



Alumni Foundation donation to provide state-of-art scoreboard

The Hamburg Alumni Foundation (HAF) recently made its largest-ever single donation to the Hamburg Central School District: \$285,000 for a new state-of-the-art scoreboard to be installed at Howe Field.

The scoreboard was not included in the district's recently approved \$68.5 million "Discover 2021" Capital Improvement Project, which will impact programming in academics, social-emotional health, physical education and athletics, music, art, technology and nutrition over the course of five years.

"The Hamburg Alumni Foundation is thrilled to be able to participate in this exciting project," said Kevin Tilley, HAF President. "All the alumni and friends who have generously supported our efforts over the past 20 years have made it possible."

"When school officials approached us with the need, we saw it as a great opportunity for a true legacy project for all of Hamburg's proud alumni and for the Foundation Board."

The new scoreboard will be five-sport compatible (football, soccer, lacrosse, field hockey, track & field). It will have video streaming and replay capabilities and can also be used to enhance graduation and other events on the field. There is also a learning component as the programming will be incorporated into technology coursework.

"The Hamburg Alumni Foundation has been an incredible partner for the children of the Hamburg Central School District," said Superintendent Michael Cornell. "This donation to our Discover 2021 Capital Project is another demonstration of their unwavering commitment to helping our students 'create, care, solve and discover.'"

The scoreboard will be installed when the Howe Field turf is replaced in the first phase of the Discover 2021 project, which could begin as early as summer 2022.

HAF is a not-for-profit community organization whose purpose is to generate and distribute resources to support and enrich education for all Hamburg Central students. To date, the organization has donated more than \$800,000 to the district in grants, scholarships and awards. Its mission includes contributing to the district's continued growth and development, recognizing alumni contributions, and informing, involving and serving members of the Bulldog family.

Delighting in winter



The joy of winter was on full display at Union Pleasant Elementary, where fifth grader Hannah Cunningham tried to catch a snowflake on her tongue and first grader Ethan Polanski delighted in a little slip and slide.



Superintendent's Column

In-person learning five-days per week remains priority

I hope this edition of *the Focus* finds everyone healthy and well. I want to start by saying “thank you” for your patience and understanding as we’ve worked really hard to address the many challenges we’ve faced since March of 2020.

As we turn the calendar to 2022, I’d like to offer an answer to each of the three questions that I get asked more frequently than others:

- Will schools remain open through the winter months?
- What is being done to curb the impact of state-imposed school quarantines?
- What is being done to address the threats of school violence that seem more pervasive than ever in our country?

I continue to have a high level of confidence that our local officials know that closing schools or limiting in-person attendance would exacerbate the terrible consequences already suffered by children, creating further harm to their academic, social, emotional, mental, physical and nutritional wellbeing. The position of the Hamburg Central School District is that schools are safe for students and staff, in-person learning is critically important to children and families, and schools must remain open to in-person learning five-days-per-week.

We know how difficult it is for children and families to deal with the quarantine rules in New York State. Every day, dozens of our students who are healthy and well are required by the New York State Department of Health (NYSDOH) to stay home from school because of its current policy on close contacts and quarantines. “Test To Stay (TTS)” would allow unvaccinated close contacts to take a rapid antigen test every day, and stay in school if that test comes back negative.

NYSDOH has said it would allow counties to approve TTS. Unfortunately, they also “will not provide new TTS technical assistance or resources for schools located in jurisdictions who permit the practice.” Two of my superintendent colleagues and I met personally with the Erie County Department of Health to urge them to support TTS in the Erie County. As a result, TTS is now under consideration in Erie County. I also wrote to Gov. Hochul, and met recently with the Governor’s Secretary of Education, to make the case for a state-wide implementation of TTS. I’ll keep you updated as more information about TTS becomes available.

Most importantly, please know that nothing is more important to us than keeping our schools safe from physical violence. Since 2015, we have reconstructed the entrance to every school,

implemented new visitor entry procedures, and faithfully continue to practice our response protocols. We fully investigate every potential threat that comes to our attention.

Importantly, we recognize the factors that cause young people to be less likely to engage in behaviors that lead to threats of violence, and to violence itself.

- We constantly reinforce a “Culture of Kindness” in all of our schools
- We benefit from our efforts to train every adult who works in our schools in Youth Mental Health First Aid

- We work really hard to help students build and maintain connections to school, and to each other, through non-academic activities like clubs, plays, music and sports.

Please remember to reach out to one of our school-based mental health professionals, or to an administrator, if there is anything at all that we can do to support the mental and emotional health of your child or family.

Finally, as we turn the calendar to 2022, may our resilience and optimism be repaid with better news on the public health front and an opportunity to continue the amazing progress we were making in serving the needs of children prior to the onset of COVID-19.



Michael Cornell
Superintendent

“ **The position of the Hamburg Central School District is that schools are safe for students and staff, in-person learning is critically important to children and families, and schools must remain open to in-person learning five-days-per-week.** ”

Connecting with your School Board

The Hamburg School Board consists of seven volunteer members who dedicate their time and energy to the best interests of the students of this district. As the community's representatives, they work in partnership with the administration toward a shared vision of education. Who are these individuals and what motivates their public service? This edition of *the Focus* completes a series of individual board member profiles to better acquaint you with these school leaders and how they're engaged in their work.

