Oxford Hills / Nezinscot Adult & Community Education

"You don't have to have it all figured out to move forward... Just take the next step." ~ Unknown





2025 Spring Catalog

1570 Main Street, Oxford, ME 04270 207-743-8842 sad17.maineadulted.org



2025 Spring Course Catalog

Happy Spring, everyone! I am pleased to share Dan Cosgrove's Graduation speech that he gave during his Certified Nursing Assistant Pinning Ceremony in the Spring of 2024. (This speech has been edited due to space constraints).

The Meaning of My CNA Course

The journey of becoming a Certified Nursing Assistant has been difficult, rewarding and satisfying. I deeply appreciate the efforts and passion of Marcia [Campbell] while she pushed and supported us all to succeed. Her instruction stands at the crossroads of lifelong wisdom, high standards, and genuine compassion for others. Marcia is one of the finest teachers I have ever had. I also extend gratitude to the Oxford Hills/Nezinscot Adult Education program for their classes. OHAE offered us all the opportunity to grow through skill development and excellent class organization.

First and foremost, my CNA course represented an opportunity for personal and professional growth. It symbolized my commitment to learning and my dedication to the care of others. Through rigorous course work and hand-on training, I not only acquired essential skills but also cultivated a mindset of empathy and understanding.

This CNA course also served as a gateway to a fulfilling career in healthcare. With each lesson learned and every skill mastered, I am one step closer to realizing my dream of caring for the critically ill. Whether it's assisting with daily activities, providing emotional support or monitoring vital signs, I am eager to contribute to the physical and emotional care of patients under my watch.

Furthermore, my CNA course hold deep personal significance. It reflects my values of compassion, integrity and resilience. It reminds me of the importance of humility and the power of human connection. As I interact with patients from diverse backgrounds and navigate challenging situations, I am constantly reminded of the inherent dignity and worth of every individual.

Finally, my CNA course represents a profound sense of responsibility. As a future healthcare professional and hopeful nurse, I recognize the trust placed in my by patients and their families. I am committed to upholding the highest standards of care and ethics, ensuring that every interaction is marked by professionalism, respect and kindness.

As I continue my journey towards intensive care of the ritually injured and ill, I am thankful to have this CNA course as my healthcare foundation. Marcia, all my beloved classmates and this CNA course have provided such a wonderful framework for me to start with. I look back with deep gratitude and appreciation while looking forward with optimism and confidence.

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School Year Office Hours

Mon - Thu, 8:30 AM - 8:30 PM Fri, 8:30 AM - 1:30 PM Or by appointment

Office Hours - Summer

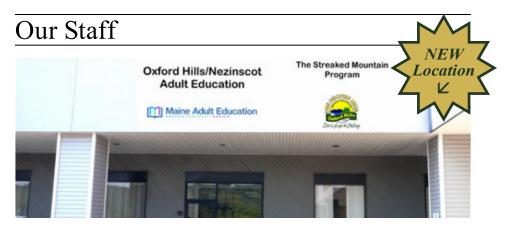
Tue - Thu 9:00 AM - 3:00 PM Mon & Fri by appointment

Program Calendar

Office Closed and No Classes on the following dates:

Sep 2, Labor Day Oct 14, Indigenous People's Day Nov 11, Veterans' Day Nov 27-29, Thanksgiving Dec 23 - Jan 1, Winter Vacation Jan 1, New Year's Day Jan 20, Martin Luther King, Jr. Day Feb 17, President's Day Feb 17-21, February Vacation Apr 21, Patriots' Day Apr 21-25, April Vacation May 26, Memorial Day Jun 19, Juneteenth Jul 4, Independence Day

Like Us On Facebook! Oxford Hills / Nezinscot Adult & Community Education Visit our website: sad17.maineadulted.org Contact us: 207-743-8842 adulted@msad17.org



Oxford Hills Location

NEW! The Oxford Plaza 1570 Main Street, Oxford

Nezinscot Location

Buckfield Jr/Sr High School 160 Morrill Street, Buckfield

Administrative Staff

Tina Christophersen, ext. 1535 Director of Adult & Community Education

Heidi Durgin, ext. 1545 Academic Student Advisor/ College Transitions Coordinator

Aimee Edmunds, ext. 1541 Workforce & Career Advisor/Coordinator

Jeanna Packard, ext. 1538 Secretary

Connie Staples, ext. 1539 Secretary

Academic Teachers

Kathleen Beauchesne Elijah Merrill Kate Molloy

Workforce Instructors

Marcia Campbell, RN Kevin Farnum Andy "Buzz" Gagnon Brett Larson Jerry Verrill

Adult Literacy Volunteers & Tutor Training

Find out how rewarding it is to make a difference for an adult learner. You may work individually with a student on math, literacy, or other basic skills, or assist a teacher in an academic lab. Make a difference in someone's life! Help them learn to read or finish their high school diploma. You can even help someone improve their English language skills.

Free - Judy Green

Please contact us at 207-743-8842 for more information.

207-743-8842 · sad17 maineadulted org

About Our Program

Our program offers a wide range of classes and programs in the basic education and ESOL, high school completion, HiSET® High School Equivalency Test, college transitions (college preparation), workforce training, and enrichment areas.

Many programs can be customized for business and industry to meet specific goals. Classes are offered throughout the day, evening, and year-round.

High School Completion/HiSET® /College Advising

Heidi Durgin, our Academic Student Advisor and College Transitions Coordinator, is available to help you complete your high school diploma or obtain your high school equivalency credential by passing the HiSET® exam.

Are you looking to attend college? We can help, by offering Accuplacer testing and college advising to put you on the path to success. Need help finding financial aid for college?

We can provide assistance completing the FAFSA application, finding and applying for scholarships, and applying to the college or trade school to put you on the path to higher education and better employment.

Contact Heidi Durgin 207-743-8842 ext. 1545 to schedule a meeting.

Workforce & Career Advising

Our staff at Oxford Hills / Nezinscot Adult Education will assist you with enrolling in one of our many workforce training programs and can advise you on which college, technical school, or vocational training will best match your skills and potential career field. Are you looking for a new job but need assistance writing a cover letter,

putting together a resume, or guidance on how to prepare for an interview? We can guide you through everything you need to be successful in your next job interview.

