step. Please bring: acrylic paint-primary red, primary blue, primary yellow, white (200ml tubes), and a variety of paintbrushes. (No class on 4/21)  
**Thursday, 4/7-5/5; 6:00-8:00 pm; ALC; \$60**

## Basic Soap Making (and Marketing your Business) Anita Harris

Explore soap making! You might love it enough to start your own home-grown soap making business! And we can help with that too! We'll be making soap in class and discussing the key points of the craft, including natural butters and oils, coloring tips and scents, infusing herbs, clays and colors. Bring a \$40 materials fee, paid to the instructor and you will have soaps to take home!  
**Tuesday, 3/1-3/29; 6:00-8:00 pm; ALC; \$95**  
**Tuesday, 4/12-5/17; 6:00-8:00 pm; ALC; \$95**



## Core-Wrapped Rag Rug Sue Garvin Colley

Create a beautiful rug-perfect for kitchen, bath, sunroom-wherever you want a spot of color and comfort under your feet! Once you get the hang of this technique, you'll want them everywhere in your house! Bring your sewing

machine (in good working order), a couple of "denim" weight needles for your machine, three hanks of cotton clothesline, the equivalent of about 5 yards of 44" fabric (maybe 4 or 5 different patterns or designs) cut into about 70 strips (2 1/2" wide - perfect project for jelly rolls), some good sharp sewing scissors, thread to coordinate with the darkest fabric, and a seam ripper.  
**Saturday, 3/12; 8:30-12:30; ALC; \$48**

## Crochet - Advanced Techniques Jamie Boucher Simpkins

Come to a class where you can ask your advanced questions and learn some new stitches. We'll cover tunisian, aran and finishing stitches. Bring your projects, yarn and hook, or be ready with questions. No class 4/21.  
**Thursday, 3/31-5/12; 6:30-8:30 pm; ALC; \$60**



## Cricut Machine Basics Kristie Lynn Blanchette

Thinking about purchasing a Cricut or recently purchased one and thinking "What's next?" Come and learn some tips, see a demonstration, and create a small take-home project. (Materials fee \$5 payable to the teacher)  
**Thursday, 4/28; 6:00-8:00 pm; ALC; \$25**



## Cricut: Using Design Space Kristie Lynn Blanchette

So you have a Cricut, now what do you do with it? Join Kristie for this one night session of tips, tricks and delving into "Design Space." A very helpful resource for your Cricut Crafting!  
**Thursday, 5/12; 6:00-8:00 pm; ALC; \$25**



## Pottery Classes at Arts Afire Studio!

### General Pottery (Hand Building & Wheel Throwing) Greg Dow

Come join the fun and energy at Arts Afire! Do you want to learn the basics of Hand Building and Wheel Throwing? This six-session course is for you! Join Greg for instruction that can take you from the beginner level to where you want to be. *We are constantly amazed at the exquisite pieces created in Greg's classes!* There is a materials fee of \$20 due to the instructor the first night of class.  
**Tues. & Weds., 3/15-3/30; 6:00-8:00; ALC; \$79**  
**Tues. & Weds., 4/26-5/11; 6:00-8:00; ALC; \$79**  
**Tues. & Weds., 5/17-6/1; 6:00-8:00; ALC; \$79**



## Drawing Still Life for Beginners Kyle Durkin

Experience the exciting art of looking! When you draw, you learn to see things again for the first time. Line, light and shadow, space, and perspective all come together to create an image. Discover how each of these elements work to produce a great piece of art! Try out some different tools (such as blending sticks and erasers) and mediums (such as pencil and charcoal). Bring 2 graphite pencils a 2B and a 6B and willow charcoal. (Paper will be provided by the instructor.)  
**Monday, 3/7-3/28; 6:00-8:00 pm; ALC; \$68**



## Hammered Silver Jewelry Elizabeth Goody

Come create a pendant or earrings, using a variety of jewelry techniques including hammering. Bring your original ideas and any jewelry tools you may have. \$10 materials fee to be paid to instructor at time of class.  
**Tuesday, 4/26; 6:00-8:00 pm ALC; \$20**

## Knitting Basics Victoria Vaughn

Ideal for beginning or "rusty" knitters. Casting on, ending a project, and repairing mistakes will be covered, as well as mastery of the basic knit and pearl stitches, the foundation of all knitting. All levels of ability are welcome! Bring size 7 knitting needles, 1 light color Supersaver Red heart yarn (7 ounces), 1 small pair of scissors and a tape measure. First session would be slippers or mittens.  
**Monday, 3/14-4/25; 6:00-8:00 pm; ALC \$62**