Meet David Yoviene



Occupation: 43 years in the building trades

His family:

Wife – Karen

Children – Dan, David & Natalie, all graduates of Hamburg

What's your favorite part of being a board member?

Working with the PTSA. Most people don't realize how much they do for our school and community. They raise so much money to benefit our students and teachers. It's amazing. No other PTSA accomplishes what Hamburg does. I also love the Thanksgiving Drive. Every year we provide Thanksgiving dinners to so many families. Watching the students put it all together is just amazing. I love being a part of it.

What's been your proudest moment as a board member?

I'm proud of my involvement on the recent Discover 2021 capital project. It'll raise property values for homeowners and be a great source of pride for the community. I'm also proud to have received the NYS PTA Advocate in Action Award and Laura Burns Advocacy for Children Award, named after a former Hamburg School Board member and advocate for children in our school and community.

What are the biggest challenges facing the district?

The most important issue facing all public schools is proper funding from New York State. I love being part of the group that talks to our government officials about proper funding for our schools and special education. Most recently, COVID has been a huge challenge for us all.

School involvement

I've been a School Board member for nine years. I attend five to six meetings a month that involve school or education. I'm also a member of Hamburg PTSA, Hamburg Counseling Plan Advisory Council, Parent Child Connection Committee and Erie County Association of School Boards (ECASB) Legislative Committee. I received the ECASB Rising Star Award (three times), Shining Star (three times), Medallion Club (one time).

On a personal note

I've lived in the Hamburg Central School District my entire life. My wife and I both graduated from Hamburg, as did our three children. We have three grandchildren – I can't wait for them to get to PreK (hopefully in Hamburg). I enjoy fishing, ATVing and camping. I'm also an active volunteer at St. Luke's Mission of Mercy.

PreKindergarten enrollment opens Jan. 18

Enrollment for the district's PreKindergarten (PreK) 2022-23 program at Charlotte Avenue Elementary School will open on Jan. 18, 2022 with registrations being accepted through April 1, 2022. There are both full-day and half-day PreK class options. Placement in the full day classroom is by digital lottery, which will take place on April 20, 2022. Registrations will be accepted after this date for the half-day session only, based on availability.

The program is available to children who will be four years old on or before Dec. 1, 2022. There is no cost to families who reside in the Hamburg Central School District and no income eligibility restrictions. The full-day classroom is a UPK classroom that is run in collaboration with the YMCA, and falls under the same New York State standards and guidelines as the half-day UPK classrooms.

Before and/or after-school extended hours are available on-site at the participant's expense. The program provides meals and

transportation to students Monday-Friday (one way transportation for full-day).

PreK provides children with opportunities for experimentation, exploration, discovery, challenge and interaction. It helps them become independent, self-confident, enthusiastic learners through spontaneous activity, play, carefully prepared materials and guided experiences. For more information on the program, please visit the district website (hamburgschools.org) or call the PreK office at 646-3370, ext. 3410.

PreK registration is online only. To enroll a student, please visit the district website. Select "Enrolling Students," then "Begin Online Registration Here". The Central Registrar will then send you a confirmation email with the next step in the registration process. For more information please call the Central Registration office at 646-3200, ext. 7217 or email centralreg@hcsdk12.org.

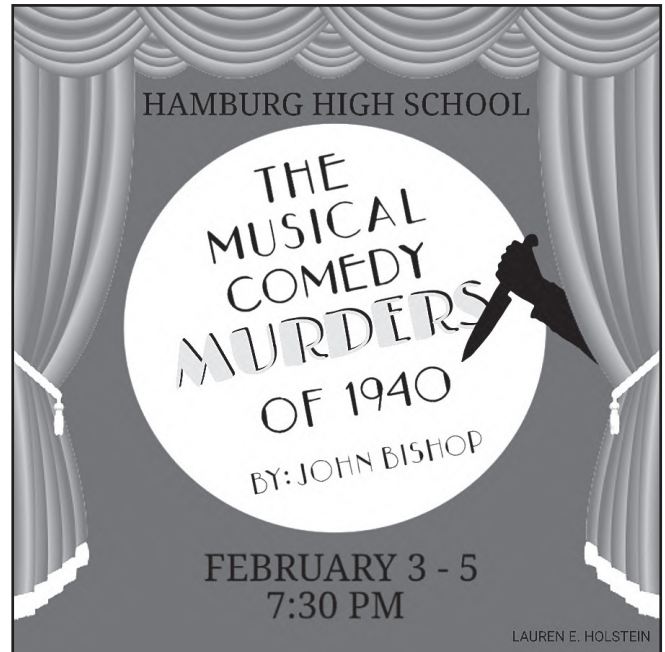
The Hamburg High School Drama Club presents

Hamburg High School will present John Bishop's comedy "The Musical Comedy Murders of 1940" on Feb. 3-5 at 7:30 p.m. in the school auditorium, 4111 Legion Dr.

The creative team responsible for a recent Broadway flop in which three chorus girls were murdered by the mysterious "Stage Door Slasher" assembles for a backer's audition of their new show at the estate of a wealthy theater patron. The house is replete with sliding panels and secret passageways, all of which figure diabolically in the comic mayhem that follows. As the composer, lyricist, actors and director prepare their audition and a blizzard cuts off any possible retreat, bodies start to drop, knives spring out of nowhere, masked figures drag their victims behind swiveling bookcases and accusing fingers point in all directions.