Contact Aimee Edmunds 207-743-8842, ext. 1541 to schedule a meeting.











Services & Program Offerings

Workforce Training & Certification

As a community partner, we strive to meet the many needs of today's workforce and the challenges they and their employers face. Our program currently offers many in-person certifications including Class A & B Commercial Driver's License and School Bus training, Certified Nursing Assistant & Certified Clinical Medical Assistant certifications, and Reiki certification. We offer a wide-range of in-person and online computer courses. These courses can be taken to gain a certificate credential or broken out into individual courses to reinforce or improve your knowledge.

Our workforce program is growing and developing new trainings to meet the needs of local businesses and industry. If your business has training needs, please contact our office at 207-743-8842 to discuss what we can do for you.

Finance & Assistance

Sometimes financial obstacles prevent us from advancing in life. Let us help you and break through these barriers by finding grants and scholarships to pay for your training. Scholarship assistance may be available to eligible students in need of child care services during class times.

Recently, private entities and government initiatives have poured large sums of easy to access money into workforce training. This money is available to OUR LOCAL BUSINESSES to train your staff for new skills.

Contact our office at 207-743-8842 to find out more information.













Take your career to the next level and earn your CDL Class A or B truck license. This training program will assist students in acquiring the skills that can lead to a successful career in the trucking industry or take their current career forward. Our staff is experienced, well-trained, and BMV licensed to teach the required classroom, range and over the road instruction needed to obtain a CDL license.

Class Dates & Times:

Starting: February 2025

Pre-admission required. Call us at 207-743-8842 for more information.

Cost:

\$5,900

Class training fee includes: tuition, books, two FMCSA drug screening fees (pre-admission & post permit), FMCSA physical, use of truck, fuel as well as one attempt at the permit and license tests.

Enrollment Requirements:

- Valid Driver's License
- Pre-arranged Financing (assistance available)
- Complete Adult Ed Intake Application
- Pass DOT Physical & Drug Screen
- Ability to Attend all Scheduled Classes

CONTACT US

(207) 743-8842 adulted@msad17.org



Oxford Hills / Nezinscot Adult Education & Oxford Hills Technical School 1570 Main Street, Oxford, ME 04270 • (207) 743-8842 • adulted@msad17.org

Career, Technical & Workforce

Certified Nursing Assistant (CNA)

This is a Maine State Certified course and exceeds the 130 hours required by the State of Maine. Requirements include a math and reading test, interview session, proof of physical within the last year, immunization records, and the willingness to dedicate your time to a 12-week training commitment. The Certified Nursing Assistant (CNA) program is a 130-hour program, consisting of 70 hours of classroom time. 20 hours of lab time, and 40 hours of clinical work. Students who complete this course will be able to sit for the Maine CNA competency test. Training includes CPR Certification & First Aid training.

\$2,050 - 12 weeks, begins 3/3

Classes: Mon & Wed, 4:00 - 7:00pm

Clinical: Thu 3:30 - 8:30pm

Marcia Campbell, RN

CDL Bus Driver Training

This CDL (Class B) class prepares students to meet the Maine BMV Class B school bus driving requirements and consists of 42 hours of classroom instruction to prepare students for the State written and skills exam, and 30 hours of driving instruction to prepare students for the state road test. Please call 207-743-8842 for program details.

\$1,850

Open Enrollment

Kevin Farnum, Jerry Verrill

CDL Instructor Train The Trainer

This is approved by the State of Maine Bureau of Motor Vehicles as an introductory course in commercial motor vehicle driver education instruction for a Class A commercial motor vehicle driver education instructor license. Specifically, this course has been developed to provide instructor training for potential CDL instructors.

\$2,500

Call 207-743-8842 for next scheduled class

Jerry Verrill

CDL Class A or Class B Truck Driver Training

This Commercial Driver's License training program will assist students in acquiring the skills that can lead to a successful career in the trucking industry. Our staff is experienced, well-trained and licensed and our education includes classroom, range, and road instruction. Each student leaves prepared with the knowledge and the professional skills to start a new and exciting career in transportation. This is an in-demand training program with an extensive application process which includes a formal adult education intake, drug screen, physical, and background check.

\$5,900

Class begins Tue, 2/4 Brett Larson, Jerry Verrill

Career, Tech & Workforce

Career, Technical & Workforce

CPR Certification

The CPR class includes adult, child and infant CPR and AED use, adult, child and infant choking, and how and when to call emergency services. The course cost includes use of the manikins, video, certified instructor, practical components, and a certificate of completion. The video portion has been shortened, and the practical time has been increased to ensure everyone has enough time to gain confidence in their skills. This class is taught to the standards established by American Heart Association. The workbook is not included with this class. If you would like a workbook, please indicate on your registration form. Cost is \$10 for the book, paid to instructor.

\$70-1 Week

2/6 or 3/25, 6:00pm-8:00pm

Charissa Kerr

First Aid Training

The First Aid class includes: medical emergencies, bleeding that you can see, bleeding you cannot see, treating for shock, and how and when to call emergency services. The course cost includes a blend of PowerPoint and video, instructor and practical components, and a certificate of completion. This class is taught to the standards established by American Heart Association. The workbook is not included with this class. If you would like a workbook, please indicate on your registration form. Cost is \$10 for the book.

\$50 -1 Week 5/13, 4:00pm-6:00pm Charissa Kerr



Tuition is funded through a clean energy grant

Heat Pump & Solar Panel Technology Training

This grant funded Heat Pump and Solar Panel technology training program is the first of its kind in Oxford County. Students will learn the entry-level skills needed by Local employers in the construction industries for heat pump and solar panel installation, maintenance and repair. Students will train on real-life simulators to simulate working in the field. Tuition Is funded through the Clean Energy Grant. Additional supportive funding may also be available to qualified students. Successful completion of the program means that each graduate will be prepared for entry-level apprenticeship work for local contractors. Students will receive the NCCER Core Certification, the WorkReady Credential, safety training and training on solar and heat pump simulators. Site visits, guest speakers and job interviews will also be arranged as part of the program.

