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**REGISTRATIONS MAY BE  
MAILED IMMEDIATELY**

**IN-PERSON, TELEPHONE  
and FAX REGISTRATION  
WILL BEGIN ON  
February 13, 2006**

**AMEX, MASTERCARD and VISA  
ACCEPTED**

**SIX GOOD REASONS  
TO ENROLL**

- **YOU MEET NEW PEOPLE!**  
Get acquainted with others who have interests and talents similar to your own.
- **YOU IMPROVE YOUR SKILLS!**  
or learn new ones. Join students with a genuine interest in learning and knowledgeable instructors who enjoy teaching.
- **YOU ENRICH YOUR LEISURE!**  
with hobbies, sports, cooking and cultural excursions.
- **IT'S AT YOUR CONVENIENCE!**  
Classes are held at convenient times and locations.
- **IT'S EASY TO REGISTER!**  
Mail, phone, fax or walk-in registrations accepted. See back pages of this catalog for registration forms.
- **YOU HAVE FUN!**

We retain our Continuing/Community Education instructors to teach courses in their areas of expertise. The instructors are not permitted to use the classroom for personal gain, nor to solicit clients or customers. Therefore we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

**Registrations are not confirmed.  
Assume you are accepted in the  
course unless notified otherwise.**

**Registration is continuous  
throughout the session,  
classes are cancelled 7 days  
prior to start date of  
class...don't wait to register!**

**Please note: Handicapped access is available at all locations.**

**SCHOOL HOLIDAY**

Mon. - Fri., Feb. 20-24, 2006.....	Recess
Thurs. - Fri., April 13-21, 2006.....	Recess
Mon., May 29, 2006.....	Recess

**REGISTRATION PROCEDURES - SEE INSIDE BACK COVER**

## ACADEMIC PROGRAMS

### EDUCATIONAL ADVANCEMENT PROGRAM

Marlon Villalva, Coordinator

*Opportunities are available through the Educational Advancement Program for individuals over the age of 21 who would like to improve their basic academic skills, learn English or work toward a high school equivalency diploma.*

*Comprehensive services are provided to help direct each person to the appropriate class. These services include placement evaluation, individual advisement and vocational guidance.*

### ADVISEMENT AND REGISTRATION Information

*Individual advisement sessions are arranged to discuss and evaluate educational needs. This is accomplished by reviewing personal background and previous education, evaluating English-speaking ability in foreign-born students, and assessing general ability level in order to provide the most appropriate class placement.*

*The courses welcome students on an ongoing basis throughout the year.*

*Further information can be obtained by telephoning the Educational Advancement Office at 767-5986 during the evening (7:00 - 9:30 P.M.). Prospective students may register at Schreiber H.S., Room 001, Monday through Thursday, from 7:30 - 9:30 P.M. Classes began on September 19, 2005 and have continuous enrollment through May 31, 2006.*

### -- COURSES --

*The ESOL/GED classes listed offer opportunities for non-English-speaking adults and for English-speaking adults wishing to improve their basic reading and arithmetic skills. All courses are free and are financed by Federal and State funds. Materials and texts are furnished without charge. Enrollment is continuous throughout the year. Students are evaluated and placed at proper level when they register in person. New registrants are welcome on a space available basis.*

### ENGLISH FOR SPEAKERS OF OTHER LANGUAGES - ESOL

These classes are offered to adults whose native language is not English. Emphasis is placed on developing proficiency in English and preparing students to pursue career

and personal goals. Computer Assisted Instruction is offered to students who are unable to attend classes more than once a week.

### BEGINNING, INTERMEDIATE, AND ADVANCED LEVELS

MON. and WED./TUES. and THURS.  
7:30-10:00 P.M.

*Schreiber High School, No fee, Continuous enrollment*

### HIGH SCHOOL EQUIVALENCY NEW YORK STATE GED PROGRAM

Receive individualized instruction in preparation for taking this examination. Subjects covered are reading comprehension, writing, math, social studies, science and test-taking practice. When progress indicates that the candidate is able to pass the test, he or she will be referred for an examination date.

Students meet with an adviser for evaluation prior to registration.

TUES. and THURS., 7:30-10:00 P.M.

