

PVAEC

Spring & Summer 2024



PVAEC

Piscataquis Valley Adult Education Cooperative

WELCOME

The Penquis Higher Education Center

The Penquis Higher Education Center is an extension of Eastern Maine Community College. PHEC was established in 2000 with legislative support. We are Piscataquis County's main site for higher learning, business and job growth. Stop by and visit us at 50 Mayo Street in Dover-Foxcroft.



Eastern Maine Community College
Contact: Christina Garneau
207-564-2942
cgarneau@emcc.edu
www.emcc.edu



PISCATAQUIS COUNTY
ECONOMIC DEVELOPMENT COUNCIL

Piscataquis County Economic Development Council
Contact: Angela Arno
207-564-3638
angie@pcedc.org
www.pcedc.org



Eastern Maine Development Corp
Contact: Barbara Skinner
207-951-0835
bskinner@emdc.org
www.emdc.org



PVAEC
Piscataquis Valley Adult Education Cooperative

Piscataquis Valley Adult Education Cooperative
Contact: Joshua McNaughton
207-341-5368
jmcnaughton@pvaec.org
www.pvaec.org

The PVAEC Team

Our phone numbers have changed! You can still call the PVAEC Main Office at 207-564-6525, but you can now call or text all of our team members! Our new phone numbers are listed here:



Dr. Joshua McNaughton
Director
207-341-5368
Jmcnaughton@pvaec.org



Hilda Roberts
Administrative Assistant
207-564-6525
207-341-5371
Hroberts@pvaec.org



Stephen Dame
Academic Instructor
207-341-5367
Sdame@pvaec.org



Eve Salley
Academic Coordinator
207-341-5370
Esalley@pvaec.org



Leah Gomes
Academic Instructor
207-341-5369
Lgomes@pvaec.org

PVAEC is an equal opportunity employer and service provider. At PVAEC, we celebrate diversity and are committed to creating an inclusive environment for all.

ACADEMICS

The first step in enrolling in any of our Academic Programs is setting up an appointment with PVAEC Academic Coordinator, Eve Salley. At your intake appointment, Eve will go over program requirements with you, help you choose which of our programs best fits your needs, and prepare you for your next steps.

Contact Eve today at 207-341-5370 or email esalley@pvaec.org

Academic Programs Include:

- High School Diploma
- HiSET Diploma
- College Transitions
- Workforce Training Prep
- Accuplacer Testing (\$20 for non-PVAEC students)

In-Person/Virtual/Hybrid Learning Centers

PVAEC is now offering in-person, hybrid, and virtual instruction. Whether you prefer to learn face-to-face with your instructor (in-person), online (virtual instruction), or a combination of the two options (hybrid), PVAEC has a learning option that can help you be successful and earn your high school diploma.

Our Academic Learning Centers are located in Dexter, Dover-Foxcroft, Guilford and Milo.

Learning Center Locations are listed on Page 16.



All PVAEC Academic students will engage in Academic Advising throughout their enrollment. Student Benefits of PVAEC Academic Advising:

- One-on-one consultation
- New student orientation
- Goal and/or Career Planning
- Financial Aid Information
- Progress/goal review
- Provides guidance and/or solutions
- Free to all new an current PVAEC academic students.
- Individual Learning Plan

CNA Med-Tech

This course is designed to teach experienced CNAs how to administer selected injectable medications and non-injectable medications to patients 4 years and older under the on-site supervision of a licensed nurse. Potential students must be currently licensed CNAs, listed as “active” on the Maine CNA Registry, or have employer documentation of the equivalent of at least one year of full-time employment as a certified nursing assistant, provide two letters of recommendation from Registered Nurses, and achieve a qualifying reading score on our placement testing. Payment plans and financial assistance may be available to those who qualify. For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email esalley@pvaec.org. The application process for this program is extremely time sensitive. Space is limited! Start Date TBA (Summer 2024).

\$1,100

Instructor Nancy Hoskins, RN

CDL-A

Instruction is based on State Laws, Industry Regulations and Equipment Maintenance required for licensing. State of Maine standards for classroom and driving instruction are adhered to during the course. Students spend a good part of their instructional time operating trucks through a combination of on the range practice and road time. There will be a pre-employment drug test, and DOT physical (included with tuition costs). For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email esalley@pvaec.org.

Start Date: Spring 2024 TBA

\$7,000

Instructor: Maryann Cupero

Heartsaver CPR/First Aid

The American Heart Association’s Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). This course equips students to recognize and care for a variety of breathing and cardiac emergencies involving adults, children and infants. Upon successful completion, a valid 2 year certificate for Adult CPR/AED is issued.

Student will learn:

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury
- Adult CPR and AED use
- Opioid-associated life-threatening emergencies
- Child and infant CPR

\$50

Nancy Hoskins, RN

Choose from the following sessions:

Thursday	3/7	4-8pm	DLC
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A Dover class will be added - Class date to be determined, please call PVAEC at 207-564-6525 or go to www.pvaec.org

ACADEMICS

Maine Educational Opportunity Center Essentials of College Planning Workshop

This workshop introduces people to the four steps in the college process: admissions, financial aid, career and study skills. The admission section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications are covered in detail. Career options and counseling, college readiness and study skills are discussed.