Contact Aimee Edmunds (207-743-8842) for more information and to enroll.

OHNAE in partnership with:



Administrative Assistant Fundamentals

Rapid growth in the health, legal services, data processing, management, public relations, and other industries has created many new job opportunities for administrative assistants. This course will help you discover and master the essentials of: managerial and staff support, information and records management, communications technology, travel and meeting coordination, space planning, and office ergonomics. You will become an indispensable member of your team by identifying opportunities and implementing solutions to turn your office into a high productivity machine. This course and its follow-up (Administrative Assistant Applications) may help you prepare for the internationally-recognized Certified Administrative Professional® (CAP®) exam offered by the International Association of Administrative Professionals® (IAAP®). Note: This course is not affiliated with, nor has it been endorsed by, the International Association of Administrative Professionals® (IAAP®)

\$129

6 Weeks / 24 Course Hrs

Open Enrollment (start anytime)

Self-Paced. Study on your own schedule. To register visit:

ed2go.com/ohadulted

Certified Administrative Professional

To be a successful administrative professional, you must possess the skills to handle a wide variety of workplace tasks and scenarios. The Certified Administrative Professional (CAP) course serves two purposes. First, it prepares you to take the CAP exam offered by the International Association of Administrative Professionals (IAAP). Second, it provides you with a broad selection of essential skills and knowledge to effectively work as an administrative assistant in fields including educational technology, government, and medicine. In this course, you will learn the basics of workplace administration, as well as how to begin and grow a successful career as an administrative professional. The course covers the intricacies of organizational communication, office and records management, and human resource fundamentals, among other topics. You will also learn to effectively write for business, produce documents, and utilize information technology. You will gain event and project management skills, which include virtual meeting coordination. As technology develops, this skill has become increasingly useful. Each course module concludes with a quiz, helping you to effectively track your progress and test your skills. This course includes a voucher which covers the fee for the exam.

\$1,795

6 Months / 90 Course Hrs

Open Enrollment (start anytime)

Self-Paced. Study on your own schedule. To register visit:

CareerTraining.ed2go.com/ohadulted

CompTIA A+ Certification Training

This course will prepare you for CompTIA /A+ Certification. You can earn this certification after you pass the following two exams. The CompTIA A+ Certification Exam 220-1001 covers mobile devices, networking technology, hardware, visualization and cloud computing, and network troubleshooting. The CompTIA A+ Certification Exam 220-1002 covers installing and configuring operating systems, expanded security, software troubleshooting, and operational procedures. CompTIA A+ Certification is vendor neutral and internationally recognized, giving you a competitive advantage no matter what country you are working in and what hardware you are working with. This course offers enrollment with or without vouchers. The vouchers are prepaid access to sit for the certifying CompTIA A+ Certification exams (CompTIA 220-1001 and 220-1002) upon completion of the course and eligibility.

\$1,995 w/ certification exam voucher

\$1,650 w/o certification exam voucher

6 Months / 290 Course Hrs

Open Enrollment (start anytime)

Self-Paced. Study on your own schedule. To register, visit:

CareerTraining.ed2go.com/ohadulted

Computer Hacking Forensics Investigator (CHFI) (Voucher Included)

Digital forensics is vital to cybersecurity. This online course will prepare you for the EC-Council's Computer Hacking Forensic Investigator (CHFI) Certification exam, a credential that validates your understanding of digital forensic tools and how they are used in the cybersecurity industry. Digital forensics has a key place on every cybersecurity team. Without it, most organizations' security leadership will fail to see its full potential. This course takes a detailed, methodological approach to computer forensic and evidence analysis. You will gain a critical skill set for the identification of an intruder's footprints and gathering necessary evidence for prosecution. The course also includes a voucher with your enrollment, that covers the the certifying exam fee upon eligibility. Scheduling and testing will be available through a remote proctor function.

\$2,895

6 Months / 100 Course Hrs

Open Enrollment (start anytime)

Self-Paced. Study on your own schedule. To register, visit:

CareerTraining.ed2go.com/ohadulted

Freight Broker/Agent Training

The Freight Broker / Agent Training course provides you with the comprehensive training needed for building a successful freight brokerage or freight brokerage agency. This freight broker training course is designed to educate the student about the foundational aspects of brokering shipments. From learning the laws and terminology, setting up your business, learning about valuable tools and software, contracts and forms, how to find shippers and do ratings, and much more, it will provide you with the knowledge, insight, and direction to help you stand out in this growing industry. You will learn the differences between a broker and an agent, their various duties and responsibilities, and the laws and legal requirements for both You will also learn how to develop important qualities and skills such as how to set your goals and market yourself, set up and organize your office, record keeping and back-office procedures, and how to choose brokerage and operating software. By course completion, you will understand the steps of setting up carrier and shipper packets and contracts, marketing and advertising avenues, rate quotes, how to interact with shippers and carriers to keep lines of communication open, and valuable negotiation skills.

\$1,895

6 Months / 100 Course Hrs

Open Enrollment (start anytime)

Self-Paced. Study on your own schedule. To register, visit:

CareerTraining.ed2go.com/ohadulted

Start a Pet Sitting Business

If you're an animal lover, find out how you can start your own pet sitting business to translate your passion into a profitable career! In this course, you will master the essentials of running a cat and dog sitting business. You'll begin with pet care, including nutrition, exercise, first aid, and the identification of common diseases. You will learn the basics of first aid and find out how to administer pills, liquid medications, and injections to an uncooperative cat or dog. You will discover how to handle home visits and impress your potential clients. You'll also explore sticky situations that can in addition, you will dive into finances and explore start-up costs, accounting, fee setting, business plans, and low-cost marketing. You will discover how to obtain required insurance, hire employees as your business expands, and entice financial institutions to loan you money. Then, you will look at opportunities for expanding your pet sitting services. Is a dog-walking service right for you? Can you train puppies? Do you want to look after other animals, including horses? By the end of this course, you will have all the knowledge you need to become a professional pet sitter. In addition, you will discover how your pet sitting business can grow to continually challenge and satisfy you.