## Knitting: Intermediate/Advanced Meghan Manship

Focus on color work and variations of the knit/purl stitches. The pattern will focus on how to follow charted instructions. Materials needed (1) set of 4mm/US size 6 double pointed needles, and (2) colors DK weight yarn (1 skein of each color). Let's knit!  
**Wednesday, 3/30-5/11; 6:00-7:00 pm; ALC \$62**

## One-Night Soap Making Sampler Elizabeth Goody



Come make some beautiful soap using a variety of natural soap bases, scents and colors, and a variety of molds. Bring your own molds if you want. Please bring a 2 cup glass container. \$7 materials fee to be paid to the instructor.  
**Thursday, 3/31; 6:00-8:00; ALC; \$20**

## Watercolors for the True Beginner, Part II Judy Gaudet

In this continuation of Watercolor for the True Beginner, students will learn more basic watercolor techniques. The first two classes will feature structured projects. In the last two classes students will paint subjects of their choice with guidance from the instructor. A \$5 material fee payable to the instructor at the first class.  
*About the Instructor: Judy Gaudet has enjoyed painting, especially watercolors, for many years. She has studied art at Mass. College of Art, Rhode Island School of Design, and U.C. San Diego as well as with several private instructors.*  
**Thursday, 4/28-5/19; 6:00-8:00 pm; ALC; \$40**



## Windowsill Herb Garden Elizabeth Goody

Learn about growing your own herbs and how to harvest, store and use. \$5 fee payable to the instructor at time of class. Will cover pots, soil, seeds. Herb plants will be available for purchase if you are interested.  
**Thursday, 4/7; 6:00-8:00 pm; ALC; \$20**



## Wire-wrapped Jewelry Elizabeth Goody

Come to one or all three wire wrap classes and learn a variety of techniques. First class: wire wrapped pendant. Second class: pendant. Third class: Tree of Life. \$5 materials fee per class, payable directly to instructor.  
**Tuesday, 3/22 6:00-8:00 pm; ALC; \$20**  
**Tuesday, 3/29; 6:00-8:00 pm; ALC; \$20**  
**Tuesday, 4/5; 6:00-8:30 pm; ALC; \$20**



# Let's have some fun!



# Make Some Noise

## Instant Piano (for hopelessly busy people) Craig Coffman

Learn enough for years of musical enjoyment in just a few hours. Play piano the way professionals do—using chords. Via ZOOM you will be able to sit at your piano or keyboard at home and enjoy this course with no pressure at all. Course includes an online book and online follow-up video lessons, so you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class are also included. Course includes lecture/demonstration and hands-on instruction. Learn how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid “counting” and how to simplify over 12,000 complex chords!

Mon., 3/7 or Mon., 4/25 or Tue., 6/21; 6:30-9:30 pm; Zoom; \$59

## Express Yourself Songwriting Workshop Curt Bessette

Got a song in your heart or in your head? Release your inner Bruce Springsteen or James Taylor! Learn how to write a song and improve your writing and lyrics! Explore the art and craft of songwriting with an experienced songwriter in this fun, non-judgmental environment. You don't have to play an instrument; many folks take these classes to improve their lyric-writing skills!

Wednesday, 4/6-4/27; 6:30-8:30 pm; ALC; \$70



## Instant Guitar (for hopelessly busy people) Craig Coffman

Want to learn the guitar but can't find the time? In just a few hours you'll learn enough about playing the guitar to give you years of musical enjoyment. Learn basic chords and get playing your favorite songs right away.



Via ZOOM, you'll sit at home with your guitar and enjoy class with no pressure at all. Class includes an online book and follow-up video lessons, so you'll be able to continue your practice and study on your own. An optional periodic online

question and answer session and a recording of the class are also included. Class limited to 15 students. For ages 13+. Discover: how chords work in a song, how to form the three main types of chords, tuning your guitar, basic strumming patterns, how to buy a good guitar, and how to play along with simple tunes.

Tues., 3/8 or Tues., 4/26 or Wed., 6/22; 6:30-9:00 pm; Zoom \$59

## Ukulele Richard Ruel

Gain the confidence to learn and play hundreds of songs with just a few chords and the skills to learn new chords on your own. You will learn how to hold the ukulele, tuning, timing, how to easily go from one chord to the other, several easy strum patterns and more. All course material will be supplied, please bring your uke, tuner, music stand and a three ring binder for the course materials.

