

Lower Cape May Regional School District

www.lcmrschools.com

Adult Continuing Education Program

**NEW CLASSES
CONSTANTLY BEING
ADDED - PLEASE
CHECK OUR WEBSITE
FOR
UPDATES & CHANGES
www.lcmrschools.com**



SPRING 2010 CLASSES

LOWER CAPE MAY REGIONAL SCHOOL DISTRICT

**Superintendent of Schools
Mr. Jack Pfizenmayer**

**Business Administrator/Board Secretary
Mr. Frank Onorato**

**Assistant Superintendent for Support Services
Dr. Ethel Lippman**

**Director of Curriculum and Instruction
Mr. Christopher Kobik**

LOWER CAPE MAY REGIONAL HIGH SCHOOL

**Joseph Castellucci, Principal
Bertram Kern, Assistant Principal
Larry Ziemba, Assistant Principal
Mark Schiffbauer, Athletic Director
Peter Daly, Director of
Special Projects/Student Discipline**

RICHARD M. TEITELMAN JUNIOR HIGH SCHOOL

**Eugene Sole, Principal
Gregory Lasher, Assistant Principal**

SPREAD THE WORD: Our program is totally self-funded, so the more people who register, the more classes will run. Please spread the word to your neighbors and co-workers.

WELCOME

Welcome to Lower Cape May Regional School District's Adult Continuing Education Program. We are pleased to offer our Spring 2010 session of Adult Continuing Education to all local residents. This program is a non-profit, educational service, designed to broaden and enrich the experiences of the community.

CONTENTS

Computers without Crowds	4
Congress Street Band	4
Holistic and Alternative Pet Therapies	4
“Chubby Checkers”	5
RMT Family Fitness Nights	5
Weight Loss with Hypnosis	6
Stop Smoking with Hypnosis	6
Certified Hypnotist Program	6
Knit in a Night	7
Fun Crochet	7
Become a Census Taker	7
Safe Boating Certification	8
Hospice Volunteer Training	8
Introduction to Yoga with Yoga Dance	9
Write Your Own Memoirs	9
Getting paid to Talk, Making Money With Your Voice	10
Retirement Planning - Beyond the Dollars and Cents	11
Beginner Golf Basics	12
Secret Handshake	12
Truth Verification (Lie Detection) Introduction to NLP	13
Blues You Can Use	13
Instructor Biographies	14
Registration Information	16
2009 Calendar	17

COMPUTERS



COMPUTERS WITHOUT CROWDS

Are you ready to move into the computer age but need some training and feel intimidated in a group setting, just can't find a conveniently-scheduled class, or need help with a specific program or project? Contact us to arrange for one-on-one sessions to meet your specific requirements.



Fee: \$20 for initial 2-hour session
\$15 for each subsequent 2-hour session

CONGRESS STREET BAND



This is the official town band of Cape May. Anyone with previous experience playing a brass instrument is welcome and may join at any time. **PARTICIPANTS MUST PROVIDE THEIR OWN INSTRUMENT.** This group will meet in the high school band room.



NAN LaCORTE

Wednesdays

NO FEE

Beginning 1/6/10

7:00-8:30 p.m.

HOLISTIC AND ALTERNATIVE PET THERAPIES

Dr. Mark Newkirk or Margate will discuss alternative therapies for the health of your pets. Topics will include:



Metabolic Nutritional Analysis (MNA): The MNA is a different way of looking at blood tests. It is a way to have the pet tell us what deficiencies or imbalances there are in the body. A specific supplement/nutritional program is then designed "by the pet" to improve health and decrease allergies and chronic disease.



NAET - The Allergy Elimination Therapy: Probably the strangest looking thing we do, this technique uses the principles of muscle testing and acupressure to "reprogram" the immune system to desensitize the body to the allergy. Some amazing pictures will be shown.