\$129

Classes begin every month.

To register, visit:

Ed2go.com/ohadulted

Video Game Design & Development

Video game design and development is challenging, but the rewards are worth it. With this unparalleled comprehensive training course, you'll master skills that open doors to the growing video game industry. By the end of the course, you will have designed and created your own video game for the PC, and will stand ready to join a team working on projects with larger scope, or pursue independent development. Using a comprehensive and analytical approach to game development, this course offers you the opportunity to learn how to effectively implement technical game ideas, assuming no prior training or experience. The curriculum is divided into four major areas of study: Programming languages, mathematic skills, game asset creation, and modern real-time game engines. It will conclude with an independent study phase which you will design, document, and create your own game using all of the programming and game art skills you learned in the core modules. This course is entirely online and is completed at your own pace.

\$2,145

12 Months / 500 Course Hrs

Open Enrollment (start anytime)

Self-Paced. Study on your own schedule. To register, visit:

Career Training.ed 2 go.com/ohadulted

Are you a Veteran of the Armed Forces or in the Reserves?

Did you have a parent who served in the military? You may qualify for education & training benefits.

Call the VA Toll-Free hotline at: 1-888-442-4551

or visit: www.gibill.va.gov

Workforce certificate courses require an intake process with skills testing. Contact our office to schedule your intake.

Get free skills training for your employees!

Workforce Development Compact Harold Alfond Center for the Advancement of Maine's Workforce in conjunction with: Maine Community College System & Oxford Hills / Nezinscot Adult Education

\$600 per employee through 12/31/23

Call Tina at OHNAE for more info: 207-743-8842

Academy of Medical Professions



Workforce Ready Certifications

- Courses offered via distance learning (Web-ex).
- Payment plans available Contact the Academy.
- All classes are open enrollment so register anytime!

Visit Oxford Hills / Nezinscot Adult Education's website for full course details: sad17.maineadulted.com



CALL TO REGISTER!

Phone: 207-721-0714 • Toll Free: 866-516-8274 • Fax: 207-449-1242

Email: info@academyofmedicalprofessions.com

Synchronous & Asynchronous Programs!

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 available; WIOA/ voucher approved (Goodwill, MyCAA, Maine Department of Labor, EMDC/ HOPE, etc.).

Clinical Medical Assisting and Phlebotomy are live-only due to in-person skills labs

Labs may not be available in all locations*

Clinical Medical Assisting

An all-inclusive 16-week program that includes in-person skills labs and live via Zoom class meetings that prepare you to pass the National Certification. Upon completion of the program, you will sit for your CCMA (Certified Clinical Medical Assistant) national certification exam through NHA. \$3,500 includes national certification, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area. Payment plans are available.

\$3,500

2/25, 6/17

Live classes meet Tue/Thu

5:30pm-8:30pm OR Online Anytime, Self-Paced

Dental Assisting

12-week Certificate program in Dental Assisting for one of the most high-demand careers. This program is designed to teach all aspects of dental assisting and provide you with the skills you need to work in this field and pass a national certificate exam. This program is taught by a Dentist and includes an opportunity for internships. We now offer an option for Lab days, please ask for more details! Includes all books, exam preparation materials and fees for the DANB RHS® certificate program. Upon passing the DANB RHS®, you will receive a certificate of knowledge based on competency for that component from DANB. Payment plans available.

\$3,200

2/3, 6/2

Live classes meet Mon 6:00pm-8:00pm OR Online Anytime, Self-Paced

Medical Coding

20-week, in-depth medical coding for CPC certification through AAPC. This program is designed to teach all aspects of medical coding, provide you with the skills needed to become nationally certified and get into the job market as a Certified Professional Coder. This certificate program includes Medical Terminology, Anatomy & Physiology, CPC-A exam, AAPC membership, 3 practice CPC tests and all books. Basic computer skills are required. Payment plans available.

\$3,950

\$5,150 with Practicode (6–10-week online program) will remove the apprenticeship designation from CPC credential

3/13

Live Classes meet Thu

5:30pm-8:30pm

OR Online Anytime, Self-Paced

Medical Office Specialist -Administrative Medical Assistant

16-week certification course: This course provides practical real-world skills essential for success in the healthcare field and meets entirely online. This all-inclusive course consists of Medical Terminology, Medical Front Office Skills, Electronic Medical Records Boot Camp, and Medical Billing. In addition, upon completion of all courses, you will sit for your CMAA (Certified Medical Administrative Assistant) Certification exam through the National Healthcareer Association (NHA). Includes national certification, all books, fees, and resume and job assistance. Payment plans available.

\$3,200

2/26

Live Classes meet Wed

5:30pm-7:30pm

OR Online Anytime, Self-Paced

Academy of Medical Professions

Medical Transcription

Medical transcription is a desired field for most people trying to work at home. Strong typing, computer, and English grammar skills are essential. Medical terminology, formats, rules and regulations, jobs, calculation of pay, confidentiality, and tricks of the trade, all equipment, reference books, and course books are provided with the course fee. Classes are online for 16 weeks with a completion of 16 weeks to 6-month options. This is a State Certified Program, and you will receive a Certificate of Completion and Letter of Recommendation upon graduation, resumes and how to obtain a job are covered in this program. Program includes medical terminology, Anatomy & Physiology, and transcription. Includes everything for the course and the field. Required: typing skills above 60 WPM, Microsoft Word proficient.

\$3,200

3/11, 7/1

Online Anytime, Self-Paced

Pharmacy Technician

All Inclusive 14-week program. Pharmacy Technician is one of the fastest growing jobs in health care today. In this course, you will learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice, to preparing for the PTCB exam. You will learn complete drug information that includes proper name, spelling and pronunciation, drug class, generic and trade name, route of administration, dosage and more of hundreds of drugs. You will be able to identify pills on sight with pill photos, gain a better understanding of how certain drugs work within the body with a concise review of relevant anatomy and physiology, and stay up to date with cutting-edge pharmacy practice with the latest information on new drugs, regulations, HIPAA guidelines and safety procedures. All materials included including PTCB National Certification (CPhT) Exam fee. Payment plans available.