If you would like to be a patron of this production, please fill out the form below with your name as you would like it to appear in the program. All patron/mail orders must be received by Thursday, Jan. 27.

Tickets will be sold in the High School main foyer as of Jan. 24 from 3-6 p.m., Monday through Friday. Or, tickets can be ordered by mail, using the form below. Tickets are \$10 for adults; \$5, students. Tickets will be sold at the door on the nights of the play at a cost of \$12 for adults; \$7 for students.



**Hamburg High School
Thursday, Feb. 3
Friday, Feb. 4
Saturday, Feb. 5
All performances are at 7:30 p.m.**

Ticket orders by mail

Name _____ Street _____
Town _____ Zip _____ Phone _____

	Feb. 3	Feb. 4	Feb. 5
Gold patron \$50 <i>includes 2 tickets</i>			
Silver patron \$40 <i>includes 1 tickets</i>			
Bronze patron \$30			
Adult tickets @ \$10 each			
Student tickets @ \$5 each			

Total # tickets: _____

Total \$ enclosed: _____

Make checks payable to:
Hamburg HS Drama Club
Return ticket order form to:
Marc Ruffino
Hamburg High School, 4111 Legion Dr.
Hamburg, NY 14075

Ticket mail order and patron order deadline: Thursday, Jan. 27.



Yoga gives Boston Valley students mindful start to the school day

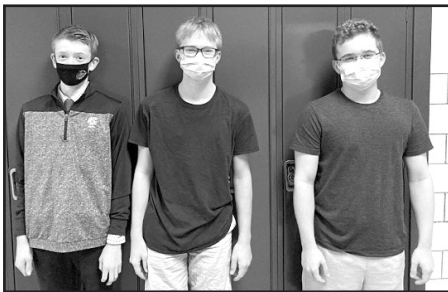
On Tuesdays from mid-November well into December, the day started with a focus on well-being and a positive mindset for some Boston Valley Elementary students. The 30 or so students who participated in the 8 a.m. before-school yoga strengthened their mind-body connection, relieved stress and sharpened their focus for the day of learning ahead.

The yoga sessions were hosted by the Conor J. Long Foundation, a non-profit organization that sponsors programs to make the community a better place. The organization was founded in memory of its namesake, a Hamburg High School graduate and Boston Valley alum who was active in school and community. Conor died at age 20 in a hiking accident.

The Foundation provided the instructor, volunteers who worked with school staff to supervise the sessions and yoga mats for each participant.

Yoga and mindfulness have been shown to improve physical and mental health in school-age children, so the program was welcomed by Boston Valley Principal Nicole Lauer. She said the yoga sessions, which also incorporated character building components, dovetailed with the school's focus on well-being and helped students to open their minds for the school day.

"The students started their day with a positive experience," Mrs. Lauer said. "It absolutely opened them up to learning."



From left: Liam Tillou, Logan Kaminski, Sage Malloy



From left: Chika Simon, Leah Jarzynski, Stella Pelkey

Latin students proficient at Certamen

Hamburg High School students who participated in the New York State Junior Classical League Fall Certamen competition in November clinched several awards. The event was held virtually via Google Meets, with quiz bowl style competitions, academic tests, art and oratory contest, and sessions related to the ancient Latin and Greek speaking world.

The Latin III Certamen team, consisting of sophomores Liam Tillou, Sage Malloy and Logan Kaminski, had a second place win in the main competition.

On individual contests: Logan Kaminski, third, Latin Pentathlon exam; Sage Malloy, first, Derivatives and second, Vocabulary exams, Latin III; Liam Tillou, third place, Vocabulary exam, Latin III; senior Chika Simon, second for rendition of the Atalanta story in the Impromptu Art Contest and third, Mythology exam, Advanced Latin V.

Also representing Hamburg were senior Leah Jarzynski and junior Stella Pelkey.



HEALTH EXPLORATION — Juniors in Hamburg High School's Health Science Academy Medical Terminology & Ethics class toured the Jacobs Institute, a medical innovation research center for vascular diseases, in December. They saw a video of surgery to clear an occluded artery in the brain, participated in an exercise to create new techniques to treat strokes and practiced a cardiac catheterization on a training device used by doctors around the world. *Pictured:* Students Matigan Fitzgerald, left, and Anna Mahoney tried out a simulation.



Birthday greetings from Union Pleasant

Students from Union Pleasant Elementary School sang happy birthday, delivered cards and added their best wishes when Catherine Abate, a resident at Elderwood Assisted Living Center in Hamburg, turned 112 years old in November.

Recipient of School Social Worker of Year Award epitomizes role Tina LaMendola dedicated to mental health awareness

Hamburg High School social worker Tina LaMendola has received the 2021 Ruth Efron Schwartz School Social Worker of the Year Award for her dedication to helping children and families, and her work in furthering the profession. The award, bestowed by the New York State School Social Workers Association (NYSSSWA), was presented at the organization's state conference in Buffalo in October.

Mrs. LaMendola, who has been with the district for 21 years, was nominated by Wendy Castiglia, school social worker at Armor Elementary and NYSSSWA President. Ms. Castiglia said her colleague is the "go to" person for support and advice, and that she epitomizes the role of school social worker by tirelessly innovating to meet students' needs.