DR. MARK NEWKIRK

Fee: \$13

Wednesday

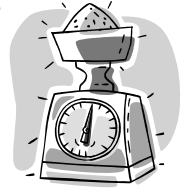
4/21/10

6:30 - 8:30 p.m.

SELF-IMPROVEMENT

“CHUBBY CHECKERS”

With spring just around the corner, most of us are looking for ways to shed those winter pounds - if not a “few” more... Come and join us for fun, motivational and supportive sessions, designed to help you reach your goal in a comfortable, non-threatening or embarrassing way. We’ll get in a little walking, do a private weigh-in, maintain journals, maybe exchange some recipes, and discuss all those things that come into play: pitfalls, nutrition, exercise, personal strategies, etc.



VIOLANDA ADAMS

Fee: \$35

8 Mondays

2/22 - 4/19/10

3:30-5:00 p.m.

**THESE CLASSES WILL BE HELD IN THE RM TEITELMAN SCHOOL.*



RMT FAMILY FITNESS NIGHTS

The RMT Physical Education and Health Department is sponsoring Family Fitness Nights. The fun-filled evenings will include fitness demonstrations from area professionals, student/adult family fun activities, a student/adult volleyball tournament, and healthy snacks. PTA Awards for high homeroom participation. All Teitelman families are invited. Attendance is free and DRESS IS CASUAL... wear sneakers.



LYNDSAY BRUNNER, MARK CONLEY, JOHN WILSEY, SALLY YERK*

2/17, 3/24, 5/5

6:30-8:30 p.m.

Fee: None

**THESE CLASSES WILL BE HELD IN THE RM TEITELMAN SCHOOL.*

SELF-IMPROVEMENT

WEIGHT LOSS WITH HYPNOSIS

In just 1.5 hours you can reduce all of the weight you want with no hunger and no side effects. **Completely safe.** Hypnosis was approved by the American Medical Association in 1958, feels great, and is very relaxing. Students must bring a pillow to class. A large towel or exercise mat is helpful as well.



ROBERT M. FRIED, Certified Hypnotist & Published Author

Fee: \$45

Tuesday

4/27/10

7:00-8:30 p.m.

Required \$25 Student Materials Fee at the beginning of the class, payable directly
to the instructor.

STOP SMOKING WITH HYPNOSIS

In just 1.5 hours you can stop smoking without weight gain, without the pain of withdrawal, without drugs, and **without any side effects.** This is completely safe and feels great. Hypnosis was approved by the American Medical Association in 1958, feels great, and is very relaxing. Students must bring a pillow to class. A large towel or exercise mat is helpful as well.



ROBERT M. FRIED, Certified Hypnotist & Published Author

Fee: \$45

Wednesday

4/28/10

7:00-8:30 p.m.

Required \$25 Student Materials Fee at the beginning of the class, payable directly
to the instructor.

CERTIFIED HYPNOTIST PROGRAM

Learn how to hypnotize consenting adults for weight reduction or to stop smoking. Hypnosis was recognized by the American Medical Association in 1958 and it is mostly a science. This course covers how to hypnotize others, how to formulate suggestions, how to do self-hypnosis, common misconceptions about hypnosis, and how to run your own private practice or work for a wellness center. Students must bring a pillow to each class and a notebook. A large towel or exercise mat is helpful as well.



ROBERT M. FRIED, Certified Hypnotist & Published Author

Fee: \$855

3 Thursdays

4/22 - 5/6/10

7:00-8:30 p.m.

ROBERT M. FRIED is a Certified Hypnotist, published author, expert on hypnosis, instructor/trainer of other hypnotists, National Leadership Award Winner, and sought-after seminar presenter. He has appeared in the Asbury Park Press and The Hypnogram®. He has hypnotized thousands of people since he started his private practice in 2002.

KNIT IN A NIGHT



Learn the basics of knitting, all in one evening. Participants will learn the knit and purl stitches, along with casting on, and casting off, increasing, decreasing and adding new yarn. Each student will receive their own their own skein of alpaca yarn, courtesy of Jersey Shore Alpacas. Please bring one set of size 10.5 or 11 needles. Come learn a new skill, and experience the soft luxury of alpaca fiber at the same time!

