



HUNTERDON COUNTY
EDUCATIONAL
SERVICES
COMMISSION

ADULT and
CONTINUING
EDUCATION

FALL 2011
Course Catalog



Register now
www.hcesc.com
908-439-4280 x1405

HUNTERDON COUNTY EDUCATIONAL SERVICES COMMISSION

HUNTERDON COUNTY ADULT, CONTINUING & COMMUNITY EDUCATION

The Hunterdon County Educational Services Commission, officially formed by the State Board of Education, began operation on July 1, 1980 to act as the governing body for the Hunterdon County Adult Education Program that has operated since 1969, providing lifelong educational and cultural opportunities to all its citizens. Today, the Hunterdon County Educational Services Commission provides programs and services, including Adult and Community Education, Special and Alternative Education, Child Study Team Services, Professional Development, Technology Services, Cooperative Purchasing and Transportation. As always, the HCESC looks forward to providing quality programs for our customers and appreciates the support we continue to receive.

ADMINISTRATION

Dennis J. Cox, Superintendent,
The Hunterdon County Educational Services Commission
Corinne Steinmetz, Business Administrator/Board Secretary
Andrea Romano, Director of Schools
Heidi Gara, Human Resources Administrator
Bobbi Oliver, Payroll
Doreen Pirozzi, Purchasing Manager
Nancy Szymanski, Internal Transportation Director
Edwin Ashton, Manager of Technology Services

HCESC Board of Education
President: Charles Miller, East Amwell Township
Vice President: William Moebus, Holland Township

GENERAL COUNSEL

Comegno Law Group, P.C.

LEGALCOUNSEL

McManimon & Scotland
Leonard Nuara, Esquire

REGISTRATION INFORMATION

ON LINE: ONLINE REGISTRATION.....EASY, FAST AND AVAILABLE.....HCESC encourages you to register online at <http://www.hcesc.com>

BY MAIL: Complete one of the forms in your brochure; mail form and check, and consider yourself registered. Report to first night of class. Mail checks to:

**Hunterdon County ESC Adult Education
51 Sawmill Rd
Lebanon, NJ 08833**

BY PHONE: You may register by phone (**908-439-4280 x1405**) using VISA or MasterCard.

BY FAX: You may register by FAX (**908-439-2270**) using VISA or MasterCard.

IN PERSON: You may register in person, any weekday from 8:30 a.m.-4:00 p.m., at:

**Hunterdon County ESC
51 Sawmill Rd
Lebanon, NJ 08833**

PLEASE PAY BY CHECK, CREDIT CARD OR EXACT CASH.

IMPORTANT: When registering make sure that BOTH day and evening phone numbers, along with email, are included so that we may reach you concerning any changes in class.

Register early. Avoid disappointment when classes are filled and help us have a sufficient number of students to be able to offer all classes. Registration will be taken, space provided, until noon the day before the class. Class enrollments are limited.

ELIGIBILITY: Anyone is welcome in our program. **NO additional fee for those residing outside Hunterdon County.**

COURSE OFFERINGS: The Director has the privilege of withdrawing a course when the registrations are less than the minimum required.

Suggestions for additional course offerings are always encouraged. Call 908-439-4280 x1405. The curriculums presented are the thoughts and opinions of the instructor and not that of the Hunterdon County ESC.

SPECIAL ACCOMMODATIONS: “It is the policy of Hunterdon County ESC to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (10 days prior to the scheduled event) at (908)439-4280 x1405. Without advance notice it may not be possible to provide the required accommodation.”

CONFIRMATIONS/REMINDER LETTERS: No confirmations will be sent for course registrations.

SMOKING: Smoking on ALL school property is strictly prohibited.

FOOD & DRINK: Is prohibited in all school facilities.

SCHOOL CLOSINGS: Hunterdon County ESC, Adult Education emergency school closings will be announced over radio stations **WKXW (101.5 FM), WCTO-FM 96.1, NBC 10-TV, WFMZ-TV and HCTV.** If the school district your class is located in has closed, your class is automatically cancelled. Do not call the local schools regarding evening school closings. Please check www.hcesc.com for any additional closing information.

IMPORTANT!!! THE ESC ADULT EDUCATION OFFICE IS OPEN WEEKDAYS FROM 8:00 AM TO 4:00 PM. TELEPHONE NUMBER IS 908-439-4280 x1405.