One-on-one appointments can be made via Zoom or in person at PHEC in Dover! To apply, please go to: <https://meoc.maine.edu/application/> to fill out an enrollment application, or contact Kate with your questions at 207-949-6501 or by email, kevit@maine.edu.

Spring 2024 Workshop Schedule @PHEC

Thursdays, 12:30pm

March 7 May 9

March 21 May 23

April 4 June 6

April 11 June 20



Photo: Kate Walsh



ACADEMY of MEDICAL PROFESSIONS

Our programs are all-inclusive: books, reference books, national certifications, practice exams and online resources, live instructors, and student support for self-paced students are included in tuition. Payment plans are available, and tuition assistance is available to qualifying students (WIOA Vouchers, Goodwill, MyCAA, MDOL, EMDC, HOPE etc).

For more information on our programs, go to www.academyofmedicalprofessions.com, email info@academyofmedicalprofessions.com or call 1-866-516-8274.

Be sure to mention that you learned about these classes through PVAEC!

Clinical Medical Assisting

16-week program that includes in-person skills labs live at PHEC in Dover-Foxcroft and live via Zoom class meetings that prepare you to pass the National Certification.

Start Date: 3/5/2024 or 6/18/2024, Live classes meet TU/TH 5:30-8:30pm \$3,500

Phlebotomy

3/5/2024 or 6/18/2024 - 10 weeks

\$3,200

Medical Coding

3/14/2024 or online anytime 20-weeks

\$3,950/\$5,150 with Practicode (6-10 additional weeks)

Dental Assisting

2/5/2024, 6/10/2024 12 Week Certificate Program or online anytime self-paced

\$3,200

Medical Transcription

Online Anytime - Self-paced \$3,200

Pharmacy Technician

5/30/2024 or online anytime

All-Inclusive 14 Week Program

\$2,850

Medical Office Specialist - Administrative Medical Assistant

3/6/2024 16-weeks or Online Anytime Self-paced \$3,200

POPULAR ONLINE COURSES



Learn from the comfort of home!

- 24-Hour Access
- Discussion Areas
- 6 Week Format

Our **instructor-led** online courses are informative, fun, convenient, affordable, and highly interactive. We focus on creating supportive communities for our learners. New course sessions begin monthly.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start as low as: **\$115**

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Introduction to SQL

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

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Speed Spanish

Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency.

Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

A to Z Grant Writing

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

Introduction to Microsoft Excel 2019

Become proficient in using Microsoft Excel and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

Computer Skills for the Workplace

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

Intermediate Microsoft Excel 2019

This hands-on course provides in-depth knowledge of charts, graphs, PivotTables, Slicers, Sparklines, AutoFilter, macros, and other advanced Microsoft Excel 2019 functions.

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

Human Anatomy and Physiology

Learn the basic characteristics of the four main types of tissues, the general and special senses, cellular metabolism, body chemistry, and significant events in the life span, from fertilization through old age.

SAT/ACT - Prep Course Part 1

Master the reading, writing, English, and science questions on the ACT and new SAT.

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Piscataquis Valley Adult Education Cooperative ED2GO

Visit our website for more courses and view start dates for the courses that interest you!

ed2go.com/pvaec 2024 Start Dates: 1/17, 2/14, 3/13, 4/17, 5/15, 6/12, 7/17, 8/14, 9/11, 10/16, 11/13, 12/18

2301-1510



PVAEC

LEARN FROM THE COMFORT OF HOME!

Our live online courses enable students to build bonds with instructors and classmates, ask questions and receive answers in real time, and feel like part of a school community from any location.

Live Online Courses Available!

- Medical Assistant
- Medical Administrative Assistant
- Medical Billing and Coding
- Medical Scribe Specialist
- Patient Care Technician
- Pharmacy Technician
- CompTIA IT Fundamentals
- CompTIA A+
- CompTIA Data+
- CompTIA Network+
- CompTIA Security+
- Human Skills for the Workforce



ATTEND IN REAL TIME ONLINE FROM ANYWHERE. CALL TODAY!

1 (844) 292-8641 | info@ProTrain.edu | pvaec.theknowledgebase.org



The National Digital Equity Center connects Mainers to technology and the internet through free classes, tutoring, devices and more!

National Digital Equity Center (NDEC)

PVAEC is pleased to announce our partnership with NDEC to provide free digital skills trainings locally. NDEC classes are organized around three curricula: Work & Business, Home & Education and Aging Well with Technology. Class topics include:

- Internet Safety
- Identifying Frauds & Scams
- Using Facebook Securely
- Safely Creating Online Accounts
- Using Social Media
- Microsoft Office Programs
- Google Based Tools
- Email/Internet
- Learning about Devices
- Apple Computers
- iPad/iPhone
- Android Smartphones & Tablets

For more information, and class listings, please visit <https://pvaec.maineadulted.org/ndec/>

SPIRITUALITY/WELLNESS

Masterpieces & Messages

No experience needed for this fun step by step painting class. But there IS a twist! Angie Butler Welch is a psychic medium, so she also offers a brief intuitive message to each person based on their painting! Angie is always amazed at the messages that come through just from the paintings! All supplies included. **Space is limited, register early!**

Pre-payment is required to hold your spot in class. Cancellations must be made at least 24 hours in advance to receive a refund.