TISH CARPINELLI

Fee: \$20

Thursday

3/18/10

6:00 - 9:00 p.m.



FUN CROCHET

Learn the basic stitches, reading of patterns and how to duplicate an item. Beginners will make a project using a potholder pattern and should bring one skein of 4-ply yarn for each color desired and a size G Hook.. Intermediates may bring a pattern of their choice with yarn and hook required for pattern.



RUTH FOLEY

6 Tuesdays

Fee: \$30

1/26 - 3/9/10 (one week skipped in February)

4:00 - 6:00 p.m.

**THIS CLASS WILL BE HELD IN THE ADMINISTRATION BUILDING.*

BECOME A CENSUS TAKER



The U.S. Census Bureau is recruiting temporary, part-time census takers for the 2010 Census. These short-term jobs offer good pay, flexible hours, paid training, and mileage reimbursement for field work. Best of all, census takers work right in their own communities.

Attend this **free** information session or call us for details.

Thursday

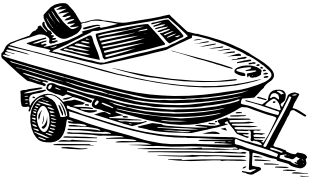
2/4/10

4:00 - 4:30 p.m.

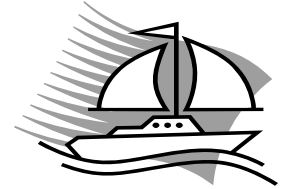
ACTIVE LIVING

BSC AND/OR ABC (BOATING SAFELY) BASIC SAFE BOATING CERTIFICATION

Standard practical course in Basic Seamanship and Safe Boat Handling. Includes seamanship, aids to navigation, charts and compass, rules of the road and safe motor-boat operation.



Students successfully completing the course will be awarded "Basic Small Boat Seamanship Certificate". This certification is mandatory for all people 16 years or older to operate a PWC (Personal WaterCraft) in New Jersey. It is also mandatory for anyone born after January 1, 1979, 16 years or older to operate a vessel 12 feet or longer with a 10hp or larger engine.



U.S.C.G. Auxiliary

Fee: \$50

2 Thursdays

3/18 - 3/25/10

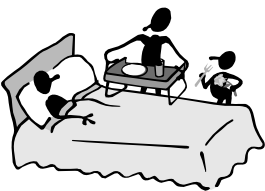
5:00 - 9:00 p.m.

**Includes \$40 for manual*

HOSPICE VOLUNTEER TRAINING

THE DIFFERENCE IS YOU... BECOME A HOSPICE VOLUNTEER!

Learn how to use your individual experiences and personality to create a mutually enriching relationship with our hospice patients. This course will teach and provide you with the necessary information to become a volunteer with Care Alternatives. Topics covered include: the history of hospice and the role hospice plays in today's health care community; active listening; the death and dying process, and Care Alternatives holistic philosophy toward hospice services and volunteering. Training certification is required by all NJ hospice providers and is presented upon satisfactory completion of this training session.



ROB SAWRAN and DENISE MADDEN, Care Alternatives

NO FEE

Wednesday & Thursday

4/21 - 4/22/10

6:00-9:00 p.m.

THIS SESSION IS BEING OFFERED FREE OF CHARGE AS A COMMUNITY SERVICE.

INTRODUCTION TO YOGA WITH YOGA DANCE

A FLOW SERIES

This is a combination class, offering basic yoga one week and yoga dance the next.



The yoga practice is offered as a co-ed beginners level - awareness and experience of Yoga - stretch, breathe and relax. "Feel the sweet breeze of peace of mind." No Yoga experience is required, although all levels are welcome. Yoga exercise is gentle and tones the body, muscles, organs, joints and glands.