\$2,850

Online Anytime, Self-Paced

Pre-registration for classes is necessary. Call 207-743-8842 for more information.



Academic Lab/ Reading Lab

The Academic Lab is an opportunity for a student working on their diploma to meet with an instructor and continue academic progress toward subject-specific credit.

-Kate Molloy-

Advanced Numeracy & Pre-Algebra

This class continues where Basic Numeracy leaves off. You will review fractions, decimals and percentages, then on to ratios and proportions, and finish with Pre-Algebra.

-Kathleen Beauchesne-

Algebra

This course will review exponential and radical expressions. Then, students will explore and master functions, linear equations, systems, polynomials and quadratic equations. Students must have a knowledge of advanced numeracy to be successful in this class.

-Kathleen Beauchesne-

Astronomy

Students will study objects and matter outside the Earth's atmosphere including their physical and chemical properties, and will utilize the district's access to the observatory.

-Elijah Merrill-

Basic & Advanced Numeracy

Basic and Advanced Numeracy will help to improve your basic arithmetic skills. You will work in a small class on addition and subtraction up through fractions, decimals and calculating percentages. Building on these math functions, you will move on to ratios and proportions, and finish with Pre-Algebra.

-Kathleen Beauchesne-

Pre-registration for classes is necessary. Call 207-743-8842 for more information.

Biology/Health Sciences

This course will help you build a basic knowledge of human biology and its connection to human health. The focus is upon human anatomy and physiology, common health concerns, nutrition, and their effects upon your overall health.

-Kate Molloy-

Civics

Students will study the rights and duties of citizenship.

-Elijah Merrill-

College Transitions Success

An introduction to the college environment and an opportunity to strengthen the academic skills necessary for success at the community college level.

-Kate Molloy-

Computer Literacy Basics

This required class covers the basic computer competencies necessary for academic credit.

-Kate Molloy-

Current Events

In this class students will digest news stories using various methods, such as news-mapping, graphing, summarizing, and editorializing, with the goal of making the news more relevant to students. News happens!

-Elijah Merrill-

Elements & Principals of Art

This elective class will provide students with an opportunity to appreciate works of famous artists through the lens of Art Elements and Art Principles. Students will also represent these art concepts through independent projects.

-Kathleen Beauchesne-

English Composition I & II

Students work on two longer pieces of writing over the course of the semester. This course is individualized to meet the specific needs and interests of the student.

-Kate Molloy-

Pre-registration for classes is necessary. Call 207-743-8842 for more information.

Financial Literacy

Students will learn the skills needed to make smart money management decisions for real life.

-Kate Molloy-

Fine Arts for Academic Credit

Students will discuss and complete a fine arts project with guidance from the instructor.

-Kathleen Beauchesne-

Geometry

Study the relationships among angles, polygons and 3D solids. You will practice these objectives through various lessons, skill practice and applications.

-Kathleen Beauchesne-

U.S. History I & II

The social, political and economic development of the United States from the Civil War Period through the mid 1900s is covered.

-Elijah Merrill-

Lifetime Pursuits

This elective class will provide multiple opportunities for students to engage in an active lifestyle. Let's go for a long walk, or take a short hike up to a scenic overlook. One class may be a bike ride. In another class we may try hitting golf balls! Students will receive diploma credit while trying out activities that they may love for their lifetime.

-Kathleen Beauchesne-

Math Diploma Lab

This course will help students improve their basic arithmetic skills. Students will work in a small class setting on addition and subtraction, multiplication, and division of whole numbers. Students will then study fractions, decimals, and percentages.

-Kathleen Beauchesne-



Pre-registration for classes is necessary. Call 207-743-8842 for more information.

Music History

Music is in every known culture, past and present, varying widely between times and places. The emotions and ideas that music expresses, the situations in which music is played and listened to, and the attitudes toward music is played and composers all vary between regions and periods. Specific periods will be discussed based on student interest.

-Elijah Merrill-

Reading Lab

The primary goal of this course is to spark a love of reading within students. As a class, we will explore books of different genres and authors, styles and lengths until each student finds the one that interests them. The secondary goal is to introduce students to book discussion and light analysis.

-Elijah Merrill-

-Kate Molloy-

Science with Lab

Topics covered during this class will be determined based on individual student need for academic credit.

-Elijah Merrill-

-Kate Molloy-

Woodshop for Academic Credit

Woodshop isn't just a shop in which things are made from wood. Materials + effort = the stuff self-esteem is made from. Let's discover your potential.

-Elijah Merrill-

World History

Location, place, human-environment interaction, movement and region (the 5 themes of Geography) are applied to the study of the creation of the earliest human civilizations (The River Valley civilizations).

-Elijah Merrill-

HiSET.





Do You Lack A High School Diploma?

Are you ready to take the first step toward expanding your opportunities for college or a better career?

We can help you on your journey to earning your high school equivalency credential by passing the HiSET® exam. Receiving this credential may help open doors that have been closed to you previously.

Contact us today at 207-743-8842 to get started!

HiSET[®] Test Prep Labs

Get ready to earn your High School Equivalency Diploma (the HiSET®) by taking this prep course. Topics are specific to the HiSET® tests.

Our teachers: -Kathleen Beauchesne--Kate Malloy--Elijah Merrill-

Enrichment & Special Interest

Artificial Intelligence & Machine Learning Suite

Course is online through a partnership with ed2go.com. This course bundle will provide you with a foundation of practical knowledge on artificial intelligence (AI) and machine learning. You will begin with the science behind AI computer systems, which can perform tasks that typically require human intelligence, and AI ethics, applications, and more. Then you will move on to a more thorough look at machine learning, the problem it is trying to solve, and specific techniqes and applications used in supervised, unsupervised, and semi-supervised learning.

\$230

Class begins every month

To register, visit Ed2go.com/ohadulted

Basic Vehicle Maintenance

The course will cover routine maintenance, emergency preparedness and procedures, buying pre-owned vehicles and Maine winter vehicle preparation.