Bee in Bloom
\$35
Tuesday 2/27 6-8pm
PHEC



Moonlit Blaze
\$35
Tuesday 5/7 6-8pm
PHEC

Animal Spirit - Understanding Signs & Messages

Do you pay attention to the animals that show up in your dreams, meditations or even your daily waking world? Curious to what messages they might have for you - or how to unfold the meaning and message in the moment? Ever wonder if you have your own personal animal spirit guide? Want to know how to incorporate their messages and energy into this crazy journey we call life. Along with a great discussion, class will include a guided meditation to see what animal spirit might be in your midst.

\$30

Angie Butler Welch

Tuesday

3/12

6-8pm

PHEC

Chakra and Energy Balancing 101

Perhaps you know about Chakras, those little energy centers in your body that work to keep you physically and emotionally healthy... or maybe it's all new to you and you've only heard the term and have limited knowledge about them. As a Pranic energy Healer I want to help dispel the mysteries! In Chakra and Energy balancing 101, we'll discuss just what these energy centers are, what their jobs are, what happens when they're not functioning at their optimal level and more importantly - we'll do a ½ hour guided meditation to actually clear and balance them out!

\$30

Angie Butler Welch

Tuesday

3/26

6-7:30pm

PHEC

Acrylic Pour Painting: Feathers & Flowers with Intuitive Messages

Ready to let your guides talk to you through art? Angie will take you step by step through a fun paint pouring process to create an amazing 8 x 10 canvased piece of art - choose either a feather or a flower theme. Then we'll look for messages within your paintings! (a form of scrying). You'll be amazed at what presents itself in your painting. You'll pick your colors, and your painting guides will help create your masterpiece! All supplies will be included (even a disposable pan to carry your painting home on).

\$35

Angie Butler Welch

Tuesday

4/16

6-7:30pm

PHEC



Explore the realms of self-discovery with Psychic Medium and Intuitive Artist, Angie Butler Welch. Angie, the visionary owner of Leap of Faith Soul Space in Brewer, Maine, welcomes you to delve into your intuitive artistic side.

All materials will be provided for a seamless and immersive experience. For more details and to delve into the world of psychic artistry, visit www.angiewelch.com.

Ceramics: Slip Decoration

Open to All Levels! During this class, we will explore the application of colored slips (liquid clays) as a decorative medium on leather hard clay pieces. This diverse and simple decorating technique can be used for everything from painterly techniques to patterns, to abstract designs. No previous experience of any kind is required. No drawing or design experience is required. This class is a great opportunity for you to have fun exploring a new medium and permitting yourself to experiment with your pieces. You will be able to complete many different pieces during this class and be able to expand and explore what you learned in any future clay class you may take. We will do at least 2 rounds of firing during this class. Please bring your own paint brushes, texture tools, small, airtight paint palettes, and/or containers.

\$200 **Cody Clinton**
Tuesday & Thursday **2/27-3/21** **5-7pm** **PHEC**

Handbuilding

In this class, we will learn various hand-building techniques and processes that will support you in making the projects that you want. Namely; coil building, various slab building techniques, hump and slump molds, pinch methods, subtractive sculpting, additive sculpting, and various decorating and finish techniques. We will begin with introductory projects into various hand-building techniques, and then you will be given the chance to apply the various techniques to create more complicated and custom projects of your design. This class is open to any level of experience with clay, and during this class, you will be given support and directions on how to set up your workspace at home so you can work on your projects in between classes. We will fire kilns and glaze as often as we can fill the kiln.

\$200 **Cody Clinton**
Wednesday **4/3-5/29** **5-7pm** **PHEC**

Weekend Ceramics Workshops

All classes are taught by instructor, Cody Clinton, and will be held at PHEC on Saturday and Sunday from 10am-4pm. Finished pieces will be dried and fired after the workshop ends, and be made available for pickup approximately 2 weeks after the workshop unless otherwise specified.

Clay Wall Art

In this class, you will create a 3-dimensional landscape out of clay using methods that are easy for any level of artist or creative. Project content will be of your choosing, bring your landscapes/ideas and we will support you in creating your piece. We will offer the tools and instructions on how to create a frame made out of clay for your finished pieces if you choose to finish them off that way.

3/23 & 3/24 **\$120**

Textured Slab Trays

We will explore creating textured slabs of clay by hand and using a pressing technique to form them into trays, platters, plates, and even bowls. Day one will be dedicated to learning the process and creating one or two pieces that we will allow to firm up for day two. Day two will allow you time to bring back some of your forms, and textures to experiment with using the technique, as well as we will teach you how to add embellishments and functional components to your pieces such as handles and feet.

4/27 & 4/28 **\$120**

Alternative Firing - Sagger Firing and Horsehair Pottery

During this two-day workshop we will be firing a wood-fired barrel Sagger Kiln multiple times, a technique of firing pottery that is similar to ancient pit-fired pottery, with some colorful flair to it. I will also demonstrate the traditional Horsehair Raku technique. Each participant will be provided one pre-made piece to decorate and fire. You may also bring your bisque-fired pieces to fire, as well as additional pre-made pieces will be available for purchase. All fired pieces will be completed and ready to take home at the end of each day. If time allows, there will be a throwing demonstration each day while we wait for the kilns to finish firing.