Tuesday, 3/22-4/12; 7:00-8:00 pm; ALC; \$100



# Try Something New

## ASL American Sign Language 1 Kandyleigh Provencher

ASL I is fun and designed for beginners and those who took ASL many years ago. Learn basic vocabulary for introduction, colors, food, family and basic directions. Not required, but an ASL dictionary is helpful. New vocabulary and assignment/activities will be handed out each class.

Tuesday, 5/10-6/4;  
6:00-8:00 pm; ALC; \$63

## American Sign Language 2 Kandyleigh Provencher

ASL II is a continuation of ASL I. You will learn more vocabulary in sentence structure for travel, animals, home environment, and school environment to name a few. Not required but an ASL dictionary is helpful. All vocabulary and assignment/activity will be handed out each class.

Tuesday, 3/15-5/26 or 6/21-7/26; 6:00-8:00 pm; ALC; \$63



## Bulk Meal Prepping Margarita Borgal

Learn how to bulk meal prep for crockpot dinners for 4-6 months at a time, without cooking it first! Everyone will go home with one pre-made meal from the evening. Food fee included in course fee.

Monday, 3/28; 6:00-7:00; ALC; \$34



## Creating the Green Household David Ramsay

Make a personal contribution towards greening the environment in your home. Lower energy use and costs by improving insulation and increasing the efficiency of your heating system. Utilize home-food-composting methods and recycling of wastes (such as paper, plastics, glass and others). Explore locally grown food from home or community gardens, community supported agriculture farms, and the values of shopping at farmers' markets. Discover the benefits to insects, birds and mammals, and of adding native plants to improve the local ecology.

Thursday, 3/3-3/10; 6:30-8:30 pm; ALC; \$28



## Quick Intro to Creative Writing Jill Braceland



Start writing that great American novel that rests within each of us. Learn about a writer's notebook, pre-writing process, poetry, and publication issues. Enjoy two sessions of exploring creative writing in a friendly environment.

Monday, 4/25-5/2; 6:30-8:30 pm; ALC \$28

## Spanish 101 Adria Velez

¡Habla Español! Learn the basics of Spanish. We'll explore introductory skills, basic vocabulary, and communication skills.

Tues. & Thurs., 3/22-4/12; 6:00-7:00 pm; ALC \$75



## Taming the "To-Do" List Jill Braceland

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the "To-Do" list, and how we underestimate time. Tips on how to stop procrastination and being overwhelmed will also be discussed.

Monday, 5/9; 6:30-8:30 pm; ALC; \$28

## Writer's Workshop John McDonough

Whether you're a seasoned writer or a novice, this unique workshop is a wonderful place to hone your craft. We'll focus on taking deep dives into one another's work with both an analytical and craft-focused eye. Bring your best poetry, fiction or non-fiction and let's get to work. Taught by published author and English instructor John McDonough!

Tuesday, 3/8-4/12; 6:00-8:00 pm; ALC; \$70



# Computer Topics

## Computers for Grown Ups (55 plus) Sue Lamoreau

As a "senior", are you sometimes overwhelmed by technology?? We can't tackle your remote control or your cellphone, but this class will take a crack at simplifying some computer technology! Discover better and safer methods of navigating your computer, by learning just how it works. We'll focus on basics, using web-based email, exploring the internet safely, saving & organizing your files, and social media.

## Internet & Computer Safety for the Family Thomas Miskell, Jr.

Technology is a now a part of everyone's life; it's critical that we know how to best operate safely in this arena. Learn how to safely guard all family members from being negatively impacted by online criminals. This course is designed for parents or guardians of children of all ages.

Thur., 4/7 or Wed., 5/4; 6:30-8:30; ALC; \$18



## Internet & Computer Safety for Older Adults Thomas Miskell, Jr.

Technology is constantly changing and so are the skills of criminal computer experts. Class geared toward the individual who is not a computer guru! Protect yourself online, with email, and over the phone against those trying to steal your non-public, private information. Learn how to keep people from accessing your financial info.

Wed., 4/6 or Thu., 5/5; 10am-Noon; ALC; \$18



## Flanagan's Driving School



Flanagan's Driving School, your hometown driving school, is excited to be part of the SCAE campus. SCAE provides Flanagan's with high quality customer service, informed registration support, and state-of-the-art classroom space for in-person classes and family orientation.