****REFUNDS: REFUNDS WILL BE GRANTED ONLY IF A COURSE IS CANCELLED BY HCESC ADULT EDUCATION.****

CODES AND DIRECTIONS TO SCHOOLS

(ESC) - ESC School, West Amwell Campus

1422 Rte. 179, Lambertville 08530. Located directly across from the West Amwell Twp. School.

(HC) - Hunterdon Central High School

84 Rt. 31, Flemington 08822. One mile north of the Flemington Circle.

(NH) - North Hunterdon High School

1445 State Route 31, Annandale 08801. Located 1/4 mile south of Route 78.

(AAT)- Academy At Tewksbury

51 Sawmill Road, Lebanon 08833

(ESC Adult Ed) – ESC Adult Education Building

215 Rt. 31, Flemington 08822. Located on the left side of the rear corner of Sandhill Rd. and Rt. 31.



School Programs
ESC ACADEMY AT TEWKSBURY
ESC SCHOOL AT WEST AMWELL

***ESC Academy at
Tewksbury***

Now accepting students in Grades 7 - 12

Enrollment- Alternative Program
40 student potential capacity

Enrollment- Special Education Program
Ages

10 years to 21 years

Individualized Programming

Related Services Available

Facility

Structured Learning Experiences in Community
Outdoor Education
Small staff-student ratio

Contact

Andrea Romano, Director

Phone #: 908- 439-3703 • Fax #: 908-439-3701

***ESC School at West
Amwell***

Ages

5 years to 21 years

Individualized Programming

Related Services Available

Facility

16-acre site
Life Skills Apartment
Cafeteria/All Purpose Room
Full Computer Network
Structured Learning Experiences in Community

Contact

Andrea Romano, Director

Phone #: 908-439-3703

Fax #: 908-439-3701

LITERACY & ADULT BASIC EDUCATION PROGRAMS

With one of the highest per capita income levels in the country, Hunterdon County, with a population of 120,500+ people, nonetheless has an estimated 11,000 adult residents with below average reading skills. Some 6,700 residents never completed high school and another 3,600 never went further than the 9th grade. In addition, for more than 7,000 Hunterdon County adult residents, English is their second language.

To assist these county residents and others from surrounding counties, the Educational Services Commission (ESC) provides a comprehensive program of Adult Basic Education that includes GED and ESOL classes. **For information about classes:**

- Call 908-806-2795 or 908-541-5781
- Email fleddy@hcesc.com or mkisch@hcesc.com
- Check <http://www.hcesc.com/abe.htm>

English for Speakers of Other Languages

Open to all permanent-resident adults who were not born in the United States or for whom English is a Second Language. A placement test is required for new students. **Please call 908-806-2795 or 908-541-5781 for information. FREE**

LOCATIONS: call for updated schedules

Flemington/HCESC Adult Literacy Bldg
215 Rt. 31 Hunterdon Community Healthcare Campus
Monday and Thursday, 7-9 PM

Flemington/HCESC Adult Literacy Bldg
215 Rt. 31 Hunterdon Community Healthcare Campus
Wednesday, 7:00 PM – 9:00 PM

Adult Basic Education/GED Preparation Classes

Open to adults and teens that have officially withdrawn from High School. This program is for any person wishing to improve their reading and math skills as well as for persons wishing to obtain a high school equivalency diploma. Registration is ongoing.

Placement Test Required. FREE

LOCATIONS:

ESC School @ West Amwell
1417 Route 179, Lambertville (609) 297-2575, ext 139
Tuesday, Wednesday and Thursday 8:30 AM – 1:30 PM

Somerset County Board of Social Services
73 East High Street, Somerville (908) 203-5092
Monday to Thursday 9:15 AM- 2:15 PM

Flemington/HCESC Adult Literacy Bldg
215 Rt. 31 Hunterdon Community Healthcare Campus
Monday to Friday 8:30 AM – 4:30 PM (908) 806-2795

Somerville Workforce Learning Link
27 Warren Street, Somerville (908) 541-5781
Monday to Friday 8:30 AM – 4:30 PM

Hunterdon County Workforce Learning Link

215 Rt. 31, Hunterdon Community Healthcare Campus, Flemington, NJ

A computer-based learning environment for adults who wish to improve math, reading, writing and computer skills or obtain a GED in order to seek employment, to improve job skills, to obtain a better job or to prepare for post-secondary education/training. Class sessions are Monday through Friday 8:30am-4:00pm. Please call 908/806-2795 for information. FREE.

Somerville Workforce Learning Link

27 Warren Street, Somerville, NJ 08876

A computer-based learning environment for adults who wish to improve math, reading, writing and computer skills or obtain a GED in order to seek employment, to improve job skills, to obtain a better job or to prepare for post-secondary education/training. Class sessions are Monday through Friday 8:30am-4:30pm. Please call 908/541-5781 for information. FREE.