*Schreiber High School, No fee, Continuous enrollment*

## AUTO/DEFENSIVE DRIVING

### DEFENSIVE DRIVING COURSE

National Safety Council

Save a great deal of money over the next 3 years on your auto insurance bills!! Save your license! Most importantly, learn techniques that may save your life! The law in NYS requires that principal drivers receive a 10% discount on auto insurance for the liability, collision and the no-fault premiums for three full years. In addition, successful completion of the course will cause the NYS DMV to deduct FOUR points from your driver record. THIS COURSE MAY NOW BE TAKEN ONCE EVERY 18 MONTHS FOR POINT REDUCTION. Upon completion, a certificate will be mailed to you that can be presented to your insurance company to earn the 3 year discount.

You can now register through our office or on-line at: [www.driver-improvement.com](http://www.driver-improvement.com)

6512-1 WED., 1 THURS., 7:00-10:00 P.M., Feb. 1 and 2

6513 -1 WED., 1 THURS., 7:00-10:00 P.M., March 1 and 2

6514-1 MON., 1 TUES., 7:00-10:00 P.M., April 3 and 4

6515 - 1 TUES., 1 WED., 7:00-10:00 P.M., May 9 and 10

6516-1 MON., 1 TUES., 7:00-10:00 P.M., June 12 and 13

*Weber Middle School, Room 107/109, \$45*

*See Page 25 for Information on Driver Education for Resident High School Students*

**DEFENSIVE DRIVING - Daytime**  
**Empire Safety Council**  
**Stephen Donnelly/Ray Lopez**

The Empire Safety Council is pleased to offer a way for drivers to lower automobile insurance premiums, reduce driver-record violation points and sharpen driving skills. This six-hour workshop addresses accident prevention skills in a down to earth manner. Upon completing the course, you will be eligible for a three-year 10% discount on liability premiums, collision and personal injury protection on all vehicles for which you are listed as the principal vehicle operator. In addition, four points will be reduced from the total on your driving record, if you have incurred violations in the eighteen months prior to completing the course. Bring your driver's license and a pen.

**6563 - 2 TUESDAYS, 9:30AM-12:30PM,**  
**Start March 21**  
*St. Stephen's Church, Room 104, \$45*

**BOATING AND SEAMANSHIP**

**BASIC BOATING**  
**United States Power Squadrons**

The USPS Boating Course covers boating fundamentals for all boaters from the operator of a small outboard to the skipper or passenger in a family cruiser or the sailing enthusiast. It includes boat handling, equipment requirements, navigation rules, aids to navigation, chart and compass fundamentals and basic piloting and chart plotting techniques. Personal water craft certification is also offered. A USPS certificate, which is recognized in all states, is awarded to those who successfully complete the course. Many insurance companies offer discounts to boat owners who complete the course. Instructors are experienced boating members of USPS. Youths under 16 may attend only if accompanied by an adult. **Materials fee: \$60 payable to instructor.**

**6501 - 8 TUESDAYS, 8:00-10:00P.M.,**  
**Starts March 14**  
*Schreiber High School, Room 202, \$10*

**BASIC POWER BOATING AND SEAMANSHIP**  
**U.S. Coast Guard Auxiliary,**  
**Flotilla 12-01**

This course provides both beginners and experienced sailors with the knowledge and understanding necessary to cope with almost any situation on the water.

This POWER course will cover subjects which support the needs of the average power boater including boat construction

and nomenclature, boat handling, safety and legal requirements, navigation rules, aids to navigation, piloting, marine engines, trailering and radio-telephone.

A Coast Guard Certificate is awarded for successful completion of this course. Certificate counts for NYS Personal Water Craft (PWC) certification. Ages 10 -18 are invited to take the NYS course running concurrently. **Materials fee: \$75 payable to instructor.**

**6792 - 12 WEDNESDAYS, 7:30-9:30P.M.,**  
**Starts March 8**  
*Weber Middle School, Room 205, \$10*

**BOATING/JET SKI SAFETY CERTIFICATES-**  
**NYS Dept. of Parks and Recreation**  
**Captain Roseanne Di Simone**

**IT'S NOW THE LAW!** All personal watercraft operators must have a NYS approved safety certificate and ages 10-17 to operate, without an adult, any power driven vessel.