"She always seems to meet students where they are regardless of the situation and this student-centered approach plays a crucial role in the overall success of our students," said her nomination. "The connection that she has with students results in her being quite skilled at identifying our students' needs as a whole."

Mrs. LaMendola, whose background is

in outpatient mental health, specializes in treating anxiety and depression. She said her passion is working with students to raise mental health awareness and teach healthy coping skills.



T. LaMendola

"I enjoy facilitating our weekly coping skills support group, which helps normalize for students that they're not alone," Mrs. LaMendola said. "We've been able to use a model that incorporates former group graduates, who then co-facilitate the groups with me. Having peers teach peers how to cope with stress and mental health challenges helps with instant buy-in from new members and supports them feeling connected by their community."

Mrs. LaMendola also co-facilitates the student Gay Straight Alliance and helps to run the DASA student Ambassador team to advance the goal of "Creating a Culture of Kindness."

Additionally, she serves as a mental health first aid and suicide prevention trainer, areas that have been particularly impactful in the district.

"Staff have reported feeling more empowered to identify early warning signs and get help and assistance from our mental health team," she noted. "I feel

very grateful and lucky to work in a district that values mental health for students and staff."

All Fall sports teams attain Scholar Athlete

All 12 Hamburg Central Fall 2021 varsity interscholastic athletic teams attained Scholar Athlete standing, in recognition of their academic performance during the sports season. This is the fifth consecutive season that Hamburg has achieved the distinction from the New York State Public High School Athletic Association.

"That's our culture; that's our values; that's our way," commented Patrick Cauley, the district's Director of Health, Physical Education & Recreation.

At the end of each sports season, the association honors those teams and individuals that excel in the classroom. To receive Scholar-Athlete recognition, a team's average grade point average (GPA) for 75% of the roster must be greater than or equal to 90.

~ Season of Giving ~



More than 700 pairs of new socks were donated to the Buffalo City Mission in November as a result of the “Socktober” drive spearheaded by Hamburg Middle School’s GSA Club. The generosity of students and staff sent the drive soaring past its initial goal of collecting 200 pairs of socks for the homeless. *Pictured in front, from left:* Cass Calhoun of City Mission, Gabriella Wray, Claire Maginnis, Audrey Ando, Khloe Boland, Isabella Galfo, Kenedee Conti, Gianna Stohl. *In back:* Delaney Connolly of City Mission, Emma Horton, Thomas Gibbons, Makenna Nelligan, Ella Caito, Veda Koncikowski, Riley Hickey, Arianna Baez, Abby Zimmerman, Ryann Milliman, Jillian O’Connor, teacher Dave Arida (GSA advisor), teacher Pam Bierl (GSA advisor), school counselor Jill Crossetta (GSA advisor).



A tradition continued in November when turkeys and food for multiple meals found their way to the tables of some 260 Hamburg families in need through Hamburg High School’s Holiday Food Drive. An abundance of food was packed up by students and distributed prior to Thanksgiving under the coordination of school counselor Kathy Battin. Families also received gift cards to further help them out.



Hamburg Middle School students packaged more than 450 bags of candy in November for delivery to the Niagara Falls Air Force Base as treats for troops on Veterans Day in thanks for their service. Among those assisting, *from left:* Paige Norton, Seraphina Kurzel and Audrey Farrell. The project was coordinated by the Middle School Student Council.

Middle School’s Holiday Drive makes season brighter for families

The annual Holiday Drive coordinated by Hamburg Middle School’s Counseling Center ramped up in December to provide gifts to families. The drive helped 21 families and 49 children this year with Christmas gifts and grocery gift cards. Staff members and families purchased the items and contributed handmade goods. Students donated spare change toward the grocery gift cards. Area businesses also boosted the effort through donated gift certificates, a church helped out with gift cards and Fisher Bus “adopted” several families.

“It certainly takes a village to make this all happen and we couldn’t do any of it without each and every person that is involved,” remarked School Counselor Kelly Mulvey.