(PLEASE PRINT OR TYPE)

**HUNTERDON COUNTY ESC, ADULT EDUCATION
Course Registration Form**

Name (Mr., Mrs., Ms.) _____

Telephone # (home) _____ (bus.) _____

Street Address _____

City _____

Course # _____ Course Title _____

School _____ Tuition _____

Amount Enclosed \$ _____

Visa/MasterCard # _____ exp. date

_____/____

This form may be duplicated

(PLEASE PRINT OR TYPE)

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_____/____

This form may be duplicated

ARTS AND CRAFTS

POP UP BOOK WORKSHOP for TEENS

AC 1813 1 session Thursday, Nov. 10th 9:30-12:00pm

\$40.00 pp

Want to spend your Teacher's Convention day off using your creativity? HCESC has the class for you!

This workshop provides students the opportunity to create their own Pop Up Book. Students will learn how to make simple pop up pages and then create an accordion hard covered book with their own 3D images and writing.

DANCE

BELLY DANCE FOUNDATIONS

\$72.00pp

DA 1731 6 sessions Tuesday 7:00-8:15 pm, October 11 - November 15

The graceful art of belly dance combines creativity and tradition to celebrate the joy of movement and brings together a powerful community of women.

Join *Instructor Laurie Browne* in exploring an ancient form of dance in a fun and energetic atmosphere! An 8-week course focusing on the basic moves and concepts, you'll get a fun taste of what belly dance is all about. No experience necessary!

FINANCIAL PLANNING

RETIREMENT PLANNING TODAY

\$49.00 for single or couple

FP 627 2 Sessions October 5th and October 12th

NH: 150

FP 628 Tuesday, September 27 and October 4

HC: 142

David Nader, CFP, CFS & Rosario Greco, CFP, CPA

Learn how to avoid the 10 biggest retirement planning mistakes! Whether your objective is to build a nest egg, protect your assets, or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence. In this course you'll learn how to: create a plan to retire early, manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan, and adjust your estate plan to function properly under the new laws. This course includes a 235-page illustrated textbook. Class sizes are limited so register today! \$25 material fee payable to the instructor.

LEARN HOW TO BECOME DEBT-FREE
FP 629 One session –Nov. 29th – Mon. 6:30-9:00 p.m.
FP 630 one session- Dec 12th Mon 6:30-9:00pm

\$39.00
HC:
NH:

Carl Lang, Certified Debt Elimination Specialists

If you are among the millions of Americans concerned about the impact of credit cards, car loans, student loans, and mortgage debt on your financial well being, this seminar is a must for you. Eliminate all your consumer debt in 1-3 years and then your mortgage in another 4-5 years. In this practical, time-tested seminar, learn how to get completely out of debt at your current income level. Bring your list of debts and a calculator and develop your own debt elimination plan that can be integrated into your lifestyle. No second job. No major sacrifices. Just True Financial Freedom and Peace of Mind. The instructor will collect a \$59 required text book fee the night of the class.

FINANCIAL PLANNING FOR SPECIAL NEEDS
FP 631 1 Session October 20th, 7:00-9:00pm
FP 632 1 Session October 25th, 7:00-9:00pm

\$10.00 pp
HC: TBD
HC: TBD

A program to help address the unique financial planning concerns of those with disabled loved ones. We cover the importance of special needs planning while maintaining a family's overall financial security and providing for the future financial needs of a child with a disability.

Attendees will learn how to integrate special needs concerns into their broader financial strategy and find appropriate solutions in areas such as insurance, asset management, estate planning and trust administration. Learn how to avoid the significant risk of jeopardizing a disabled individual's financial security through well-intentioned but inappropriate actions.

As life expectancies grow and more seriously disabled individuals outlive their parents, it is becoming more critical for families to plan for the lifelong security of their special needs children.

Goals of Class Completion

- Identify the cost of providing lifetime support for a seriously disabled child, select sources of funding, determine the need for a Special Needs Trust (SNT) and choose appropriate strategies for investing SNT assets on a child's behalf.
- Address estate-planning concerns with coordinated solutions that meet the needs of both the child with a disability and other members of the family.
- Team with professional advisors such as SNT attorneys and disability organization advocates/care managers to deliver coordinated, customized solutions.

HEALTH AND FITNESS

REIKI I

\$80.00

HW 839 One session – Saturday, October 1 Sat. 9:00-1:00 p.m.

ESC Adult Ed.

