

## ***LIFESTYLES & SPECIAL INTEREST***

### **Successful Money Management Seminar**

Planning for a successful retirement can be a long and difficult process unless you know which path to follow. In three highly informative sessions, you will learn the essential strategies needed in today's volatile market along with how to maximize your investment returns, minimize taxes and provide a secure and protected financial future for you and your family. This is not a class on forced budgeting or saving plans and no specific products will be mentioned. You will learn about different types of investments and how each works, so that you can make informed decisions about your future. A material fee of 30.00 is payable to the instructor the first night of class. **This course is taught by Daniel L. Martin, ChFC of Horizon Financial Advisors, and a licensed instructor with over 28 years experience advising individuals on their personal financial planning needs.**

**CRN 3177 FIN M8015**

**Dates: Thursdays, September 10, 17, 24, 2009**

**Time: 6:30 p.m.-8:30 p.m.**

**Fee: \$45.00**

**Instructor: Daniel Martin**

### **2<sup>nd</sup> Session**

**CRN: TBA FIN M8015**

**Dates: Thursdays, January 7, 14, 21, 2009**

**Times: 6:30 pm - 8:30 pm**

**Fee: \$45**

**Instructor: Daniel Martin**

### **Ballroom Dancing**

No experience required. Have social function. Anyone can Polka and Jitterbug steps in limited to 20 couples. You **men wear dress shoes and** **CRN 3138 SPIN M7070**

**Date: Tuesdays, October 6,**

**Time: 7:00 p.m. - 8:00 p.m.**

**Fee: \$ 60.00 per person**

**Instructor: Al Boudreau**



fun and be able to participate at your next learn the Fox-Trot, Waltz, Swing, Cha-Cha, this fun and relaxed course. Class is must pre-register with a partner **.NOTE: women wear high heel dress shoes.**

**2009 - November 10, 2009**

### **Intermediate Ballroom Dancing**

Continue to learn and have fun dancing to new combinations of the swing, cha cha, waltz, and foxtrot. In addition learn the polka, rumba, tango, jitterbug, and the hustle. Beginner ballroom dancing is needed to take this class. Class limited to 20 couples. You must pre-register with a partner. **NOTE: men must wear dress shoes and women wear a high heel dress shoe.**

**CRN 3388 SPIN M7118**

**Date: Tuesdays, November 17, 2009 - December 22, 2009**

**Time: 7:00 p.m. - 8:00 p.m.**

**Fee: \$60 per person**

**Instructor: Al Boudreau**



### Hip Hop Line Dance for Beginners

If you've ever wanted to learn how to line dance, now you can. In this basic class, you will be able to feel confident, while joining in on the fun of a line dance. It is a terrific workout and is filled with high energy and fun for all.

All students 18 years old and over are welcome to attend. In this class we will be instructing you how to perform the latest line dances such as the Cha-Cha slide, the cupid shuffle, and a favorite the electric slide. By performing the steps for you, next as a group, will then allow you to show what you have learned while following the instructor. We will show the basic steps of the electric slide which have evolved into a number of popular line dances and once you learn one it's pretty easy to learn more.



**CRN: 3404 SPIN M7148**

**Dates: Tuesdays, September 15, 2009 - October 6, 2009**

**Time: 6:00 pm-7:00 pm**

**Fees: \$60.00**

**Instructor: Iris Keller**

### Introduction to Acting: The Actor's Technique ( 4 weeks)

This course introduces the student to working with the actor's tools: the body and the voice. Students will learn exercises in movement and vocal training in order to tune their instrument as well as exercise in character study and development, which prepare the actor for a role. Students will also explore sense memory technique and listening skills and the rehearsal process. Topics include exercises in: Contacting Yourself, Contacting your environment, Contacting each other, Emotion in the Theatre, Physical Gesture, Voice Production & articulation, Facial Gestures & Sound, Characterization: The bone Structure, Character Action, Action & Meaning/Hierarchy of Action, Drama: The Play, Rehearsal Discipline

**CRN: 3405 SPIN M7149**

**Date: Monday & Wednesdays, September 28, 2009 - October 21, 2009**

**Time: 6:30 pm - 8:00 pm**

**Fee: \$75.00**

**Instructor: Kathryn Pepe**

### Script Writing/The Short Film (6 weeks)

This course focuses techniques of writing for the short film. Emphasis is on discovering sources for story ideas and methods for script development. Topics include visual storytelling, writing strategies for using image and sound, dialogue and dramatization.