\$60

2/26, 3/5, 6:00pm-8:00pm

Mitch Green @ OHTS Automotive Classroom & Shop





Basic Watercolor from Life

Watercolor is a great medium for creating artwork from life. In this course we will create watercolor drawings of still life objects. Topics discussed will include colors and how to mix them, brushes, basic techniques including wash and dry brush, process, and art supplies. A suggested supply list will be provided.

\$85

3/19, 3/26, 4/2, 4/9

Wed, 6:00pm-8:00pm

Patrick Corey @ OHNAE

Beekeeping: Successfully Raising Bees

You are invited to attend this 3-week beekeeping course offered by Al Borzelli of Happy Hive Farm. This class is for any beekeepers who want to learn how to successfully raise honeybees. Al has 14 years of experience to share and will present useful information to help you keep and maintain your hives.

\$35

2/6, 2/13, 2/27

6:00pm-8:00pm

Buckfield Junior Senior High

Enrichment & Special Interest

Beginning Beekeeping

This course will cover the basics needed to get started in beekeeping. This includes: costs, bee biology, acquiring bees, equipment needs & assembly, using the various tools required, seasonal management, Pest & Diseases and honey Harvest.

\$80 - 6 week class

Mon, 2/24 - 3/31, 6:00pm-8:00pm

Christopher & Paula Easton @ OHNAE



Cybersecurity Introduction

This self-paced course is designed to help you increase your knowledge of cybersecurity and technology fundamentals to fill knowledge gaps in your current role or pursue an entry-level career in this in-demand field. We answer questions around what cybersecurity is, what an operating system does and the most common types, cloud computing, and many other topics related to cybersecurity foundations. You will have the opportunity to develop your foundational cybersecurity skills through hands-on demonstrations as you follow along with the instructor videos, learn time-saving tips to increase your efficiency, and establish best practices.

\$129

Class begins every month

To register, visit Ed2go.com/ohadulted

Driving Dynamics, Maine

This course covers collision avoidance techniques and safety tips to help you become a better driver. These techniques will be discussed through lectures, videos, and classroom participation. Those completing the course will receive a three-point credit on their license record

\$70

3/31 & 4/2, 6:00pm-8:30pm

@ OHNAE

Introduction to Observational Still Life Drawing

In this hands-on course you will learn how to draw what you see. Using time-tested still life arrangements and objects we will explore line, form, value, composition, and technique using pencil and ink wash drawing. A suggested supply will be provided.

\$85

4/30, 5/7, 5/14, 5/21

Wed, 6:00pm-8:00pm

Patrick Corey @ OHNAE

Managing Your Woodlot – A Beginner's Course

This class for Woodlot owners includes Tree identification, deeds and boundaries, timber harvesting, wildlife management, forestry taxes and regulations, and working with a consulting forester. The instructor is Merle Ring, retired Maine Forest Service District Forester with 42 years of experience.

\$80 - 6 weeks

Tue, 3/11-4/15, 6:30pm-8:30pm

Merle Ring - OHNAE

One & Done

Finding Balance in Chaos

What is chaos and why does it impact our lives? The answers vary and yet our energetic and emotional reactions are similar. This presentation will address the challenges as we negotiate the different perspectives of chaos.

\$25

Wed, 3/5, 6:00pm-8:00pm

Christopher & Paula Easton @ OHNAE



Fossil Fun

How do you know what a T-Rex looks like? Fossils! Discover why Maine doesn't have a T-rex fossil but does have a rare, six-foot, 390 million-year-old plant named Pertica as our official state fossil. Could a Wooly Mammoth have lived in your backyard? Hear about the woman who discovered Pterodactyls and something rude that she was NOT supposed to talk about! Examine real fossils and make your own fossil model to bring home. Presented by Deb Johnson from The Maine Mineral & Gem Museum.

Free

Fri, 3/21, 10:00am-11:30am @ OHNAE

Home Ownership

Buying a home is one of the most important and exciting financial decisions a person will make in their lifetime. This workshop will prepare participants to successfully chart a roadmap to home ownership. We will examine the benefits and realities of buying a home, evaluate how your credit and financial situation affects home lending, and explore the steps to the home loan process. Bring your biggest questions about the home buying process!

Free

Thu, 5/15, 5:30pm-7:00pm TD Bank @ OHNAE

How Money Works

Do you want to eliminate debt? Stop living paycheck to paycheck? Take full control of your finances? Join us to learn how implementing a few simple financial concepts can transform your relationship with money!

Free

Wed, 3/26, 6:00pm-7:30pm Sarah Blondin @ OHNAE





To Register Online

Identity Theft Protection/ Fraud Prevention

Identity theft has become increasingly common and sophisticated. This informative workshop will empower participants with the skills and resources to take preventive and restorative action in managing their financial lives. By the end of this workshop you will be able to recognize common fraud schemes, where fraud trends are headed, and know how to protect yourself against scams.

Free

Thu, 3/13, 2:00pm-3:30pm TD Bank @ OHNAE

Instant Piano

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoy- ment. Learn to play piano the way professionals do using chords with this quick lecture/ hands-on demon stration. Since this course includes an online book and with video lessons, you will be able to continue your practice and study on your own. An optional, periodic online question and answer session is also included in addition to a recording of the class.

\$59 – 1 Week Mon, 4/7, 6:30pm-9:30pm Craig Coffman - ONLINE

Instant Guitar

Have you ever wanted to learn the guitar but simply find it difficult to find the time. In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. This class includes an online book and follow up video lessons to help you continue your practices and study on your own. An optional, periodic online question and answer session is also included in addition to a recording of the class.

\$59 – 1 Week

Tue, 4/8, 6:30pm-9:30pm

Craig Coffman – ONLINE

Invest For Success

Is your money working as hard for you as you do for it? Are you confident that your current investment strategy will help you reach your goals? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach your goals!

Free

Wed, 4/16, 6:00pm-7:30pm Sarah Blondin @ OHNAE

One & Done

Investing At Retirement

Nearing or entering retirement? Maybe you're just thinking about it? Join us to learn how developing a customized strategy can assist you in identifying considerable risks to mitigate them while making the most out of your benefits and assets. This can help you plan for a financially secure retirement!