7/20 & 7/21 **\$120**

Clay Boxes

Using slab-building techniques we will create any number of a variety of box forms such as; jewelry boxes, pen/pencil boxes, stash boxes, butter dishes, luminaries, tea boxes, napkin holders, etc.. Day one will be dedicated to learning the construction techniques and completing a single basic form. There will then be time to create additional forms of your choosing on day two. We will also present various ways to embellish and decorate your completed forms on day two. Day two will also allow you time and opportunity to expand on building things with box forms.

5/18 & 5/19 **\$120**

Handbuilt Vases

In this workshop, we will explore a variety of Vase and vase-like forms using various hand-building techniques from throughout history. This course is best for small to medium vase forms but if you are feeling adventurous on day two, we heartily encourage you to use what you have learned and go as big as you like!

6/8 & 6/9 **\$120**

WOODTHRUSH WILDERNESS - TRADITIONAL CRAFTS

Traditional Crafts Series with Jessica Steele of Woodthrus Wilderness:

Jessica Steele M.Ed. has a deep passion for the wilderness and for teaching. She has been working in the field of Adventure and Environmental Education for more than 30 years. This leg of her journey is about connecting more deeply with herself, others, and the wilderness. Join her for a program of connection, learning, and growing.

- B.A. Ecopsychology and Outdoor Education from Prescott College, AZ
- M.Ed. Adventure Education Plymouth State University, NH
- Registered Maine Recreational Guide
- National Registered EMT
- SOLO Wilderness First Aid/First Responder Instructor
- American Red Cross First Aid & CPR Instructor and Lifeguard
- American Canoe Association Level 1 & 2 Instructor
- Leave No Trace Master Educator



Backyard Maple Sugaring

It's that time of the year when the sap comes up from the roots of a maple tree and starts to feed the tree new buds. This is when we tap the maples to gather the sap and boil it down to make maple syrup or other yummy, sweet products. Join me to learn the basics of maple syrup and how you could start making your own maple syrup in your own backyard!

\$50 Wednesday 2/28 5-9pm PHEC



Expedition Pack Basket

Ready for an adventure? In this course, we will weave a 21" pack basket. This is our largest basket. This basket will be made with premium reed and will have either an ash or oak handle. All baskets will have a base, feet and pack straps of various colors. We will also have various color reeds available to give your basket a little color. We will go through step-by-step instructions to ensure that all students finish their basket. This class is for any basket ability, even a beginner. Join us to make this beautiful pack basket and learn a skill for life!

\$140 Saturday 3/9 9am-5pm PHEC



Soup's on Me - Spoon Carving and Gourd Bowl

In this exciting and hands-on class, students will have the unique opportunity to unleash their creativity by carving their very own wooden spoon and crafting a beautiful gourd bowl. Not only will participants learn the art of carving, but they will also have the option to personalize their creations with stunning paint designs or experiment with the intricate technique of woodburning. To facilitate the woodburning process, a wide variety of stencils will be readily available, allowing students to add an extra touch of artistry to their bowls. As the class comes to a close, we will gather together to savor a delicious group meal, where we will proudly enjoy hearty soups and crusty bread served with our newly crafted spoons and bowls. And the best part? The nourishing and comforting meal is on me, a delightful way to celebrate our accomplishments in this incredible class!

\$80 Sunday 3/24 1-5pm PHEC



Harvest Basket

Interested in gathering your vegetables or apples in a basket this year? A basket that you made! Everyone is welcome to join this class. If you have never weaved before I will be doing step by step directions. You will walk away with a finished basket. This basket will be a square - round basket that has leather bushed basket handles. The material is flat and half round quality reed. We will also add color reed in the basket if desired from blue, purple, red, green, and brown. Finished size is approximately: Base- 15" Top 21" Round Height 10".

\$120 Saturday 4/6 9am-5pm PHEC



Fishing Handline

Learn how to design and carve your own fishing handline. Each student will get materials to make up to two handlines, though only one may be completed during the class. Supplies include wood, line, hooks, and weights. We will go over everything from how to use your handline and cast it properly.

\$60 Wednesday 4/10 5-8pm PHEC



Explore our continually expanding list of classes throughout the semester by visiting www.pvaec.org or checking our Facebook page.

Homemade Candy and other Delights

Why not! Let's get together for a three-hour class to go over some of my favorite treats. We will go over how to make homemade chocolate, turtles, peanut butter cups, peppermint patties, chocolate covered pretzels, coconut clusters, salted caramels, candy nuts, caramel corn, and maybe even maple fudge. We will learn the basic tools and materials, ingredients, recipes, and step-by-step process.

\$50 Wednesday 5/1 5-8pm PHEC



All Things Dairy

Get ready to sink your teeth in some tasty treats. This is a 3-hour course where we will learn how to make soft cheese, yogurt, ice cream and maybe even my favorite candy – salted caramels. We will go over the tools and materials needed, ingredients, recipes, and the step-by-step process. Get ready to taste our lovely homemade treats.

\$50 Wednesday 5/15 5-8pm PHEC



All classes are taught by instructor, Jessica Steele and all materials are included.

Registration and payment are required to hold your spot in class. Space is limited!

Cancellations must be made at least 48 hours in advance to receive a refund. If our Adult Ed office or instructor cancel class, refunds will be issued to students.

FMI: www.woodthrushwilderness.com

ARTS & CRAFTS

Arts & Crafts with Michelle

Michelle Cross is a retired educator who has a lifelong passion for crafting of all types. Creating beautiful works of art with friends is sure to make these classes a pleasure for students of all levels. All supplies provided by Michelle, but please bring your own brushes. Sign up for one, two or all three classes!