**CRN: 3406 SPIN M7150**

**Date: Monday & Wednesdays, October 26, 2009 - December 7, 2009  
(no class 11-25)**

**Time: 6:30 pm - 8:00 pm**

**Fee: \$100.00**

**Instructor: Kathryn Pepe**





### **Reiki I**

Learn what everyone has been talking about! Harness the energy of all that is (Universal Life Force) to heal yourself and others.

In this full day class you will learn the Traditional history of Reiki. You will be attuned to the Level I energy. You'll learn hand positions for working on yourself and others, including pets. Your day will also include giving and receiving a full Reiki session. A fully detailed manual is included and certificate is awarded at the completion of the day. **Upon registering you will received a student information form to be completed and brought to the first class.**

**CRN: 3389 LFST M5021**

**Date: Saturday, September 19, 2009**

**Time: 9 am to 5 pm**

**Fee: \$150**

**Instructor: Michelle A. McCarthy**

**SPACE IS LIMITED to 6 students!**

**Michelle A. McCarthy, RMT, IET-MI**  
**The Heart to Heart Healing Connection**  
[www.heart2hearthealing.com](http://www.heart2hearthealing.com)  
[theheart2hearts@yahoo.com](mailto:theheart2hearts@yahoo.com)

### **Ghost Science**

Do Ghost Exist? Have you ever wanted to know the science behind paranormal investigation? Let an experienced paranormal researcher tell you about the types of haunting and how they are investigated! From demons to poltergeists, you'll learn the types of spirits commonly encounter and the means by which they are detected.

Have you ever wanted to be able to identify or hunt for ghosts? Seasoned paranormal investigator David Manch will show you the difference between demons and poltergeists, and how to investigate the paranormal for yourself. David will discuss the types of haunting, where they occur, and what causes them. You'll learn how to distinguish fakes from phantoms, and hear some of the astonishing EVP's (voices from beyond the grave) captured during actual paranormal investigations.

**CRN: 3390 SPIN M5021**

**Dates: Monday, October 12, 2009**

**Time: 6:00 p.m.-9:00 p.m.**

**Fee: \$49.00**

**Instructor: David Manch**



## Séance : Connecting with the Other Side

**“ It’s so simple. All I do is close my eyes and I see spirits. When I client gives me their first , I immediately tune into their energy-- past, present and future. “ Medium, Elaine Kuzmeskus**

Welcome to the world of the séance, Elaine Kuzmeskus, a nationally- recognized medium and author of *Séance 101* (Schiffer, 2007) will explore the fascinating world of mediumship. Learn more about the world of spirit and experience mediumship first hand.

During the lecture portion, she will discuss how to recognize the signals that your loved ones are trying to send to you. Learn how to connect with the spirit world yourself. What signs should you be looking for?

In the second part of the event. Elaine will tune into the spirit world and give validation readings . She will deliver personal messages from your loved ones and guides from the other side.

See for yourself how a medium connects with the other world through clairsentience, clairaudience, and clairvoyance.

**Register early as seating is limited to 15, everyone is guaranteed a reading**

### Session 1

**CRN: 3391 SPIN M7106**

**Date: Saturday, September 19**

**Time: 1 pm- 4 pm**

**Fee: \$60**

**Instructor: Elaine Kuzmeskus**

### Session 2

**CRN: 3392 SPIN M7106**

**Date: Saturday, October 24, 2009**

**Time: 1 pm to 4 pm**

**Fee: \$60**

**Instructor: Elaine Kuzmeskus**

***About Elaine Kuzmeskus,*** Spiritualist Medium, M.S., Director of the New England School of Metaphysics and author of *Soul Cycles* (Author House) *Connecticut Ghosts* (Schiffer Publishers) and *Séance 101* (Schiffer Publishers). Born with the gift of

clairvoyance, she made contact with her Hindu guide at age four:

Ever since I was in my crib, I had been fascinated by spirits. When I was about four,

a Hindu gentleman only I could see started giving me instructions from the other side. “Cross your fingers and place them over the middle of your forehead. Now concentrate and push the energy out.” Soon I was

able to visualize people and see them in their future state. During her thirty years as a medium, she has

conducted many well-publicized seances including the 1997 Official Houdini Séance at the Goodspeed Opera House in Haddam, CT. Elaine Kuzmeskus holds an M.S. in Counseling and has taught psychology and parapsychology to thousands of college students throughout New England and New York. She is also a professional astrologer recognized by the American Federation of Astrologers and the author of *Soul Cycles*, a text which combines keen psychological insight with the ancient science of astrology . In 2005, she

completed another book, *Connecticut Ghosts*, which is based on mediumship,

psychic photography, and local legends. Her most recent book, *Séance 101:*

*physical Mediumship: Table Tipping, Psychic Photography and Trumpet Seances* explores the reality of physical contact with the other side. According to Professor Kuzmeskus “Psychic photography, electronic voice phenomena, spirit art, precipitated paintings, and trumpet séances are rare, but real forms of physical mediumship.”

## Dream Interpretation Course - Understanding Your Psychic Life & Visits From the Otherside

Angelina will unlock the mysterious and fascinating world of dream interpretation. She will help the participants determine what certain dreams and of they apply to the physical, psychic or the otherside. Participants may be read as teaching examples..... but not guaranteed.

**CRN: 3407 LFST M6114**

**Date: Saturday, October 17, 2009**

**Time: 1 pm - 5 pm**

**Fee: \$100**

**Instructor: Angelina Diana**



### **Mediumship Circle and Connection Course**

Angelina brings back this popular class to Asnuntuck college! Angelina will guide the class in meditative exercises to teach and help participants connect to their loved ones. She will share techniques of how a medium works and everyone will receive a reading and message. Materials and a coupon towards a full session with Angelina included in this course! **Limited to 10 people only! Everyone gets a reading.**

**CRN: 3408 LFST M6115**

**Date: Saturday, October 24, 2009**

**Time: 12 pm - 5 pm**

**Fee: \$250**

**Instructor: Angelina Diana**

### **About Angelina Diana~**

In a long and noteworthy career in the public eye, Psychic Medium, Angelina Diana (her real name) has been a popular radio and television personality, news anchor, news director, and spiritual counselor. During that time, she has received numerous awards and citations for her work with families and children, including being honored by Big Brothers and Big Sisters for her "outstanding service to the cause of children."

As a Psychic Medium, Angelina Diana participated in the prestigious Medium ship Afterlife Tests under the direction of noted author and scientist, Dr. Gary Schwartz, of the University of Arizona, Tucson. It was during extensive scientific testing by Dr. Schwartz and his team that Ms. Diana's otherworldly accuracy was scientifically verified to the extent that she received honorable mention in Dr. Schwartz's latest book, The Truth about Medium. Closer to home, Angelina is the resident Psychic Medium on the Courtney in the Morning program airing on Kiss 95.7 Radio. Her on air readings, messages of hope and spiritual teachings have also been heard on other radio and TV stations around the country. Recently Angelina teamed up with Kiss 957 and Asnuntuck Community College to raise \$6000 for the Interval house- An organization that support women affected by Domestic Violence. From her base of operations in Northern Connecticut, and satellite office in Melville Long Island, Angelina Diana conducts private and group sessions, classes and seminars with the goal of helping her fellow man discover their own natural psychic ability in order that they may connect to their loved ones on the otherside. When her busy schedule of personal appearances and private readings permits, Angelina is putting the finishing touches on her first book, "BEFORE THE AFTERLIFE:" which is tentatively scheduled for mid-2009 release.

[www.angelinadiana.com](http://www.angelinadiana.com)

## **Basic Dog Obedience**

This class is for dog owners who wish to focus on developing basic manners, instilling obedience, and correcting common behavioral problems. The goal is to establish a better, balanced, well rounded relationship between you and your dog. This will be done by using positive reinforcement methodology, which is both a healthy and efficient means of training. Upon completion of this program a certificate of basic obedience training will be issued.