HW 840 One Session- Saturday November 12th 9:00am-1:00pm

HC:150

Nika Hionis, C.M.T.

Learn Reiki I and experience the flow of universal life force energy life. This program includes an attunement to stimulate the student's energy centers & attune them to the inner healing ability. This enables the student to promote healing in ones self and in others. Demonstrations are given and students have time for hands-on practice in the class. Bring a snack or light lunch.

REIKI II

\$115.00

HW 841 One session –Saturday October 22., 9:00-1:00 p.m.

HC: 150

HW 842 One session –Saturday Dec. 10, 9:00-1:00 p.m.

HC: 150

Nika Hionis, C.M.T.

In the Reiki II training, the student is trained to use second-degree symbols, which provide an increase of power from the Reiki energy for absent healing and mental/emotional healing. Each student will receive a Reiki II certificate, a pendulum & a manual. Prerequisite: Reiki I certification. Call Niki Hionis if you have questions at 908-927-9772. Bring a snack or light lunch.

INTEGRATED ENERGY THERAPY Level 1

\$125.00

HW 843 One session – Sat. October 15th 9:00-1:00 p.m.

ESC Adult Ed Bldg

Niki Hionis, C.M.T.

IET is a modern, powerful, holistic approach to clearing the suppressed emotions and cellular memories that limit your ability to joyfully live your life's dream. Whereas Reiki is a passive energy therapy technique, IET is an active energy therapy technique. At the heart of IET's power are the 9 sets of energy integration points. When activated with the IET energy ray, these points provide powerful clearing of suppressed cellular memories and emotions, including Karmic past life memories. You will receive training in the complete basic IET self treatment and facilitated treatment. As part of the training, you will receive an illustrated basic level IET manual. There is no prerequisite to learn IET. Bring a snack to class.

STOP SMOKING THROUGH HYPNOSIS

\$55.00

HW 836 One session November 15th , 6:30-7:30 p.m.

HC: Rm 142

Barry Wolfson, Director, Hypnosis Counseling Center

Through hypnosis, smoking cessation is easily achieved in a one-hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement tapes and CDs are strongly

recommended and are available for purchase. CDs \$18. For more information about the Hypnosis counseling Center visit their web site at www.hypnosisnj.com.

LOSE WEIGHT THROUGH HYPNOSIS

\$55.00

HW 837 One session --November 15th 7:30-8:30 p.m.

HC: 142

Barry Wolfson, Director, Hypnosis Counseling Center

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Hypnosis is recognized by the American Medical Association for its therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and available for purchase. CDs \$18. For more information about the Hypnosis counseling Center visit their web site at www.hypnosisnj.com.

THE TUNING EFFECT

\$55.00 pp

HW 838 One session --November 15th 8:30-9:15pm

HC: 142

Are you suffering from overeating, smoking, unhappiness, or low self esteem? Life's obstacles and challenges push our minds and bodies out of tune. Bring yourself back with The Tuning Effect, a new way to effectively manage and overcome these challenges by learning to harness the power of your mind.

New Weight Loss Series

\$99.00 pp

HW 835 3 Sessions- Tuesday October 4th, 11th and 18th

HC Room 140

This is a series of 3 classes that includes 3 hypnosis sessions, reinforcement CD, journaling, group support, and weight loss guidelines. The classes are taught by Barry Wolfson.

Barry Wolfson, who possesses a Master's Degree in Counseling and 25 years of proven success in the art of hypnosis, will lead this workshop.

The cost for the three-session series is \$99. The class is limited to 10 people. Registration begins immediately, and participants will be accepted on a first come, first serve basis. Hypnosis is a medically approved method of tapping the normally inaccessible power of the mind and correcting negative behavior

MUSIC

PERSONAL GROWTH

RELIVING YOUR PAST LIVES**PG 1431 One session –Wed. Nov 2 8:00-9:30pm****\$35.00 pp
HC Room 140****Instructor: Marc Sky**

Who were you in your last life? A soldier, a scientist, a nurse, a queen? A past life regression may give you answers to this and other questions relating to the possibility of past lives. Have you lived before? Many people feel that we have lived before in the past as someone else. The roots of many of our present day problems may be traced to a life that may have existed before our time. Using specialized methods of self-hypnosis, some very interesting things are revealed that could help you improve your life. Psychologists sometimes use “Past Life Therapy” in the treatment of their patients. Whether to find your soul mate, learn a lesson from the past, or just for the fun of experiencing an exciting new adventure, now you can find out. We suggest you bring a pillow and a sleeping bag or mat.