Spring Tweeting

This rustic birdhouse with flowers and crows helps to welcome back spring. The blue sky promises a good day ahead while the crows enjoy the beautiful weather.

THURS 4/4-4/25 2-4pm
PHEC \$40



Friends Are Always Welcome

The bright yellow raincoat, vibrant umbrella and cute critters make this slate a welcome addition to your home.

THURS 5/2-5/30 2-4pm
PHEC \$50



Fairies & Flowers

This flower pot is decorated with a parade of colorful fairies and flowers. It is sure to brighten any spot!

THURS 6/6-6/27 2-4pm
PHEC \$40



Garden Gnome

This gnome with his brightly colored hat and cute snail buddy will add color to your indoor or outdoor garden!

THURS 7/11-8/1 2-4pm
GFS \$40

Arts & Crafts with Shirley - BEE HAPPY

Join Shirley Groody, a seasoned artist and PVAEC instructor, in a whimsical painting adventure! Create your own charming honey bee masterpiece on a wooden truck cutout. Shirley's expertise and engaging teaching style cater to students of all levels.

All necessary supplies will be provided, but feel free to bring your own brushes if you have them. Immerse yourself in the joy of art and bring home a unique, buzzing creation!

\$40

Shirley Groody



Thursday

8/8-8/29

2-4pm

GFS

Needle Felting Lucky Gnome

We will create a needle felted gnome dressed in his finest green for St. Patrick's Day! This class is for beginners and up. All tools and materials are supplied. You will have your choices of beard style (curly or straight), hat decorations and even the pant color. You will walk away with a finished gnome, just in time for St. Paddy's Day! Julie Knowlton, a retired teacher, has been needle felting for several years. Julie's class goals are for students to be successful, happy, and have a good time crafting!

Choose from a morning or evening session:

\$35

Julie Knowlton

Wednesday

2/28

9-11:30am

PHEC

Or

Wednesday

3/6

6:30-9pm

PHEC



Drawing with Suzette

In this course, we will explore captivating themes that resonate with your interests. Students are encouraged to bring their favorite reference photos, which will serve as inspiration for our artistic journey. Throughout the sessions, we will focus on enlarging grayscale images, experimenting with various coloring mediums, and uncovering techniques to enhance and showcase our unique masterpieces. Join us in this creative exploration as we bring your visions to life on canvas!"

Supplies Needed: 2h, 4h graphite pencils, assorted watercolors pencils, water colors, permanent fine line drawing pens (black, brown or sepia are preferred), liner brush, small short round, lg watercolor brush (ETC), waterbin, odorless turp. tortillions, kneaded eraser, 9x12 – or larger smooth bristol or mixed media pad.

\$40 **Suzette East**
Tuesday 4/9-5/28 9-11am PHEC



Yummy Yarn Socks Plus

Unlock the world of seamless and stress-free sock knitting with our revamped class! If you can knit and purl, you're ready to embark on a knitting journey like never before. Say goodbye to tedious cast-ons and picking up stitches with our invisible seamless cast on and hassle-free gusset heel technique. In this class, we'll be using a single long loop knitting needle to simultaneously create two toe-up socks. But that's not all – our signature rib and stretchy bind-off will give your socks a professional finish.

Returning students, join us for an enhanced experience with a significantly revised pattern template.

Beyond the main techniques, we'll spend time exploring a plethora of knitting tips and techniques. The class encourages creativity, allowing you to personalize your socks with choices from a long list of options.

Feel free to choose any "yummy" yarn of your liking, but for this class, we recommend a light-colored yarn, weight 4, divided into 2 balls. Bring a 47-inch long loop ("magic loop") needle, likely size 6, that yields about 5 stitches per inch.

Join us for an exciting and educational knitting adventure that guarantees cozy and stylish results.

\$60 **Sherry Corbin**
Thursday 3/7-4/25 10am-12pm PHEC

Explore the World of Double Knitting

Dive into the world of double knitting and unlock the secrets of creating two layers of fabric simultaneously. Whether you're a beginner or seasoned knitter, this class offers a range of techniques from incredibly simple to delightfully challenging.

Choose your path – create a stylish hat in the round or a cozy scarf worked back and forth. Your project can be a canvas for creativity, opting for one color on both sides or experimenting with a different color for each side. Elevate your creation by adding a unique design crafted with graph paper, colored pencils, or a tablet. Bring your enthusiasm, balls of yarn in any color and weight, and your favorite knitting needles that match your desired tension.

Join us for an exploration of double knitting that goes beyond the basics. From simple stitches to intricate designs, this class is your gateway to mastering the art of double knitting.

\$60 **Sherry Corbin**
Thursday 3/7-4/25 1-3pm PHEC



Painting with Suzette

Oh, for the love of wildlife! Immerse yourself in a world of painting inspired by the majestic wildlife of Maine. This session features the iconic Monarch Bull Moose, gracefully captured in a serene cedar bog during the early days of fall. We will delve into the art of composition, mastering the use of elements and principles to craft landscapes that stand out.