Free

Tue, 5/6, 6:00pm-7:30pm

Sarah Blondin @ OHNAE

Narcan Training

Narcan (also known as naloxone) is a safe and easy-to-use medication that reverses overdoses, including those caused by fentanyl. Fentanyl is commonly found in cocaine, opioids, and methamphetamine, as well as counterfeit prescription pills (e.g., fake Adderall). Narcan has saved the lives of thousands of Mainers. Participants will learn about how to recognize and respond to a suspected overdose, including how to administer Narcan. We will discuss what happens to a person's body during an overdose and how Narcan works. Instructors will break down, step by step, how to administer intranasal Narcan.

Free

3/19 or 5/28, 5:30pm-6:30pm

Brendan Schauffler

Healthy Oxford Hills Staff @ OHNAE

Resumes

Whether it is for a job search or college applications, bring your resume and your questions. We will cover structure, content and other helpful tips to help build your resume.

Free

Thu, 4/3, 6:00pm-7:00pm Aimee Edmunds @ OHNAE

Substitute Teacher Training

Substitute teaching is a way to help your community while earning extra money. This workshop provides information about school expectations, teachers' lesson plans, and positive behavior intervention and supports (PBIS). Persons who complete this course successfully may be enrolled as substitute teachers for SAD 17. (College degree preferred but not required.)

Free – 1 Week (register for 1 session)

Tue, 2/11

12:00pm-2:00pm or 4:00pm-6:00pm

District Central Office,

232 Main Street, South Paris

Understanding Social Security

Do you wish you had a better understanding regarding your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how!

Free

Wed, 5/21, 6:00pm-7:30pm

Sarah Blondin @ OHNAE

Veterans Benefits

Veterans! Come one – come all! Join us to learn about the three major departments within the Veterans Administration, with a focus on the Veterans Benefits Administration (VBA). Types of VA benefits, qualifying requirements (eligibility criteria), and the claims process for each will be explained. The recently implemented PACT Act greatly expanded the scope of medical conditions that are "presumptively" connected to service in certain areas. Whether you've been "in the system" for a while, or have yet to access VA for benefits or health care, please attend and learn what is out there for you! Spouses of veterans are welcome as well

Are you a Veteran of the Armed Forces or in the Reserves?

Did you have a parent who served in the military? You may qualify for education & training benefits.

Call the VA Toll-Free hotline at: 1-888-442-4551

or visit: www.gibill.va.gov

Free

Fri, 3/28, 10:00am-11:00am Sarah L. Glynn, Esq. @ OHAE

Attention teachers, aspiring educators & those who have a teachable talent you'd like to share with others!

Oxford Hills/Nezinscot Adult Education wants to hear from you! We are interested in adding to our Enrichment (personal interest) programming this Fall and would love to add your class to our Fall 2025 Catalog!

Here is a partial list of what we currently offer or have offered in the past: Computer Basics, painting (oil, watercolor), assorted cooking classes, yoga, self-defense, pet first aid/CPR, music lessons, and a host of other great classes!

We offer Enrichment classes at Oxford Hills/Nezinscot Adult Education, 1570 Main Street, Oxford, the Oxford Hills Comprehensive High School, the Buckfield Jr/Sr High School and other locations around the district.

For more information, please contact us: adulted@msad17.org, send us a message on Facebook, or call 207-742-8842 Our catalog can be found at: sad17.maineadulted.org

Finance Authority of Maine



Virtual workshop program offered by College Access and Financial Education team at the Finance Authority of Maine.

Adulting 101: For the Love of Money

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and budgeting tools are available to make things a little bit easier. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as we explore fundamental money skills.

2/12, 6:30pm

Adulting 102: Money Grows

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life, Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as you take the next steps into adulting.

3/19, 6:30pm

Successful Scholarship Searches & Applications

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work your own scholarship application plan. You'll also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process. Students and parents interested in learning about the scholarship process can join Jessica Whittier, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk scholarships.

2/26, 7:00pm

Planning & Paying for College

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Michelle Radley, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk all things paying for college.

3/5, 6:00pm

Spring Into College Savings: The Alfond Grant & Maine's College Savings Program

Joining us - College Savings Superstar Alfond Foundation member, Caroline Palmatier Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alfond Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

4/2, 7:00pm

Student Loan Repayment Strategies & Pro Tips

There are many different facets to the student loan program that can be powerful in helping you achieve your financial goals but also can be confusing. If you are struggling with your payments, did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit on your federal loans? Do you know you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency? Whether you have recently graduated from college or have been repaying your students loans for a long time, join us to learn how to best manage your student loan repayment. Join Nikki Vachon, College

5/7, 6:00pm

Putting the Literacy in Financial Literacy: Book Club with FAME

Join FAME's College Savings Counselor, Maire Pelletier, in exploring **Girls That Invest by Simran Kaur**. This course is a great introduction to investing. All experience levels are welcome. (For general education purposes only, and should not be used as legal, tax, or financial advice). Students will need to purchase their own copy of the book to participate.

2/4, 2/18, 3/4, 3/18, 4/1

6:00pm - 7:00pm

Students are expected to attend all 5 sessions



CDL Instructor, Jerry Verrill



Community Partners

Maine Adult Education

Area Adult Education Programs

Auburn Adult & Community Education 207-333-6661

Lewiston Adult Education 207-795-4141

Lisbon Adult & Community Education 207-353-6711

MSAD 44 (Bethel) Telstar Adult & Community Education 207-824-2136

MSAD 52 (Turner) Adult & Community Education 207-225-1010

Oak Hill Adult & Community Education 207-375-6605

Region 9 (Mexico) Adult Education 207-364-2012

RSU 16 Adult Education (Poland-Mechanic Falls-Minot) 207-345-3217

Sacopee Valley Adult & Community Education 207-625-3092

Oxford Hills Technical School 207-743-7756

Other Community Partners

Central Maine Community College 207-755-5100

Concentra Occupational Health -Oxford 207-743-7399

Maine Veterans' Home South Paris 207-743-6300

Market Square Health Care Center 207-743-7086

New Ventures Maine 207-753-6531

Oxford County Jail 207-743-9554

Oxford Hills Chamber of Commerce 207-743-2281

Oxford Hills / Nezinscot Adult Education Site at Buckfield Jr/Sr High School 207-336-2151

Spurwink Behavioral Health 207-871-1200 207-699-9408

Stephens Memorial Hospital 207-743-5933

Community Resources

Public Libraries

Call for current hours and program listings.