Yoga Dance is a series of slow, continuous and graceful movements derived from Yoga postures. The movements, when learned and practiced, increase and transform one's life-force energy into greater inner power.



This introductory dance experience unites Yoga and Dance and nurtures inner strength, freedom, creativity, fluidity of the spine, and natural movement. This dance class explores the free flow form of breath-driven movement and wakes up your inner rhythm.

Wear loose, comfortable clothing to move in and bring a mat or blanket.

KAREN BOSNA

Fee: \$65

6 Thursdays

3/11 - 4/29/10**

6:30-7:30 p.m.

****No class on 4/1 or 4/8**

****THIS CLASS WILL BE HELD IN THE RM TEITELMAN SCHOOL.***

WRITE YOUR OWN MEMOIRS



Every life is a story and every story deserves to be told. By creating a written record of stories that make up your life, you are declaring that your memories are important enough to share. It answers the question, "What difference did I make?" The "Memoirs Workshop" will teach you how to turn your seemingly ordinary life into a creative story. Memoirs should be told in the author's authentic voice - therefore, only basic writing skills are necessary. Participants decide the scope of their memoir and organize memories of relationships and events. When completed, your lovingly written memoir is a special gift to pass on to your loved ones. It is also a tribute that you give to yourself, an acknowledgement that your experiences and opinions are unique and important.

Participants should bring a bound composition-type notebook, a loose-leaf binder, loose-leaf paper, pens and pencils.

EVA FEELEY

Fee: \$65

8 Tuesdays

2/2 - 3/23/10

4:00-5:30 p.m.

SELF-IMPROVEMENT

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE

AN INTRODUCTION TO PROFESSIONAL VOICE OVERS

Have you ever been told that you have a great voice?

Voice Overs have come a long way since the days of announcers!

The Voice Over field continues to grow dramatically and individuals just like you are finding enjoyment and success in this exciting field. Have you ever wondered how people get started recording... audio books, documentaries, training material, commercials, animation, voicemail systems, audio web content, movie trailers, or travel material? We'll discuss all of these areas of our field *and more!*

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!



This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We have created a new web-accessible page with detailed information specifically about our Getting Paid To Talk class. This page-details information about class content, answers to common questions, and general information about the voice acting field. <http://www.voicecoaches.com/gptt>

Space is limited, and registration closes one week prior to class, so register early.

VOICE COACHES

Fee: \$95

Tuesday

3/23/10

6:30-9:00 p.m.

Learning is Lifelong

RETIREMENT PLANNING - BEYOND THE DOLLARS AND CENTS

Every successful life transition is the product of an individual’s ability to support practical strategies and decision making with emotional strength and self-awareness. For many people, retirement is an especially difficult time of transition, as it will affect almost every aspect of daily life: where you live, what you do, how you allocate your financial resources, how you find personal satisfaction and emotional reward, and so on.



A successful retirement takes more than dollars and cents. The first step towards truly enjoying your retirement means answering the question: “*What do I want to do with my life?*” Join Janis White, Certified Retirement Lifestyles Coach for this interactive (non-financial) workshop as we explore the four components of the *Retirement Success Program*, the four components of the *Life Options Program*, and the *5-Step Retirement Lifestyle Makeover Process*.

The whole notion of retirement has been radically changed. Formerly we thought of retirement as the beginning of the end; today we simply think of retirement as a new beginning. The retirement transition is actually the beginning of a new career/life stage called **RENEWAL**.



JANIS WHITE

Fee: \$15

Wednesday

3/10/10

6:00-8:30 p.m.

OR

Wednesday

4/21/10

6:00-8:30 p.m.

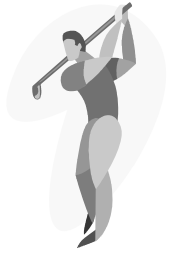


ACTIVE LIVING

BEGINNER GOLF BASICS

(AGE 14 AND UP)

Come have a great time playing golf. A wonderful opportunity to improve or build a sound golf swing with full instruction provided. Five dollars of the fee will go toward a scholarship for an LCMR high school student. Golf clubs available (including left-handed and junior-size), if needed.