Boat owners receive a 10-15% discount on insurance premiums. Beneficial for any boater wishing to learn more about the rules of the road, buoys, craft handling, docking, anchoring, safety requirements, and more. This is a U.S. Coast Guard and N.A.S.B.L.A. approved course which is accepted in all states and Canada. Upon completion, you will receive a free one year Boat U.S. Membership, free one year subscription to Boating Life Magazine, and free five month subscription to Boater's Digest Magazine. Learn a lot, have fun and **GET YOUR SAFETY CERTIFICATE--IT'S GOOD FOR LIFE!** The class is open to adults and children 10+. However, children under the age of 14 must be accompanied by a registered adult.

(See: [www.SafeSkipper.com](http://www.SafeSkipper.com))  
**6080 - 3 MONDAYS, 7:00-9:45 P.M.,**  
**Starts March 27**  
*Weber Middle School, Room 106, \$60*

**INTRODUCTION TO CELESTIAL NAVIGATION**  
**James Maloney**

Global Positioning System (GPS) may make navigation easier, but it doesn't make celestial navigation obsolete. This course will introduce the boater, hiker or astronomy enthusiast to the basic principles of celestial navigation, with a special emphasis on the techniques that remain useful on land and sea, even in this Age of Electronics.

Learn both theoretical and practical aspects of celestial navigation, including an in-class demonstration of the use of the sextant and a "crash course" on "survival"

navigation techniques such as the use of Polaris and the sun to determine latitude and direction. **\$10 materials fee payable to instructor, or download the materials free at [www.cybersextant.com](http://www.cybersextant.com).** **6725 - 4 TUESDAYS, 7:30-9:30 P.M., Starts April 4**  
*Weber Middle School, Room 105, \$45*

**KAYAKING, Beginner/Intermediate**  
**Ken Fink**  
**Kayaken Outfitters, Inc.**

Kayaking is an environmentally friendly way to explore the beauty of Long Island, the sounds and bays and all our beautiful rivers and waterways on the North Shore. Kayaking provides you with a total body workout, utilizing the upper body, waist and legs. A kayak is easy to transport on the top of your automobile for access just about anywhere.

Kayaking is simple to learn at any age. Instruction is essential for safety and efficiency. We teach basic paddling and strokes, wet exit and reentry. Being a strong swimmer is not necessary. We also cover what to look for when buying a kayak and proper clothing. All instructors are ACA and ARC registered. All equipment is provided. Registration is limited.

**6049 - 3 SATURDAYS, 10:00 AM-NOON, Starts May 6**  
*Meet at the Town Dock in Port Washington, \$180*

**POWER BOATING: Hands On Operation**

**Peter Graven**

Thinking of buying a boat or planning to operate one? This course focuses on everything from getting under way to coming back into port. Docking, anchoring, navigating, provisioning, communication and safety considerations will be demonstrated. It also includes practical hints for cruising and fishing destinations.

This course is conducted entirely on the water aboard the *Fightin' Irish*, a 36 foot Luhrs Sportsfisherman. Rain dates will be arranged. Wear windbreaker and rubber soled shoes. Depending on size of classes, rescheduling may be necessary. *Visit me at [www.LIBoatCharters.com](http://www.LIBoatCharters.com).*

**6724 - 3 SATURDAYS, 1:00-3:00 P.M., Starts April 29**  
*Manhasset Bay Marina, Port Washington, \$285*

***Mark Your Calendar With  
the Start Date of Class!***

**BUSINESS SKILLS &  
CAREER PLANNING**

**FUNDING FOR THE SMALL BUSINESS**

**Anthony Conforti**

Are you a small businessman investigating additional financing? Looking for operating funds? Want to purchase additional equipment? Or are you interested in finding out about how the loan approval process functions? This course will guide you through the loan application process and make you knowledgeable of what is required to optimize the probability of obtaining third party funding. This course is interactive and will be conducted through a combination of instruction and hands-on exercises. Just bring a pen or pencil to class. Notes, handouts and exercises will be provided.

**6586 - 2 WEDNESDAYS, 7:30-9:00 P.M. Starts April 26**  
*Weber Middle School, Room 108, \$30*

**NOTARY PUBLIC PREPARATION**

**Jennifer Miller**

Every business needs a notary public whether you work for a school, law firm, insurance company, bank, etc. Stand out from your coworkers and add this to your resume. This course will prepare you for the Notary Public Examination. You will receive the Notary Public study booklet (**\$1 fee to instructor**), New York State examination schedule, a Notary Public application and practice examinations. Please bring a highlighter to class.