Bolsters Mills Village Library 466 Bolsters Mills Rd, Harrison 04040 207-583-6421

Buckfield Zadoc Long Free Library 5 Turner St, Buckfield 04220 207-336-2171

Harrison Village Library 4 Front St, Harrison 04040 207-583-2970

Norway Memorial Library 258 Main St, Norway 04268 207-743-5309

Oxford Freeland Holmes Library 109 Pleasant St, Oxford 04270 207-539-4016

Paris Hamlin Memorial Library 16 Hannibal Hamlin Dr, Paris 04271 207-743-2980

South Paris Public Library 37 Market Sq, South Paris 04281 207-743-6994

Waterford Library 663 Waterford Rd, Waterford 04088 207-583-2050

West Paris Public Library 226 Main St, West Paris 04289 207-674-2004

Agencies

Cancer Resource Center of Western Maine 59 Winter St, Norway 04268 207-890-7063

Department of Health & Human Services 243 Main St. #6, South Paris 04281 207-744-1200

Fedcap 243 Main St, South Paris 04281 844-469-5790

Healthy Oxford Hills 20 Paris St, Norway 04268 207-739-6222

Market Square Health Care Center 3 Market Square, South Paris 04281 207-743-7086

Maine Veterans Services 35 Westminster St, Lewiston 04240 207-753-9106

Maine Behaviorial Healthcare 193 Main Street, Suite 14,

Norway, 04268 207-294-7096

Sexual Assault Prevention & Response Services 66 Paris St, Norway 04268 207-743-9777, Helpline: 800-871-7741

Spurwink / Tri-County Mental Health Services 143 Pottle Rd, Oxford 04270 207-743-7911

University of Maine Extension Service 9 Olson Rd, South Paris 04281 207-743-6329

Community Resources

Small Business Resources

Androscoggin Bank

170 Main St, South Paris 04281 207-743-2545

The Center for an Ecology-Based Economy (CEBE) 447 Main St, Norway, ME 04268 207-739-2101

Central Maine Community College

1250 Turner St., Auburn 04210 207-755-5100

Community Concepts

17 Market Sq, South Paris 04281 207-743-7716

Concentra Occupational Health

1570 Main St, Ste 3, Oxford 04270 207-743-7399

Dirigo Federal Credit Union

172 Pine St, South Paris 04281 207-743-5410

Goodwill Workforce Services

190 Lancaster St, Portland 04101 207-775-5891

Key Bank

369 Main St, Norway 04268 207-743-6331

Maine Small Business Development

55 Exeter St., Portland 04101 207-780-4420

Maine Savings Federal Credit Union 912 Main St., N. Vassalboro 04962 207-862-6500

New Ventures Maine

175 Main St., South Portland 04106 800-799-5025

Norway Savings Bank

7 High St., South Paris 04281 207-743-9771

Oxford Federal Credit Union

54 Fair St., Norway 04268 207-743-2638

Oxford Hills Chamber of Commerce

4 Western Ave., South Paris 04281 207-743-2281

SCORE (SBA Loan Assistance)

Auburn - 207-782-3708 Western Maine (Rumford) - 207-592-5322 Augusta - 207-622-8274 Portland - 207-772-1147

TD Bank

1586 Main St, Oxford 04270 207-743-8131

United States Small Business Administration Maine

68 Seawall St #512, Augusta 04330 207-622-8551

Workforce Development Compact Harold Alfond Center for the Advancement of Maine's Workforce

Call Oxford Hills/Nezinscot Adult Education for information 207-743-8842

Registrations, Fees, & Information

Registrations

• Anyone 17 years and older is eligible to attend Oxford Hills/Nezinscot Adult Education. Additional requirements apply to students seeking their Diploma or HS Equivalency.

• Register early because courses fill quickly. (Courses with insufficient advance enrollment will be canceled.)

• Register by mail or online anytime before a class begins. Our office in is open for walk-in registrations.

• Fees may be paid online by credit card only. A processing fee is charged for each course registration made by credit card. This fee is non-refundable.

• Payment must accompany registration. We do not send out written confirmation on registrations you mail to us. Your canceled check is your receipt.

• Fees are listed in each description and must be paid with registration. "Materials Fees" are listed for materials that an instructor needs you to have for their class; these fees are paid directly to the instructor unless otherwise noted in the description.

• All courses have a registration fee unless otherwise noted.

• The Oxford Hills / Nezinscot Adult Education program reserves the right to alter courses scheduled and listed in this catalog to meet program needs and requirements. Proper notice will be given to registered students.

Refund Policy

• Refunds are given with 24 hour notice prior to first night of class. No refund is given after the first night of class.

• Registration fee: We will contact you if a course is canceled or already full and issue a full refund. Refunds take 2 - 3 weeks to process and are mailed to students.

Weather Cancellations

• Adult Education classes are canceled if the MSAD #17 School District cancels school due to inclement weather.

• To find out about cancellations listen to WOXO (92.7 FM), call the Adult Education office at 207-743-8842, check out our website: sad17.maineadulted.org or visit our Facebook page.

Disability Access Statement

• Oxford Hills / Nezinscot Adult Education does not discriminate on the basis of race, gender, ethnicity, religion, national origin, age, sexual orientation, or disability. To request disability accommodations, call our office 207-743-8842.



	Mon - Thur, 8:30 AM - 8:30 PM Fri, 8:30 AM - 1:30 PM	1570 Main Street 3. Oxford, ME 04270 4.	ice	In Person or by Mail: 1.		Tel. 207.743.8842 Fax. 207.743.5326				How to Register for Classes!
Card No: Exp:	Credit Card Visa / Mastercard / Discover				Course Name:	Phone/Cell:	Town:	Address:	Name:	Oxford Hills / Nezinscot Adult Education Registration Form
_ 3 Digits:							State & Zip:	Birthdate:	Email:	cation

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