JOHN PETRONIS

5 Thursdays

2/25 - 3/25/10

7:00-8:00 p.m.

Age 14-18

Fee: \$45

Age 19 and up

Fee: \$60

GOLF INSTRUCTION FOR JUNIORS

(AGES 6-13)



Young people will learn the key essentials of the game in a fun way: etiquette, some rules of the game and the golf course, instruction, and friendly competition. Everyone wins a prize. There will be golf clubs available (including left-handed and junior-size), if needed. Minimum age 6.

JOHN PETRONIS

5 Thursdays

2/25 - 3/25/10

5:30-6:30 p.m.

Fee: \$30

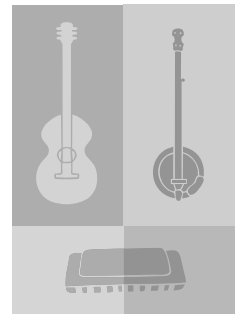
(Please indicate child's age on registration form.)

SECRET HANDSHAKE

(Play traditional guitar, banjo, harmonica)

An intro to playing traditional music genres (blues, country, bluegrass, etc.) that are the gateway sounds or roots of POP music. You will hear this powerful music not just in it's recorded form but also LIVE, allowing you access to the elements that are sometimes known as "THE SECRET HANDSHAKE".

The instructor has performed with such traditional giants as Doc Watson and Buddy Guy! (banjo, guitar, dobro, racked harmonica, voice)



DENNIS A. DONNELLY, NLP

dennisdonnelly.com

Fee: \$45

5 Thursdays

2/25 - 3/25/10

7:00-8:30 p.m.

TRUTH VERIFICATION (LIE DETECTION) INTRODUCTION TO NEURO-LINGUISTIC PROGRAMMING (NLP)



NLP is the science of how the brain codes learning and experience. It is a key to reaching goals and achieving excellence.

You may just want to have more fun watching your favorite TV show or see celebrities or politicians reveal their truth or deception using a newly-trained set of eyes. You may also have a more serious application in mind.

Dennis has taught these skills of calibration to parents and homeland security professionals. He can teach them to you **NOW!**

DENNIS DONNELLY, NLP

Fee: \$45

4 Tuesdays

2/2 - 2/23/10

7:00-8:30 p.m.

OR

4 Tuesdays

3/2 - 3/23/10

7:00-8:30 p.m.

BLUES YOU CAN USE

Come get a rare glimpse of this powerful American music from a man who learned from Bukka White (the same man who taught B. B. King) and has spent 27 years learning, teaching and performing blues.

Each informal class will include live performances, recordings, historical and sociological aspects of the men and women who made the music. Musicians will learn secrets of how to play blues. Listeners will learn where to find rare recordings. Whether you're a casual listener or a rabid blues fanatic, this course is not to be missed.



“Regarded as one of the top traditional blues performers in the Midwest.” - - *South Bend Tribune*

“His blues credentials are first class, his slide guitar work is excellent....” - - *Dirty Linen Magazine*

DENNIS A. DONNELLY, NLP

dennisdonnelly.com

Fee: \$45

7 Wednesdays

2/24 - 4/14/10

7:00-8:30 p.m.

INSTRUCTOR BIOS

Violanda Adams is a teacher with over 25 years experience who is certified in Home Economics with a specialization in wellness and nutrition. She been at RMT School since 1989, where she currently teaches Technology, and has been participating in our program since 2003.

Karen Manette Bosna is a local certified Yoga instructor who is currently and has previously taught at various local Yoga studios, health fitness facilities, seminars, training sessions, etc., since 1998. She joined our program in 2005 and is happy to share her awareness of Yoga.

Letitia (Tish) Carpinelli is the Media Specialist for Lower Cape May Regional High School, raises her own alpacas at Jersey Shore Alpacas, and has been participating in our program since 1997.