**Questions?**  
Call 207-324-1533! Or email: [FlanagansDrivingSchool@gmail.com](mailto:FlanagansDrivingSchool@gmail.com)

**Ready to Register?**  
<https://flanagansdrivingschool.jumbula.com/#/home>



# Focus on Family

## Homeschooling: Exploring the Options Kathi Kearney

Are you considering homeschooling your child? Wondering about the legal requirements, how to find the right curriculum, and what daily life in a homeschool is like? Join Kathi to discover the answers and to see if this is the right fit for you and your children. She comes to you with decades of experience working with homeschool families. Resources and readings will be provided and you will have the opportunities to interact with a panel of homeschool families. Class is held via Zoom. **Wednesday, 3/23-5/4; 6:30-7:30 pm; \$60**



## Estate Planning-Prepare for the Uncertainties of Life Revocable & Irrevocable Trusts-Are They Right For You? Kathryn Bedell, Esq.

Overview of basic estate planning, including wills, powers of attorney, health care directives, etc. Then we will delve into learning how revocable trusts avoid probate and protect your privacy, and how irrevocable trusts protect your assets from nursing home or Medicaid liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children. *Kathryn Bedell is a law partner at Ballou & Bedell in York and has been practicing for 30 years. Her practice focuses on estate planning, asset preservation, and probate matters.* **Wednesday, 4/27; 6:30-8:30 pm; ALC; \$18**



## Understanding Cognitive Loss: Basics for Family Caregivers Lori Campbell

Join Lori Campbell from Southern Maine Agency on Aging to talk about cognitive impairment in older adults and its impact on their care partners. Explore some facts and fallacies about dementia and learn some tips and strategies to communicate more effectively with a person with cognitive impairment. **Thursday, 3/10; 4:00-6:00 pm; ALC; \$10**

## My Dying To Do List Jill Braceland

Do you know how much paperwork is involved in organizing your estate? Let's discuss matters involving family, finances, future, and yes, funerals. Having your affairs organized is a tremendous gift to leave your family! Take home a list of resources. This is an informational seminar only. **Wednesday, 3/23; 6:30-8:30 pm; ALC; \$28**



## Understanding your Gifted Child Kathi Kearney

Parenting and educating your gifted child is challenging! Many parents struggle to find support. Understanding the psychological makeup of gifted children and their typical developmental patterns can guide parenting and educational decision-making. Discover common characteristics of gifted children and their asynchronous development; how this affects parenting; how to advocate for your child (both in school and in the community); and what giftedness looks like at different stages of development. Explore cultural differences and the unique aspect of disabilities. Resources and readings will be provided. Interact with a panel of gifted children now, and a group of gifted children - all grown up. Class is held via Zoom! **Thursday, 3/24-5/5; 6:30-7:30 pm; \$60**



## Understanding your Credit Score Leya Villacis (Atlantic Federal Credit Union)

Establish, rebuild or improve your credit! What makes up a score and why is that important? We'll help you to understand the ins and outs of all things credit. **Wednesday 4/27; 6:00-7:00 pm; ALC; FREE**



## The Front Porch Project Amy Michaels, Kids Free to Grow

The Front Porch Project® is a community-based primary prevention initiative, based on the belief that we can-and should-become more aware of how to help protect children and support families in their own community. This is a training for anyone who wants to learn to support families in our community. Trainers will guide you through situations and help you decide on a response that feels right to you! We provide an opportunity for you to share ideas and you'll leave with real-world examples and concrete steps to take when something "just doesn't feel right" with a child in your neighborhood or public place. **Monday, 4/4; 6:00-7:30 pm; ALC; FREE**



## Strengthening Families Amy Michaels, Kids Free to Grow

Help families give their children what they need to thrive. Take advantage of your unique strengths as a parent and ensure you have the skills and supports you need to make sure your child (and your family as a whole) is safe, secure, and happy. Explore five protective factors to help families succeed and thrive, even in the face of risk and challenges. Build on your own family's strengths and offer support to others! **Monday, 4/11; 6:00-7:30 pm; ALC; FREE**

# Registration Info

## Register

- **Online:** [www.SanfordLearns.org](http://www.SanfordLearns.org)
- **Phone:** 207.490.5145
- **Mail:** Complete registration form below and mail to:  
Sanford Community Adult Education  
21 Bradeen Street, Suite 201  
Springvale ME 04083
- **Walk-in**  
Office hours: M-Th, 8 am-9 pm; F, 8 am - 4 pm