**Maximun Students 15**

**CRN: 3409 SPIN M7151**

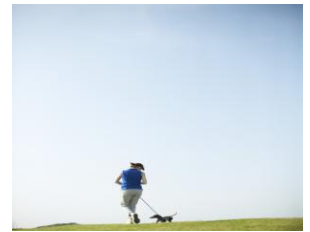
**Date: Tuesdays, September 1 to October 6, 2009**

**Time: 6:30 pm - 7:30 pm**

**Fee: \$105**

**Instructor: Susan Mack**

**About the Instructor:** Susan is a Certified dog Obedience Trainer/Instructor graduate of Penn Foster. She is a lifelong dog owner, Volunteer-Socialization Program at the Connecticut Humane Society. She also has experience as a One on one trainer - client relations, Dog Walker.



## **Wines of Italy: A Tasting Tour**

This course is a tasting tour of wines from several different wine regions of Italy. You'll learn proper wine tasting technique as well as become familiar with the different wine styles, grape variables and wine regions of Italy. Lovers of Italian wine, food, and culture will find themselves better able to confidently express their wine preferences in restaurants and wine shops, find that special bottle of wine, or simply better enjoy what's in their glass! Note: **Must be 21 years or older. Materials fee \$20.00 payable to the instructor. *Seats limited to 12 students, register early.***



**CRN 3278 SPIN M7142**

**Date: Wednesday, October 7, 2009**

**Time: 6:30 pm -9:30 pm**

**Fee: \$35**

**Instructor: Joel Mack**

**CRN 3393 SPIN M7142**

**Date: Thursday, October 29, 2009**

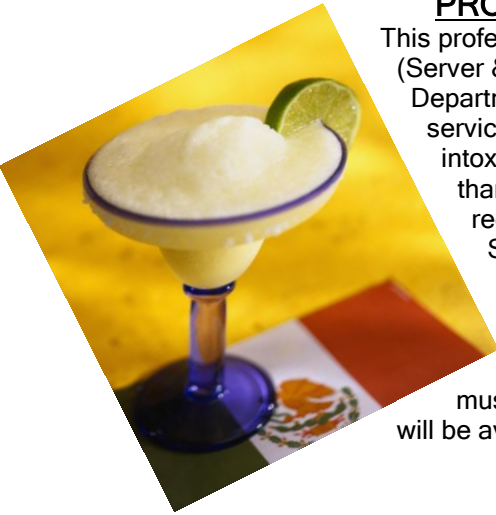
**Time: 6:30 pm -9:30 pm**

**Fee: \$35**

**Instructor: Joel Mack**

## **PROFESSIONAL BARTENDING WITH SMART CERTIFICATION**

This professional bartending course includes the state and national SMART certification (Server & Managers Alcohol Responsibility Training) recognized by the Connecticut Department of Liquor Control and police departments. Certification teaches responsible service of alcohol with extra emphasis on checking I.D.'s, how to spot signs of intoxication, and how to respond appropriately. Students will learn to make more than 100 drinks from gin-and-tonics to daiquiris. The S.M.A.R.T. certification is recognized by liquor administrations throughout the country, and those who hold a S.M.A.R.T. certification lower the liquor liability of any place they work. Anyone who is 18 years or older, looking for a new skill which can be used immediately in restaurants, clubs, hotels or at catering companies, will benefit from this course. Students receive a certificate of completion for the Professional Bartending course and a S.M.A.R.T. wallet sized certification card. Students must be 18 years old or older. No real alcohol is used. Job Placement assistance will be available. **Material fee of \$35.00 includes manual and certification.**



CRN 3151 SPIN M5016

Dates: Saturdays, October 10 & 17, 2009

Time: 9:00 a.m. - 5:00 p.m.

Fee: \$220.00

Instructor: Paul Rich **NOTE:** Students will not be accepted into the class if they are late.