Dennis Donnelly was born in Philadelphia and is an accomplished local songwriter/bluesman/recording artist who has opened and played on stage with Blind John Davis, S.P. Leary and Harry Purnell. Dennis was trained by the founders of NLP in 1982 and is now also a local NLP private practitioner with 22 years experience, including an award from NIDA (National Institute on Drug Abuse), receiving his certification from Chicago's Northwestern University. [NLP (Neuro-Linguistic Programming) is a powerful technology for creating healthy interpersonal and intrapersonal relationships (visit nlpinfo.com and dennisdonnelly.com).] He has been participating in our Adult Education program since 2001.

Eva Feeley is a freelance writer from Sea Isle City who enjoys the genres of essay, poetry, short story and memoir, and is new to our program. She is a member of Jersey Cape Writers and has read her work at the Cape May Fine Arts Exhibit and the Great Bay Gallery Exhibit in Somers Point. During the past year, Eva has presented her poetry and memoir workshops throughout Cape May, Atlantic and Cumberland Counties, and recently presented at the First Annual New Jersey Writers Conference in Atlantic City.

Ruth Foley has been the district's bookkeeper since 1997 and has many years experience with needlework projects. She has been participating in our Adult Education program since 2001.

Robert Fried is a Certified Hypnotist and published author of Stress Management for Success in the Workplace - 2nd Edition, ISBN-13: 9781435711266. He has been involved in our program since 2006 and has been a Certified Hypnotist since 2002. He also does Stage Hypnosis. Do not worry -- you will not cluck like a chicken when you attend his popular Weight Loss with Hypnosis and/or Stop Smoking with Hypnosis seminars. He has worked with CEOs, politicians, and law enforcement, and has appeared in the Asbury Park Press. He is also available for private sessions in his Neptune, New Jersey office where he sees clients for Weight Reduction, Stop Smoking, Performance Enhancement -- Increasing Sales, Overcoming Fears, Stress Management and much more by calling him at (732) 677-2110. For more information visit: <http://hypnosisprofessional.blogspot.com>.

INSTRUCTOR BIOS

Nan LaCorte is a certified Music teacher who recently retired after 32 years as instructor for the award winning Band at RMT Junior High School. She has conducted on the local and state level for students as well as adults. Nan continues to direct the Congress Street Brass Band , which she has done since its inception in 1991.

Dr. Mark Newkirk is a local Traditional and Alternative Therapy Veterinarian who is a graduate of the University of Pennsylvania, member of the American Holistic Veterinary Medical Society, author, speaker and practitioner. He has been participating in our Adult Education program since 2000.

Robert Sawran joined our program in 2009 and has over twenty years of experience in the not-for-profit community. He has supported and developed programs centered on recruiting, acknowledgement, and retention of volunteers in volunteer-driven organizations. Also skilled in the training and support of staff and the support of individuals with developmental disabilities, Mr. Sawran presently provides assistance to Care Alternatives volunteers as a Volunteer Coordinator.

We are pleased to have had the instructors of the **United States Coast Guard Auxiliary** as part of our Adult Education Program since 2005.

We welcome **Voice Coaches** to our program. Voice Coaches is a member of the Better Business Bureau, The Voice & Speech Trainers Association, The American Society for Training and Development, and it's local Chambers of Commerce.

Janis White is a certified Retirement Lifestyles Coach who empowers individuals on the threshold of retirement to realize a rich and fulfilling retirement lifestyle beyond the dollars and cents. Coach Janis' systematic approach to retirement lifestyle planning eliminates the guesswork and saves time allowing retirees to welcome a new phase of life - without fear and doubt. Ms. White is a certified School Counselor in our district with over 15 years working for Fortune 500 companies and coaching adults facing lifestyle transitions. Her credentials include a Bachelor of Science in Human Resources Management, a Master of Science in Community Counseling, life coach certification through the Coach Training Alliance (CTA) and retirement lifestyles coach certification through Retirement Options. Janis joined our Adult Education Program in 2006.