Administration Building
5305 Abbott Rd.
Hamburg, N.Y. 14075

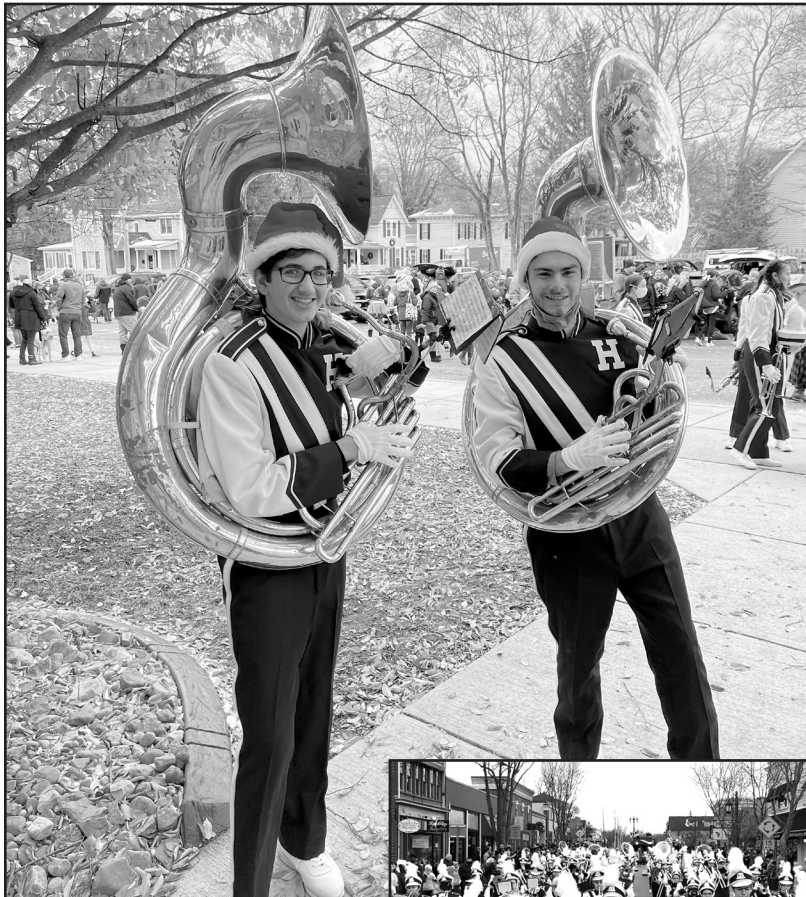
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Armor Elementary 646-3350
Boston Valley Elementary..... 646-3240
Charlotte Avenue Elementary 646-3370
Union Pleasant Elementary..... 646-3280
Hamburg Middle School..... 646-3250
Hamburg High School 646-3300
General Information..... 646-3200

hamburgschools.org

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Fine tuned for festive



The Hamburg High School Marching Band helped to usher in the season with festive music at the Hamburg Holidays parade in November. Above, freshman Adrian Grey, *left*, and senior Matt Diamond warmed up on the sousaphone.



Katie, *left*, and Marie Hennessy

Bulldog staff take plunge for Special Olympics

A team from Hamburg Central was “freez-in’ for a reason” when its members participated in the 15th annual Polar Plunge to benefit Special Olympics in Buffalo, held in December at Woodlawn Beach State Park. The Hamburg Teachers’ Association team raised more than \$3,700 for Special Olympics, which provides inclusive opportunities for people with intellectual disabilities who compete in Olympic-style, coached sports.

Representing Hamburg were: Tom Adams (HMS), Paul Thompson (HMS), Melissa Rodriguez (HMS), Rob Linhart (HMS), Jeff Miodonski (HMS/team captain), John McFall (HMS), Lori Raybold (HHS), Marie Hennessy (UPES), Andrew Pacifico (UPES), Beth Walters (BVS/HHS), Jon Pawlowski (AES), Mary Finnerty (HHS) and Katie Hennessy (HHS alumna). Hamburg’s efforts helped the event exceed its \$250,000 goal.

HAMBURG CENTRAL SCHOOL DISTRICT



CONTINUING EDUCATION SPRING 2022

IMPORTANT NOTES:

- Registration and payment with the Continuing Education Office are required BEFORE you will be permitted in class. Instructors will not accept course payment or registrations. They will accept lab fees ONLY, where noted. Please adhere to registration deadlines.
- You **will NOT be notified** if you have successfully registered.
- You **will be notified** if you have been closed out or if a course is cancelled. In these instances, you will receive a refund.
- We accept mail-in and drop-off payment by check or cash. A credit card can be used with online registration ONLY. No phone registrations will be accepted.
- Students of Continuing Education must be at least 21 years old.
- Registration is required for all classes, *even those that are free.*
- If you are **60 years of age or older**, you are entitled to a senior discount, where noted.
- Classes will not run if Hamburg Central School District's day or evening activities are cancelled due to inclement weather. In the event of such closing, you should attend the next scheduled class. In the case of single classes, you will be notified of a rescheduled date.
- **Once class begins, there are no refunds except for verified medical conditions.**

ENTERING OUR SCHOOLS

As part of the district's security protocol, only certain exterior school doors will be unlocked for Continuing Ed. participants to gain entry to evening/weekend classes. At the four elementary schools, entry is through the main doors. At the Middle School, entry is on the parking lot side of the building, through door #14 near the cafeteria. At the High School, entry is through door #30 (gym door) off the Legion Drive parking lot. Thank you for your cooperation.

REGISTRATION

We encourage you to register by mail or online for our classes. There are also 24-hour secure drop slots in the front doors of the Administration Building in which registrations can be placed at any time. If you wish to enter the Administration Building to register in-person, please be aware that all visitors are required to show government-issued photo ID before being permitted inside.

MAIL REGISTRATION FORMS & CHECKS TO:

Hamburg Central Schools Administration Bldg.
Continuing Ed. Office
5305 Abbott Rd. Hamburg, NY 14075

Please make checks payable to: Hamburg Continuing Ed.

REGISTER ONLINE:

Go to hamburgschools.org -> Community -> Continuing Education and follow the instructions. You can use your credit card with online registration. Please note: If you register online, there is a processing fee. This fee is non-refundable, even if the class is cancelled or you withdraw.

Please register early, as some classes fill quickly or may be cancelled if there is insufficient registration.