Supplies Needed: 16x20 stretched canvas, 1-1 1/2" flat shader, 1/2 flat #10, #2 round, #1script liner, 3/4 mop or soft scruffy old brushes, sea sponge, q tips, Divided water bin, paint trays, paper towel or cloth, lt brown watercolor pencil, acrylic retarding medium, SET of basic artist acrylic colors: Mars black, Titanium white, Burnt umber, Ultramarine blue, Thalo blue, Yellow light, Thio/Acra Magenta, or quinacridone, and cad red.

\$50 **Suzette East**
Tuesday 4/9-5/28 12-3pm PHEC

ARTS & CRAFTS

Join instructor Sharon Nichols for these upcoming Arts & Crafts workshops at our Dexter, Dover-Foxcroft, and Guilford sites. Please check each listing for specific locations. Most classes require students to bring their own supplies. Take note and come prepared for a creative and enjoyable experience!

Fun and Simple Sewing

This class is for beginners as well as those looking to refresh their sewing skills. You will be introduced to your sewing machine, common terminology all while making a simple tote to start your sewing journey! Please bring your own sewing machine, thread, pins, bobbins, snippers, needle threader, rotary cutter, quilter's ruler, mat and fabric. Fabric should be 1 solid yard, and two print yards. *If you do not have a sewing machine but wish to attend, we do have one available for student use. Please call PVAEC to inquire.

Monday	3/4-3/25	5:30-7:30	\$40	PHEC
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Or

Wednesday	4/3-4/24	6-8pm	\$40	DLC
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Fabric Flower Bouquet

Let's make something pretty for spring with fabric scraps. Fabric flower bouquets are fun, simple and use your scraps and extra buttons. We will make as many flowers as time allows. Please bring: sewing needle, thread, buttons and coordinating 2.5" and 5" fabric squares (six squares per flower), hot glue gun & sticks and your imagination.

Thursday	3/14	5:30-7:30pm	\$10	GFS
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Mixed Media Collage

Let's get busy creating a gnome collage that expresses our own individuality with paper, fabric scraps, bits & pieces of ribbons, lace, buttons, old jewelry and beads, and whatever else you want to bring! Please bring your own scraps (as mentioned above), Mod Podge or thinned school glue and tweezers.

Thursday	3/21	5:30-7:30pm	\$10	GFS
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CookBook Rescue

Creating a Recipe Junk Journal from an old cookbook or overflowing recipe box is a creative way to preserve and organize cherished recipes. We will include space for photos, notes, and other meaningful items for an extra personal touch.

Please bring your own old cookbook or recipe box in need of rescuing, extra heavy duty glue stick (Scotch Create), clear glue (Beacon 3 in 1), scissors, and paper cutter.

Monday	4/1-4/29 (no class on 4/15)	5:30-7:30	\$40	PHEC
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Alcohol Ink Tile Coaster

Work with rescued tiles, alcohol ink, and resin to create a set of four 4x4 unique coasters. Please bring: an apron, box of disposable gloves, alcohol inks of your choice, 99% rubbing alcohol, sturdy glue (e-6000), glitter, felt, small paint brushes, metallic markers and a small 2-part resin kit. Tiles will be provided by the instructor.

Monday	5/6-5/13	5:30-7:30pm	\$20	PHEC
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Pour Paint Resin Tile Coaster

We will combine pour painting with resin to create a set of four 4x4 unique tiles. Things can get messy - please dress appropriately. Students should bring their own: acrylic paints of choice, glitter, metallic markers, 2-part resin kit, a box of disposable gloves, felt for backing, sturdy glue (e-6000) and an apron. Tiles will be provided by the instructor.

Wednesday	5/8-5/15	6-8pm	\$20	DLC
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Butterfly Mortar Mosaic

Get ready to dive into the world of mosaic art as we embark on a hands-on adventure with mortar! Join us in crafting a vibrant butterfly-shaped mosaic stepping stone, where your creativity knows no bounds. Bring along your own special pieces to add that extra touch of personal flair. The instructor will provide all the essentials, including molds, mortar, glass stones, and sea shells. Let's turn this crafting session into a mosaic masterpiece – a whimsical blend of imagination and bling awaits! Please bring your own acrylic paints, brushes, 2-part resin kit and a box of disposable gloves.

Monday	6/3-6/10	5:30-7:30pm	\$20	PHEC
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Mortar Leaf Casting

Join our unique mortar art workshop! Craft lasting masterpieces using real leaves cast in mortar. Bring your own paint, brushes, 2-part resin kit, disposable gloves, and a leaf (around 12 inches). Dive into the joy of crafting and take home a beautiful, enduring creation. Let's play in the mortar and turn nature into art!

Monday	6/17-6/24	5:30-7:30pm	\$20	PHEC
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GENERAL ENRICHMENT

David Slagger is a Maine ethnohistorian, a Maine State Archives Researcher, a former Tribal Representative in the 125th Maine Legislature, and a teacher for 25 years.

David's classes are educational, fun and informal. Children 10 and up are welcome to attend David's classes with a parent or guardian.

Photo: David Slagger with Senator Susan Collins.



Piscataquis River Walks

Embark on a journey of discovery along the picturesque banks of the Piscataquis River! Brace yourself for the surprises that await—artifacts, vintage bottles, industrial tools, and a rich tapestry of indigenous plants. Unearthing these treasures provides a window into the captivating history and culture of the area. Join us in the quest to identify indigenous plants and primitive tools, such as arrowheads, spears, scrapers, axeheads, and locally renowned rocks and minerals, all echoing the stories of Native Americans.