Lyndsay Brunner, Mark Conley, John Wilsey and Sally Yerk are all Physical Education teachers at Richard M. Teitelman School.

Learning is Lifelong

REGISTRATION INFORMATION

BY MAIL: Send the enclosed registration form and check or money order to:
 Barbara Dietzman, Lower Cape May Regional School District
 687 Route 9, Cape May, NJ 08204-4697

IN PERSON: Board of Education Office (above address)
 Monday-Friday 8:30 a.m.-3:30 p.m.

MAKE CHECKS PAYABLE TO: LCMR (PLEASE NOTE: Checks are not deposited until the last course paid for in the check has begun.)

LOCATION: All classes will be held at Lower Cape May Regional High School, unless otherwise noted.

Classes showing two fees separated by “/” (such as \$45/\$40) reflect Standard/Senior (age 55 and over) fees. If two fees are not shown, there is no senior discount for that class. Additional fees for materials, text or field trips are handled directly with the instructor.



Early Registration Recommended
NO REFUNDS WITHIN ONE WEEK OF CLASS
NO PHONE OR E-MAIL REGISTRATIONS ACCEPTED

For further information or to confirm registration,
 call Barbara at 884-3475, ext. 223
 or E-mail: dietzmanb@lcmrschools.com

Due to volume, we regret that we cannot confirm registrations except via phone or email.



SMOKING IS NOT PERMITTED ANYWHERE ON SCHOOL PROPERTY

Name(s): _____



Phone:(Home)_____ (Alternate)_____

Address: _____

E-mail Address: _____

(please check your e-mail the day before and the day of your 1st class for any changes)

COURSE	DAY/DATE	TIME	AMOUNT
TOTAL:			

JANUARY					FEBRUARY					MARCH					APRIL					MAY				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
X	X	X	X	X	1	2	3	4	5	1	2	3	4	5				X	X	3	4	5	6	7
4	5	6	7	8	8	9	10	11	X	8	9	10	11	12	X	X	X	X	X	10	11	12	13	14
11	12	13	14	X	X	16	17	18	19	15	16	17	18	19	12	13	14	15	16	17	18	19	20	21
X	19	20	21	22	22	23	24	25	26	22	23	24	25	26	19	20	21	22	23	24	25	26	27	X
25	26	27	28	29						29	30	31			26	27	28	29	30	X				

NO CLASSES WILL BE HELD ON SATURDAYS, DATES MARKED BY AN "X" OR ANY DATE ON WHICH THE SCHOOL IS CLOSED.

SCHOOL CLOSINGS: Lower Cape May Regional School District will not hold Adult Education evening classes on the following dates:

Monday	January 18	MARTIN LUTHER KING DAY
Friday-Monday	February 12-15	PRESIDENTS' WEEKEND
Thursday-Friday	April 1-9	SPRING BREAK
Monday	May 31	MEMORIAL DAY

In the event the school must close due to bad weather or other emergency, a notice will be posted on our home page at lcmrschools.com. Emergency closings are also announced over the following radio and television stations: **WTKU, WWDC, WMID, WCMC, WAYV, WKXW, WBSS**, and PEG TV **Channel 9** and/or **13**.



INSTRUCTORS WANTED



WE ARE ALWAYS LOOKING FOR INTERESTING AND EDUCATIONAL COURSES TO PRESENT TO OUR COMMUNITY. OUTSTANDING INSTRUCTORS, WHO KNOW THEIR SUBJECT THOROUGHLY AND HAVE A TALENT FOR TEACHING ADULTS, ARE WELCOME TO PARTICIPATE IN OUR ADULT CONTINUING EDUCATION PROGRAM. PLEASE E-MAIL dietzmanb@lcmrschools.com or CALL BARBARA AT 884-3475, EXT. 223 FOR MORE INFORMATION.



Learning is Lifelong