INDEX

Art/Crafts.....	2
Business/Finance/Law.....	2-4
Music.....	4-5
Special Interest.....	5
Wellness/Fitness.....	5
Sports.....	6
Swimming.....	6-7

ARTS & CRAFTS



PAINTING & DRAWING WORKSHOP (A1)

Vicki Warhol

Unleash your artistic potential! This workshop is for artists with basic understanding of watercolor, acrylics, oils, colored pencil or sketching. Enjoy painting subjects of your choice in the company of other painters. Learn new techniques and ideas. Please bring the supplies you want to work with in class: paintbrushes, pencils, pens, paints, sketchbook, etc.

Hamburg High School, Room 132

Dates: Wednesdays, March 23-May 18

NO CLASS APRIL 13

Time: 6:30 - 9 pm

Cost: \$50 Seniors: \$30

Registration deadline: March 16

ROVING GLASS CLASS

Gail Schneider

Create a beautiful handmade stained glass picture using stained glass, glue, nippers, 6" round circle and wood mount for your finished piece. You will have the opportunity to make three different glass creations through the spring. Materials are included for each class for which you register.



DRAGONFLIES (A2)

Hamburg Middle School, Room 125

Date: Tuesday, Feb. 8

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: Feb. 1

SUNFLOWER (A3)

Hamburg Middle School, Room 125

Date: Tuesday, March 8

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: March 1

CHICKADEES (A4)

Hamburg Middle School, Room 125

Date: Tuesday, April 5

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

Registration deadline: March 29

BUSINESS, FINANCE & LAW

SOCIAL SECURITY PLANNING 101 (B1)

Paul Hutchings

This class will cover what everyone needs to know about Social Security. Often, when one is planning to retire, he/she ponders: Will my Social Security be taxed? When should I take Social Security? Will my spouse receive benefits? Can I receive benefits from an ex-spouse? Will working affect my Social Security benefits? Get answers to these questions and more, to help you make the best Social Security decision.

Hamburg Middle School, Room 125

Date: Wednesday, March 9

Time: 6-7:30 pm

Cost: Free

Registration deadline: March 2

BUSINESS, FINANCE & LAW (CONT.)

SOCIAL SECURITY PLANNING FOR WOMEN (B2)

Jeffrey Gelormini

Social Security for many is a key part of a retirement income plan and it's important to know the facts to make the right decision. We will be exploring the basics of Social Security so you can understand how much you will receive and how taking it early or delayed will affect the amount you receive throughout your lifetime. We will be doing a deep dive into the factors you should consider if you are single, married, divorced or widowed and how to coordinate your own benefit with a spouse or widow benefit if applicable.

Hamburg High School, Room 123
Date: Tuesday, March 15
Time: 6 - 7:30 pm
Cost: Free

Registration deadline: March 8

BUYING A HOME IN TODAY'S MARKET (B3)

Christopher Ricci

Perfect class for the first-time homebuyer or for someone who wants a refresher on how the process looks today as opposed to even just a few years ago. We will examine the entire purchasing process starting with how to obtain your mortgage pre-approval, estimating your monthly payment, how to house hunt, the contract process, how inspections work and how the closing process works. The better prepared you are, the more successful you will be in finding the right home. Other highlighted topics during the presentation: common mistakes buyers make, how to overcome financial obstacles, strategies to make a more competitive offer and the best time to buy.

Hamburg Middle School, Room 123
Date: Thursday, March 17
Time: 7 - 9 pm
Cost: Free

Registration deadline: March 10

SAVVY IRA PLANNING (B4)

Jeffrey Gelormini

In this workshop, you will learn strategies for savvy IRA planning. These include reviewing the six rollover options for your retirement plan funds, how the SECURE Act changed IRA planning, three common required minimum distribution mistakes, the difference between indirect and direct rollovers, and how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security and financial plans.

Hamburg High School, Room 123
Date: Thursday, March 31
Time: 6 - 7:30 pm
Cost: Free

Registration deadline: March 24



INVESTING FOR MINORS (B5)

Paul Hutchings

Have you ever said, "I wish I would have started investing sooner?" Planning for the future is one of the best ways to invest; unfortunately most don't get started until later in life. Take a step to change that by investing for the next generation. If you're a parent, grandparent, aunt or uncle this class will provide you with the tools needed to invest for education, short-term goals and even retirement for the children in your life. In addition, you'll learn about the potential benefits for both the child and you.

Hamburg Middle School, Room 125
Date: Wednesday, April 6
Time: 6:30 -7:30 pm
Cost: Free

Registration deadline: March 30



BUSINESS, FINANCE & LAW **(CONT.)**

TAKING AN INCOME IN RETIREMENT (B6)

Jeffrey Gelormini

At this workshop, you will learn the four key components to your financial plan, how to evaluate your financial goals, and the future risks to your financial plan. We will then do a deep dive into the “bucket strategy” for income distribution and discuss how to evaluate different types of investments to reach the goals of each bucket.

Hamburg High School, Room 123

Date: Wednesday, April 6

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: March 30

HOW TO PROTECT YOUR MONEY FROM MEDICAID AND A NURSING HOME (B7)

Les Robinson, CLTC

Long-Term Care and Medicaid are the biggest threat to your retirement security. This planning system works to bring together Retirement and Long-Term Care Planning to protect you from losing your money, income and independence to Long-Term Care and Medicaid Event. Topics discussed will include: protecting your personal choices and financial independence, removing the hidden financial threats to your money, understanding the consequences of having or not having a plan for your money and income stream, avoiding spend down mistakes, maintaining Medicaid eligibility, long-term care options and developing a safe and secure plan.