## **S.M.A.R.T. CERTIFICATION FOR SERVERS OF ALCOHOL**

Servers & Managers Alcohol Responsibility Training is a 3-hour certification course developed by those in the hospitality industry for the hospitality industry. Participants will learn to identify signs of intoxication using the traffic light system as well as learning Connecticut's liquor rules, regulations and laws. This course has an intense focus on checking I.D. properly and underage drinking. **Material Fee of \$35.00 includes manual and certification.**

CRN 3394 SPIN M7032

Dates: Saturday, October 10, 2009

Time: 9:00 a.m. - 12:00

Fee: \$55.00

Instructor: Paul Rich

**NOTE:** Students will not be accepted into the class if they are late.



## CRIMINAL INVESTIGATION Through Interview, Interrogation, & Statement Analysis



This course will take students on a fascinating journey through the essential aspects of the Interview & Interrogation phases of a complex investigation, as well as, the Statement Analysis process designed to detect deception and obtain the truth from witnesses, suspects, and victims of crime. Statement analysis is the largest and most fascinating portion of the course and is designed to provide students with structured method of examining verbal and written communication. This valuable training and educational opportunity will instruct students how to gather critical investigative details from written statements and interviews, which may be otherwise lost forever. Students will build a basic understanding and “working” knowledge of conducting interviews & interrogations, to include interpreting body

language, eye cues, and non-verbal indicators of deception. More importantly, this practical course will enhance a student’s ability and skill to gain insight and detect deception through structured method of analyzing verbal and written statements in a comprehensive examination of an individual’s verbatim words to identify areas of possible deception. Students will develop specific linguistic tools to use in analyzing various statements as used by law enforcement and in private sector investigations. In a manner that meets current legal standards, this course is presented through the use of actual case studies, real statements & events, and modern presentation techniques. This course is intended for students of criminal justice or those intending to work in the criminal justice field, working police officers, detectives, and investigators. Connecticut Police Officer Standards and Training (POST) credits (CEU’s) will be awarded to eligible students. **Required course supplies: One (1) subject notebook, yellow legal pad, highlighter pack (yellow, orange, pink, blue, green), pen and pencil, three (3) ring binder (2 inch), tab dividers.**

**About the Instructor:** This course is being instructed by POST certified instructor Chief Edward J. DeMarco, Jr. of the East Windsor Police Department, a law enforcement veteran with over twenty years of experience. Chief DeMarco is a graduate of the FBI National Academy and has a Master of Science degree in Criminal Justice Administration, and is currently a PhD student in Business Management. He has extensive training and practical experience in executive leadership, criminal investigation, narcotic investigations, internal affairs, labor relations, patrol operations, media relations, police academy instruction, advanced interview & interrogation, tactical interviewing, and Statement Analysis.

**CRN; 3410 SPIN M7152**

**Date: Saturdays, September 19, 26 and October 3, 10, 2009**

**Time: 8:30 am - 3:00 pm**

**Fee: \$25**

**Instructor: Chief Edward J. DeMarco**

## Rookie to Professional

What will your first 90 days at work be like? Competition is fierce! 1 in 3 grads today will find a job in their chosen field after college. With the economy in its current state, and millions of college grads looking for work, you want to be able to STAND OUT from the crowd. This series of seminars will help you in doing just that.

### **Prepare for Success**

The first impression is truly a lasting impression, particularly when you are seeking a job. This seminar is intended to help you feel confident that you are making the right impression when entering the workforce. **There is a material fee of \$35.00 payable to the instructor.**

### **Course Objectives:**

At the end of this seminar series you will:

- Understand your personal style and how your behavior impacts your environment
- Clarify what motivates you at work
- Know how to dress for success without breaking the budget
- Dine with executives at 5-star restaurants - comfortably
- Write effectively: business reports and emails, utilize social media appropriately, email versus calling a person and thank you notes
- Speak effectively: 15 and 30 second spots, presenting, 1 on 1 discussions....
- Be able to take charge of your professional success

**CRN: CRN: 3418 PRFD M6304**

**Date: Thursdays, November 5, 12, 19 and December 3**

**Time: 6:00 pm - 8:00 pm**

**Cost: \$75.00**

**Instructor: Sally White, MBA**