Each week promises a new adventure at easily accessible locations along the river. Dress in layers and don sturdy footwear, for the outdoor terrain may present surprises of its own. Get ready to uncover the hidden gems and untold tales along the enchanting Piscataquis River!

Week 1: Christian Family Camps Guilford

Week 5: Sangerville Bridge, both sides.

Week 2: Abbot boat launch

Week 6: Pleasant Street, Private residence (with permission)

Week 3: Kingsbury stream Abbot

Week 7: Guilford Park next to Craft Café

Week 4: Past Brans mills, Boat launch

Week 8: Share class project

\$50

David Slagger

Tuesday

4/16-6/4

4-6pm

PHEC/Field Locations

Piscataquis Geology

Explore the geological wonders of Piscataquis County! This class is not your typical exploration—it's a captivating blend of in-class research and hands-on fieldwork. Dive deep into the rich mining history of the region, with a special focus on towns like Guilford (known for silver mines) and Blanchard (home to beryl and black tourmaline mines). Our adventure extends to the local rivers, where we'll seek out precious stones and minerals, including gold, pyrite, feldspar, smokey quartz, jasper, chert, rhyolite, and other semi-precious gems that have left their mark on Piscataquis County. Stay tuned for exciting field dates and locations, all thoughtfully chosen for easy accessibility. Come prepared in comfortable clothing and footwear for an exploration that promises not just knowledge but a genuine hands-on experience of the geological treasures that define our region. Get ready to unearth the secrets beneath your feet!

\$40

David Slagger

Wednesday

5/1-6/5

4-6pm

PHEC/Field Locations



Food Plots 101

Come learn how to select the best location for your plot, learn tips and tricks when choosing the best forbs and plants to sow, how to prepare your soil for optimized growth, and how to keep your plot healthy. Whether you love wildlife watching, filling your freezer, or putting trophies on your wall, planting your most successful plot this spring starts with Food Plots 101!

Dr. Josh McNaughton has been developing food plots in Maine for 20 years, utilizing his extensive knowledge in wildlife biology, ecology, dendrology, and environmental science. He holds a Bachelor's degree in Wildlife Ecology, a Master's degree in Environmental Science from the University of Maine, and a Doctorate in Educational Leadership from the University of New England.

\$25

Dr. Joshua McNaughton

Tuesday

4/9

6-8pm

PHEC

Learning Center Locations are listed on Page 16

TECHNOLOGY

One-on-One “Computer Lab” with Leah Gomes

Unlock the full potential of your digital experience with a personalized “Computer Lab” appointment featuring PVAEC Technology Instructor, Leah Gomes! This exclusive one-on-one session is tailor-made for addressing your specific concerns or questions related to your laptop, tablet, or smartphone. Bring your fully charged device and come prepared with a list of questions or concerns you’d like to delve into with Leah. Whether you’re troubleshooting, eager to explore new features, or seeking tips to optimize your device’s performance, this session promises to be a valuable opportunity for enhancing your digital literacy.

To secure your spot, call or text Leah today at 207-341-5369 or reach out via email at Lgomes@pvaec.org. Invest in your tech-savvy journey for just \$15 per hour, and let Leah guide you through a personalized learning experience to elevate your digital prowess. Don’t miss out on this chance to unlock the full potential of your devices!

PARTNER PROGRAMS



PISCATAQUIS COUNTY
SOIL & WATER
CONSERVATION DISTRICT

Since 1944 the Piscataquis County Soil and Water Conservation District has worked in our community to protect the soil, water, forests and farms in this region.

Our mission is to build resilient, sustainable farms and forests through education, technical services, demonstration and stewardship.

PISCATAQUIS COUNTY SOIL & WATER
CONSERVATION DISTRICT

USDA Service Center
42 Engdahl Drive

Dover-Foxcroft, Maine 04426

CONTACT US!

Phone: (207) 564 - 2321 extension 3

Email: info@piscataquisswcd.org

Facebook: www.facebook.com/www.piscataquisswcd.org

Upcoming Spring Programs:

Full Moon Snowshoe- Law Farm Nature Trails, Dover-Foxcroft Feb.24th at 7:30pm

Apple Grafting with MOFGA- Monson Gym, March 30th 10-2pm \$40/participant

Eclipse Viewing Party with PCSWCD- Law Farm Nature Trails, April 8th 2-4pm

Drinking Water & PFAS, Thompson Free Library, April 11th 1:30pm

Mushroom Inoculation Course, Law Farm Nature Trails, April 27th 9-12pm

Climate Impact on Forests Managed by Women with Maine TREE, Webinar May 8th and field tour at Williamsburg Forest May 10th

Bird Walk at Law Farm Nature Trails with Nick Lund from Maine Audubon Society, May 4th 8am

FMI or to register, visit <https://piscataquisswcd.org/> or call PCSWD at 207-564-2321



Maine College and Career Access

HUB 3 -- The Maine Highlands is committed to promoting lifelong learning that will lead to post-secondary degrees and/or a credential of value to improve your quality of life, and your family's throughout Penobscot and Piscataquis Counties and beyond.

If you are seeking your high school diploma or HiSET, would like to become ready to succeed in college and/or achieve a credential of value (i.e., C.N.A., Comptia + Certification, OSHA-10 Certification, etc.), start with your local adult education program.