REDUCE STRESS WITH HYPNOSIS**PG 1433 One session – Nov. 17th – Thurs. 8:00 – 9:30 pm****\$35.00
NH Room 151****Instructor: Marc Sky**

Are you stressed out? Consider this: Stress, a mental process, can lead to physical problems. Stress can take years off your life and cripple your ability to function. Illness is far more likely to occur following highly stressful events in your life. Many doctors notice when their patients suffer major emotional upsets there was an increase not only in diseases usually known to be susceptible to emotional influence – ulcers, high blood pressure, headaches – but also infectious diseases, backaches and even accidents. Don't let it happen to you! The people who don't get sick from stress are those who know how to deal with it. Using quick and easy hypnotic techniques, discover the effortless way to reduce stress and put yourself back in control. Note: a \$10 class material fee payable to the instructor, for a reinforcement CD.

PSYCHIC READING**PG 1428 One session –October 31st 6:15-7:45 p.m.****\$35.00
HC: 140****Instructor Marc Sky**

Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationships and your future. Renowned psychic Marc Sky will do group readings in this enlightening and entertaining class. He will answer questions about your future and also show you how to be your own psychic and read for others. You will have your palm read and find out all about love, business, relationships and more. You will also receive an 8-page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday this chart will analyze what motivates you in life, the impression you give others, the way you express yourself, best careers, the lessons you must learn, your destiny, best activities for the year, cycles in your life, turning points in your life, the challenges you must meet, and your personal horoscope every day for a year. Also included for the ladies is a Romance Astro-numerology chart revealing your sensual, erotic, romantic, fun-loving self! NOTE: Your numerology chart is prepared in advance. When you sign up for the class please provide your first and last name and your birthday. DO NOT FORGET!

SPIRIT ENCOUNTERS**\$35.00****PG 1429 One session –October 31st 8:00-9:30 p.m.****HC:142****Instructor: Marc Sky**

Do you believe in ghosts? Do you have loved ones that have passed away and wonder if their spirits are still around you? Can they give you messages? Can you communicate with them? Is it possible to see or feel them? In this extraordinary enlightening, entertaining and amazing program you'll find out. Now you have the opportunity to take part in a gathering of the spirits. In recent years psychics have appeared on television shows demonstrating the ability to contact deceased loved ones related to members of the audience. With their astonishing abilities they bring specific messages of love and comfort to the living. Psychic Marc Sky takes you one step beyond even that. He shows you how to do it yourself. Through a guided out-of-body experience you can visit friends, family members (even pets), so you can talk to them, ask them questions, connect and relive happy times with them, and so much more. Truly, the heart goes on, so if you want to connect with loved ones, or you just want to have a séance and see a ghost for the entertaining fun of it, here's the chance of a current lifetime ... To book your amazing adventure into the beyond, reach out and contact us today (by phone - not through the spirits). A \$10.00 class materials fee is due the night of the class for a special guiding cassette.

AMAZING PSYCHIC POWERS**\$35.00****PG 1430 One session –Nov. 2 - Wed. 6:15-7:45 p.m.****HC: Room 140****Instructor: Marc Sky**

Want to know what someone is thinking? Move objects with your mind? Wonder what the future holds? Find out how to develop your psychic powers. We all have these abilities. In this fun, informative and entertaining workshop you will discover how to send and receive thoughts, levitate a person, get answers to questions about your future and much more. "Amazing Psychic Party games" is included FREE with this course. We predict...you'll have an amazing time!

SUPERPOWER MEMORY**\$35.00****PG 1432 One session – Nov. 17th 6:15 - 7:45 p.m.****NH Room 150****Instructor: Marc Sky**

Are you terrible at remembering names? Forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. Don't get left behind! In this no-holds barred workshop you'll learn the secrets of developing a near-photographic memory, with very little effort. You'll discover easy and sure-fire ways to instantly recall names, faces, lists, instructions, numbers, school work, English and foreign vocabularies. Whether you're a student looking to get better grades, a sales person who has to remember your customer's names, employed or not, 15-95 years old, you WILL profit from this course. Workbook is included. Do not forget to sign up for this workshop!

CHILDREN & TEENS**YOUTH BASKETBALL CLINIC****\$60.00 pp**

CT 366 2 sessions, Nov. 10th and 11th (Teacher's convention)

ESC West Amwell -Gym

A 2 day basketball clinic over Teacher's Convention so students ages 8-14 can learn the fundamentals of all aspects of basketball. Students will be engaged in shooting, passing, dribbling, defense and offense strategies while also playing games. Please bring your own basketball. Instructor Barry Wolfson www.foulshotdoc.com