Hamburg High School, Room 123

Date: Tuesday, May 3

Time: 6 - 8 pm

Cost: Free

Registration deadline: April 26



MUSIC

INTRODUCTION TO ACOUSTIC GUITAR, BANJO, MANDOLIN OR UKULELE (M1)

Peter Miranda

Have you always wanted to play the guitar or other stringed instruments? These classes are intended to provide individuals the opportunity to learn to play guitar, banjo, mandolin or ukulele. With regular attendance and practice, you should soon be able to play many of the folk songs that are part of our musical heritage. Completing the course prepares you to participate in Acoustic Music Jam. If you wish, you may enroll in either or both music classes to either sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have an instrument, contact the instructor (716-549-0864) for assistance.

Hamburg Middle School, Room 134

Dates: Wednesdays, Feb. 2 - April 20

NO CLASS FEB. 16 & 23; APRIL 13

Time: 6:30 - 7:30 pm

Cost: \$55 Seniors: \$40

Registration deadline: Jan. 26

ACOUSTIC MUSIC JAM (M2)

Peter Miranda

Do you play acoustic guitar, banjo, mandolin or any other acoustic folk instrument? If you enjoy playing or singing folk music, you are invited to join us for an acoustic music jam. Music choices include traditional and modern folk, old-time country and bluegrass music. The music is paced so that beginners, as well as more experienced musicians, can participate. The atmosphere is informal, relaxed and great fun! If you can't play an instrument, come and sing. Students are expected to provide their own instruments.



If you do not have your own instrument, contact the instructor (716-549-0864) for assistance. Play lists and music sheets will be provided via email, so please be clear when writing your email on your registration form. A limited number of song sheets will be available for those who do not have internet access.

Hamburg Middle School, Room 134
Dates: Wednesdays, Feb. 2 - April 20
NO CLASS FEB. 16 & 23; APRIL 13
Time: 7:30 - 9 pm
Cost: \$55 Seniors: \$40
Registration deadline: Jan. 26

SPECIAL INTEREST

SCUBA DIVING (SI1)

Professional Scuba Inc. of Hamburg

Classes are taught by the staff of Professional Scuba of Hamburg. Professional Scuba is a PADI 5 Star dive center and all of its instructors and assistant instructors are PADI certified. Students need to supply mask, snorkel, fins and boots by the third class. The rest of the required equipment is provided for student use through the class along with all the student materials. Students can stop in the shop to register and complete the initial paperwork. Start your adventure now. Professional Scuba, 5777 Camp Rd., Hamburg/716-648-3483/proscuba@verizon.net

Note: The location and time for this instruction will change after the first five classes, as shown below.

Dates: Mondays, Feb. 7 - May 2
Cost: \$50
Lab fee: \$375 payable to Professional Scuba
Registration deadline: Jan. 31

Dates: Mondays, Feb. 7 - March 14
NO CLASS FEB. 21

Hamburg Middle School, pool
Time: 7 - 9 pm

Dates: Mondays, March 21 - May 2
NO CLASS APRIL 11 & 18

Hamburg High School, pool
Time: 6 - 9 pm

USING THE WEB TO GATHER HEALTH INFORMATION (SI2)

Frank M. Painter, D.C.

This two-session class in a computer lab will be an introduction to using online search tools to gather reliable health information. The first class will review basic techniques for creating effective search strategies and will include a list of accurate health-related websites for your convenience. The second class will focus on refining your skills and answering specific questions. The complete class is available on a "thumb drive" (USB device) so you will not need to take notes. **Prerequisite:** Basic familiarity with operating a computer and simple word processing.

Hamburg Middle School, Room 129 A
Dates: Tuesday, April 26 & Thursday, April 28
(Participants attend both days.)
Time: 6:30 - 8:30 pm
Cost: Free
Optional lab fee: \$5 for USB device, payable to instructor on night of class
Registration deadline: April 19

WELLNESS & FITNESS

ZUMBA® (FN1)

Carol Clark-Osuch

Looking for a fun workout class? Dance your way into fitness with Zumba®, a Latin inspired fitness class that combines high energy moves and easy to follow dance combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone the body and maximize fat burning. You don't have to know how to dance to do Zumba®. Zumba® creates a party-like atmosphere. It's a one-of-a-kind combination of dance and exercise designed to put the fun back into fitness. All fitness levels are welcome. Come join the party!

Armor Elementary School, gym
Dates: Tuesdays, March 8 - May 10

NO CLASS APRIL 12

Time: 6 - 7 pm
Cost: \$55

Registration deadline: March 1



SPORTS

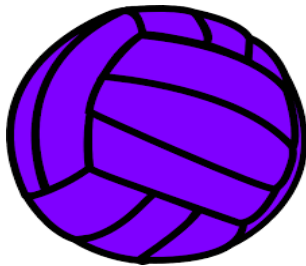
CO-ED VOLLEYBALL (SP3)

Tom Lardo

Enjoy volleyball for fun and exercise. Some instruction will be given.

Hamburg Middle School, gym
Dates: Tuesdays, Feb. 1 - May 10
NO CLASS FEB. 22; APRIL 12
Time: 7:30 - 9:30 pm*
Cost: \$28 Seniors: \$17
Registration deadline: Jan. 25

** Volleyball dates/times will be adjusted in the event of home sports games.*



MEN'S VOLLEYBALL (SP4)

Tom Lardo

Enjoy volleyball for fun and exercise. Some instruction will be given.