## Refunds

- 100% Refund or Credit:** if a course is cancelled.
- 100% Refund less processing fees:** if you withdraw at least five (5) business days before the class.
- No refunds:** if you withdraw within 5 days of class start date.
- For classes that meet multiple times:** 50% refund (or 100% credit) toward a future class, if you withdraw before the second class. No refund or credit after the second class.
- Refunds are issued in the same method as payment.**
- Refunds for online payments will be processed immediately.**
- Refunds for cash or check payments may take up to two weeks.**

## Policies

- Smoking:**  
No smoking on premises
- Confirmation:**  
Provide an email address and you'll receive an email confirmation. Call 207-490-5145 for verbal confirmation.
- Age Policy:**  
Minimum age for participation is age 17, unless otherwise noted in course description or unless permission is granted by the director.
- Storm Cancellations:**  
All classes will be cancelled if day school is out. Cancellations due to late-developing severe weather conditions will be announced on local TV and radio, as well as on the adult education office answering machine.

## Connect with us

- @SanfordCommunityAdult Education
- @sanfordcommunityadulted

## Mail-In Registration Form

Name: \_\_\_\_\_ Date of Birth (programming purposes) \_\_\_\_\_

Address: \_\_\_\_\_

Postal Address City State Zip

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Course	Session/Day/Date	Total Fee(s)
1. _____	_____	\$ _____
1. _____	_____	\$ _____
1. _____	_____	\$ _____
1. _____	_____	\$ _____
<b>Adult Education Scholarship Fund Donation</b>		\$ _____
<b>Total Amount Enclosed</b>		\$ _____

Paying by Credit Card?

Card #: \_\_\_\_\_ Expiration: \_\_\_\_\_ CVV Code: \_\_\_\_\_

Mailing Address (for card, if different from above): \_\_\_\_\_



# Touring Iceland

## Iceland Trips

### Dave Oakes, the Center for Ecological Living and Learning (CELL)

We've partnered with Dave to bring you two opportunities to travel and learn about Iceland. What to know about Iceland?

- It is one of the most eco-friendly countries in the world
- Iceland was the last place on Earth to be settled by humans (Vikings).
- It has a 99% renewable energy supply.
- Many Icelanders believe in elves and trolls - adding to the magic and wonder of this mystical country and culture.
- Swim outdoors in hot springs all year round; something we will experience.
- About 11% of Iceland is covered in glaciers, including the 3rd largest glacier in the world.
- Iceland has over 600 hot springs and volcanoes.

Each trip is limited to 12 participants in order to allow sufficient personal attention from the leaders. Costs DO include all in-country food, lodging, travel, and activity fees. Costs DO NOT include round trip airfare (approximately \$450-\$600 as of 2021 prices). A \$500 deposit is due upon registration to reserve your spot. Final payment will be due in May. Full details and itineraries are available at [www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org). Two informational sessions available: Thursday, 3/3 or Tuesday, 3/8 at 6 pm. Contact SCAE for link!



## Iceland Photography Workshop & Tour (Volcanoes, Glaciers, Ubiquitous Waterfalls, and Spectacular Landscapes)

Join us for a six day photography adventure in the Land of Fire and Ice. This tour is offered for photography enthusiasts who would like to develop their skills with landscape photography. This program is not designed for professional photographers or for those with extensive landscape photography experience. For this trip, you should be in adequate physical condition to hike 3 to 4 miles on moderate terrain carrying a day pack.  
**Friday 6/3-Thursday, 6/9; \$3,500 (plus airfare)**



## Iceland: Land of Fire, Ice, and Sustainability

Join us for a six day adventure exploring Iceland's alluring landscapes, renewable energy and sustainable practices, and learn what you can do to become a part of the solution to the challenges we face. On this trip we'll explore Reykjavik, Iceland's beautiful capital city, and taste some of its delicious cuisine. We'll learn about Iceland's Viking history, and the culture, language and geography that has shaped who Icelanders are today. You'll get to know Hordur and Kristin, an Icelandic farm couple and friends of CELL, and partake of a traditional Icelandic meal. At the completion of the program, you'll develop an action plan for engaging sustainable practices in your own life back home.  
**Thursday, 6/9-Wednesday, 6/15; \$3,300 (plus airfare)**



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## Postal Customer