Find a Maine Adult Education program near you at www.maineadulted.org

Piscataquis Valley Adult Education Cooperative (PVAEC)

is governed by a Regional Council comprised of four local school districts:

AOS #94 Dexter

Kevin Jordan, Superintendent

Patrick O’Neill, Assistant Superintendent

Brian Leavitt Director, TCTC

RSU # 68 Dover-Foxcroft

Stacy Shorey, Superintendent

MSAD #41 Milo

Darcie Fournier, Superintendent

MSAD #4 Guilford

Kelly McFadyen, Superintendent

Piscataquis Valley Adult Education Cooperative

Dr. Joshua McNaughton, Director



*PVAEC is a proud member of the Maine Adult Education Association;
Learning for Work and for Life.*

REGISTRATION

Non-Academic (Enrichment) Courses: You may register and pay online. You may register online and pay by mail. Just click "pay by check" on the registration page, and then mail in your payment. You may mail in your payment with the registration form below. You can also print a mail-in registration form at www.pvaec.org. You may register by phone (564-6525) and pay by credit/debit card. Prepayment is required for some of our programs.

Paying Online: Paying online with your credit card is safe and secure. A non-refundable \$1.99 processing fee is charged for each course registration by credit/debit card.

AGE POLICY: The minimum age for participation is 17 years unless our director gives special permission.
CONFIRMATION: We generally require a minimum of eight students in our classes. We will notify you if a class is canceled due to lack of enrollment.

REFUNDS: We will refund 100% if the class is canceled, or if you cancel within 24 hours of the first meeting. No refunds or credits after the second session of a class. Refund checks take two to four weeks to process.

STORM CANCELLATIONS: Adult Education classes are canceled whenever local K-12 schools have been canceled for the day. **Academic** classes are held remotely when possible. Afternoon and evening classes are sometimes canceled due to late developing storms. Cancellations will be announced on our Facebook page (www.facebook.com/pvaec). You may also sign up for our text message alert system at www.pvaec.org. Canceled enrichment classes will be rescheduled whenever possible.

SCHOOL VACATION: There will be no classes on Monday, February 19 (Presidents' Day), Monday, April 15 (Patriots' Day), Monday, May 27 (Memorial Day), Wednesday, June 19 (Juneteenth Independence Day), and Thursday, July 4 (Independence Day). PVAEC reserves the right to make changes to the starting or ending dates, times and locations of courses when necessary. We are not responsible for typographical errors. Let us know at the time of registration if there is anything we can do to accommodate your needs.

PVAEC REGISTRATION FORM

Name: _____ Phone: _____
Address: _____ Date of Birth _____
Town: _____ State _____ Zip _____
Email: _____

COURSE	Day/Date	Total Fee(s)
1: _____	_____	\$ _____
2: _____	_____	\$ _____
3: _____	_____	\$ _____
Total Enclosed:		\$ _____

Credit Card: _____ Visa Mastercard

Exp: (MM/YY) _____ Code: (3 digits on back) _____

Signature _____

*Credit Card charges apply (\$1.99 Convenience Fee per registration). Save money by paying by cash or check.



Scan with your smartphone camera to register online. You can register and pay online or register online and pay by mail. Just click "pay by check" on the registration page. Register online at www.pvaec.coursestorm.com

Make checks payable to PVAEC and mail with this form to PVAEC, 50 Mayo Street, Dover-Foxcroft ME 04426
Please **DO NOT** send CASH by mail!

PVAEC

Fiscal Agent: MSAD 68
63 Harrison Ave., Suite C
Dover-Foxcroft ME 04426

NON-PROFIT
US POSTAGE PAID

Piscataquis Valley Adult Education Cooperative
50 Mayo Street
Dover-Foxcroft ME 04426
(207) 564-6525
www.pvaec.maineadulted.org
www.facebook.com/pvaec

POSTAL CUSTOMERS

Free Little Career Closet

AT THE PENQUIS HIGHER EDUCATION CENTER

We offer clean, gently worn business professional and business casual clothing and medical attire (Nursing Scrubs), as well as undergarments, accessories and personal care items.

Stock availability of items are donated by incredible community members.

The Penquis Higher Education Center
50 Mayo Street
Dover-Foxcroft, ME 04426

Closet Shopping Hours:

Monday-Wednesday 9am-12pm
Tuesday-Thursday 1-4pm
Friday By Appointment Only



www.pvaec.org

For More information :

Contact Hilda at
207-564-6525 or
hroberts@pvaec.org



LEARNING CENTER LOCATIONS:

PVAEC serves students in Dexter, Dover-Foxcroft, Guilford, Milo and everywhere in between.

Come see us at a Learning Center near you!



Dexter
Dexter Learning Center (DLC)
16 Church Street, Dexter



Dover-Foxcroft
Penquis Higher Education Center (PHEC)
50 Mayo Street, D-F



Guilford
Guilford Fire Station (GFS)
4 School Street, Guilford ME



Milo
Milo Free Public Library
4 Pleasant Street, Milo ME

NEW GUILFORD LOCATION:

We are now located at The Guilford Fire Department on School Street!

Follow us on Social Media:

Website



www.pvaec.org

Facebook



facebook.com/pvaec

Instagram



[@pvaec_adulted](https://www.instagram.com/pvaec_adulted)

Pinterest



[@pvaecadulted](https://www.pinterest.com/pvaecadulted)