**2062 - 1 WEDNESDAY, 6:30-9:30 P.M., Meets March 29**  
*Schreiber High School, Room 212, \$30*

**PASSION TO PROFITS**

**Constance Lagan**

**N**  
**E**  
**W** How often have you asked yourself, as you engaged in some activity you love, "I wonder if I could make money at this?" Whether you are a ballroom dancer, golfer, numerologist, gourmet cook, soccer coach--whatever--there are people who will pay you to share your passion, skills and talents with them. This seminar provides the guidance, encouragement and support needed to discover your passion and to transform it into a money-making activity. Topics include understanding the nature of being passionate about what you know and what you do, brainstorming, mind mapping, goal charting, mentoring, networking and developing your passion into a business.

**6797 - 1 WEDNESDAY, 7:00-9:00 P.M.,  
Meets May 17**

*Weber Middle School, Room 108, \$25*

### **THE AWESOME POWER OF PUBLICITY**

**N  
E**

**Constance Lagan**

**W** Many small business owners fail to appreciate the value of publicity, in terms of increased sales and expanded market share, until it is too late. Publicity puts someone else's "stamp of approval" on your small business. Publicity cannot be bought; it only comes as the result of much effort (and very little monetary investment) on your part. Topics include writing press releases, organizing promotional events, preparing media kits, securing on-air and print interviews, working with the media, and following up.

**6798 - 1 WEDNESDAY, 7:00-9:00 P.M.,  
Meets May 24**

*Weber Middle School, Room 108, \$25*

### **YOU'RE ON THE AIR (How to Really Make it in Voice-Overs!)**

**Dan Levine**

VOICE-OVERS are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt and Donald Sutherland lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. Not so! You'll learn about an exciting, new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Dan Levine (commercial producer and Tony Award nominated Broadway Composer) will discuss the voice-over business as a whole, the numerous opportunities, the incredible income potential and will discuss the all important "demo" and how to have it produced. You'll step up to the mic and do some practice recording, and best of all, you'll hear the results!

**2048 - 1 MONDAY, 7:00-9:00 P.M.,  
Meets May 1**

*Schreiber High School, Room 225, \$30*

*See Accounting and Medical Secretary  
in North Shore Courses*

## **COMPUTER**

### **ADOBE PHOTOSHOP ELEMENTS**

**Barry Johnson**

This popular computer class will introduce you to the basic tools of Photoshop Elements and expose you to some of its

infinite creative possibilities. It requires a moderate level of computer experience. Come learn to enhance digital photos, altering colors, sizes, adding type, etc.  
**Prerequisite: Computer basics.**

**2560 - 2 TUESDAYS, 7:00-9:00 P.M.,  
Starts March 7**

*Weber Middle School, Room 8, \$40*

### **BUSINESS COMPUTER**

**N PRODUCTIVITY**

**E**

**Arne Laur**

**W**

Many business people use only 10 to 20 percent of their computer's capability. Adding another 10% will double your productivity! This class will show you how to increase your usage of computer products and software you should already have on your computers. The Microsoft Office suite of products will be reviewed along with other popular products such as Quicken, QuickBooks and others. Hardware and networking issues will be discussed. Students will be encouraged to bring to class real life examples for review and analysis.

**Prerequisite: Must have a basic familiarity with MS Word and Excel.**

**2531 - 2 MONDAYS, 7:00-9:00 P.M.,  
Starts May 1**

*Schreiber High School, Room 204, \$50  
SC \$45*

### **CLEANING UP THE COMPUTER AFTER THE KIDS ARE DONE**

**Arne Laur**

I know how you feel - it is time to Spring Clean your PC. Do you have an older machine? Is it running a little slow? I will show you how to clean up what is on it by cleaning old documents, old internet files, and defragmenting your systems. Just bring a pen and paper and you will be amazed at the things we will clean out on your PC.

**2519 - 1 THURSDAY, 7:00-9:00 P.M.,  
Meets April 27**

*Weber Middle School, Room 202, \$25*

### **COMPUTER COMFORT FOR THE NOVICE**

**Caroline Laur**

Do you feel left behind in today's technological world? Then this course is for you! It will explain computers and how they can fit into your life. This hands-on course provides an overview of how to use a computer for **basic** functions. Included will be word processing, using the Internet and E-mail. Additional topics will be covered as time permits. There will be ample time during each ses-

sion for individual help. **Prerequisite: None**  
**2556 - 5 WEDNESDAYS, 6:30-8:30 P.M.,**

**Starts March 8**

*Weber Middle School, Room 211, \$95,  
SC \$90*

#### **COMPUTER COMFORT-INTERMEDIATE**

**Arne Laur**

Do you use the computer for just one thing, but do not understand anything else that it can do?