Hamburg Middle School, gym
Dates: Thursdays, Feb. 3 - May 12
NO CLASS FEB. 24; APRIL 14
Time: 7:30 - 9:30 pm*
Cost: \$32 Seniors: \$18
Registration deadline: Jan. 27

** Volleyball dates/times will be adjusted in the event of home sports games.*

SWIMMING



SUNRISE SWIM (SW1)

No instructor

Take an early morning leisure swim. Registrants swim lengths of the pool at their own pace. For your safety, we adhere to a swimmer: lifeguard ratio. The registration fee includes both days. Class limit: 25.

Hamburg High School, pool
Dates: Tuesdays & Thursdays, Feb. 1 - May 12
NO CLASS FEB. 22 & 24; APRIL 12 & 14
Time: 6:15 - 7:15 am
Cost: \$40 Seniors: \$30
Registration deadline: Jan. 25

SWIM FOR HEALTH (SW2)

No instructor

This program of leisure swim is for adults who like to enjoy the recreational benefits of a pool. For your safety, we adhere to a swimmer: lifeguard ratio. The registration fee includes both days. Class limit: 25.

Hamburg Middle School, pool
Dates: Tuesdays & Thursdays, Feb. 1 - May 12
NO CLASS FEB. 22 & 24; APRIL 12 & 14
Time: 5:30 - 6:30 pm
Costs: \$40 Seniors: \$30
Registration deadline: Jan. 25

POOL TEMPERATURE: The temperature of the High School and Middle School pools is maintained at 82 degrees, except during times of student interscholastic swim use, when the temperature may be reduced.

SWIMMING (CONT.)

DEEP WATER WORKOUT (SW3)

Mary Jo Lardo

This fitness program provides a no-impact but challenging cardiovascular workout. The class will use flotation devices to assist in a total body



workout. Kick, tread and scull your way to a fit body.

You will find this class especially challenging to the abs

and thighs. Participants must be comfortable in deep water with no support. Students should purchase an aquatic belt or Styrofoam water weights. Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Feb. 2 - May 9

NO CLASS FEB. 16, 21 & 23; APRIL 11, 13 & 18

Time: 5 - 6 pm

Cost: \$55 Seniors: \$45

Registration deadline: Jan. 26

AQUA AEROBICS (SW4)

Stephanie Lardo

This is an easy-going, low-impact water aerobics class. It includes stretching, quick cardio and some light arm workouts. Participants should be comfortable in the water. Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Feb. 2 - May 9

NO CLASS FEB. 16, 21 & 23; APRIL 11, 13 & 18

Time: 6 - 7 pm

Cost: \$55 Seniors: \$45

Registration deadline: Jan. 26



MASTER SWIMMING

Wendy Ryan

This class is for competitive swimmers — past, present & future — who would like to improve their efficiency and conditioning using the four basic competitive strokes. If you are unable to consistently swim break-free laps, this course is not for you.

SATURDAYS MASTER SWIM (SW5)

Hamburg Middle School, pool

Dates: Saturdays, Feb. 5 - May 14

NO CLASS FEB. 19 & 26; APRIL 9 & 16

Time: 1 - 2:30 pm

Cost: \$37 Seniors: \$33

Registration deadline: Jan. 29

TUESDAYS MASTER SWIM (SW6)

Hamburg Middle School, pool

Dates: Tuesdays, Feb. 1 - May 10

NO CLASS FEB. 22; APRIL 12

Times: 6:30 - 8 pm

Cost: \$39 Seniors: \$34

Registration deadline: Jan. 25

THURSDAYS MASTER SWIM (SW7)

Hamburg Middle School, pool

Dates: Thursdays, Feb. 3 - May 12

NO CLASS FEB. 24; APRIL 14

Time: 6:30 - 8 pm

Cost: \$46 Seniors: \$41

Registration deadline: Jan. 27



Please complete a separate registration form and payment for each person and each class. Copies or 3x5 cards are acceptable. Be sure to include the correct course number.

Checks or cash are accepted in-person. Checks can also be mailed to the below address. Credit cards are accepted only with online registration.

REGISTER BY MAIL:

Hamburg Central Schools
Continuing Ed. Office
5305 Abbott Rd.
Hamburg, NY 14075

CHECKS PAYABLE TO:

Hamburg Central Cont. Ed.

REGISTER ONLINE:

hamburgschools.org -> Community -> Continuing Education

CONTACT US:

Reach us by email at:
conted@hcsdk12.org or call
646-3200, ext. 7212, from
9 a.m.-12:30 p.m., Mon.-Fri.

NO CLASSES

WHEN SCHOOL IS CLOSED:

Feb. 21-25
April 11 - 18

WEATHER CLOSINGS:

When school is closed due to inclement weather, all night classes are cancelled as well. Monitor local TV stations throughout the day for closing information or visit the school district website at:
hamburgschools.org

Hamburg Continuing Education - SPRING 2022

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # Course name

I am 21 years of age or older Yes

Senior citizen discount? Yes No

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Y N

Hamburg Continuing Education - SPRING 2022

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Phone number(s) _____

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Senior citizen discount? Yes No

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