This course is a continuation of the Computer Comfort class and will go through the Internet, e-mail and word processing in more depth. It will also explore some of the background features in Windows XP. There will be ample time during each session for individual help. **Prerequisite: Computer Comfort Basic.**

**2548 -4 WEDNESDAYS, 6:30-8:30 P.M.,**

**Starts April 26**

*Weber Middle School, Room 202, \$80,  
SC \$75*

#### **MICROSOFT ACCESS-Beginner**

**Brenda Schloss**

This course teaches the fundamentals of Microsoft Access, the most popular database software among small and medium businesses and personal users. Students will learn how to effectively store data in tables; extract meaningful information with queries; create user-friendly data entry forms; and produce professional looking reports, like customer statements and invoices, with a minimum of effort. While prior knowledge of Excel is not required, students will also learn how to import Excel spreadsheet data into their databases. We will do our best to focus on students' real-life database needs, provided that they make good examples for the whole class. Please bring three 1.44 MB floppy disks to copy your work. **Basic knowledge of Windows is necessary.**

**2575 - 6 MONDAYS, 7:15-9:15 P.M.,  
Starts March 13**

*Schreiber High School, Room 204, \$95*

#### **MICROSOFT POWERPOINT-BASICS**

**Barry Johnson**

If you want to understand how to use PowerPoint and need the basic skills for developing your own presentations, this course is for you. PowerPoint provides the tools you will need to create effective, compelling and visually stimulating presen-

tations. PowerPoint has become the most popular presentation software for use at home, in school and in today's business world. Learn the basic features including creating slides, changing fonts, applying different formats and inserting drawings and graphics.

**Prerequisite: Basic knowledge of computers.**

**2550 - 3 TUESDAYS, 7:00-9:00 P.M.,  
Starts April 25**

*Weber Middle School, Room 8, \$60*

#### **NOMORE POP-UPADSEVER!**

**Barry Johnson**

Students will learn programs that will let them browse the web in peace, no more pop-up ads or spy ware! We will look at alternative Web browsers. Plus we will go over Firewalls, what they do and why you should have one. Next we will discuss anti spy-ware programs that will rid your computer of spy-ware. If your computer has changed habits and is running slower, that's probably the reason why.

I will show you how to install these useful programs to keep your computer running efficiently! **Prerequisite – Basic computer and Internet knowledge.**

**2520 - 1 TUESDAY, 7:00-9:00 P.M.,**

**Meets April 11**

*Weber Middle School, Room 211, \$25*

#### **QUICKBOOKS 2003**

**Arne Laur**

Quickbooks 2003, the most popular small business accounting program for non-accountants and non-bookkeepers, is a step beyond Quicken. Learn how to create, maintain and hide general ledger accounts, issue invoices, collect customer payments, enter bills and pay them at a separate time, reconcile multiple bank statements and create and maintain inventory and payroll records. Quickbooks provides pre-formatted financial statements and budgetary information that can be printed at any time. Also, learn how to back up your work files securely and create access for additional users, but restrict confidential data. **Prerequisite: Windows, Beginner**

**2529 - 4 WEDNESDAYS, 7:00-9:00 P.M.,  
Starts March 8**

*Schreiber High School, Room 204, \$95*

#### **QUICKEN BASICS**

**Arne Laur**

This course will provide students with the skills necessary to make the transition from manual bookkeeping of finances to the use

of Quicken on the computer.

Quicken is a financial management application that can help you track your finances; including bank accounts, reconciling monthly statements, bills, tracking tax information, budgeting, reporting and much more. Included will be a discussion of on-line banking.

**Pre-requisite: Knowledge of Windows (completion of the Computer Comfort class) is necessary.**

**2572 - 2 WEDNESDAYS, 7:00-9:00 P.M.,  
Starts April 26**

*Schreiber High School, Room 204, \$50,  
SC \$45*

### **SPREADSHEETS-BEGINNER**

**Arne Laur**

Students will learn the basics in creating computer spreadsheets using the most popular spreadsheet product ever. MS Excel will be used with the following topics covered; desktop basics, entering numbers, text, labels, and formulas. Enhancing spreadsheet appearance, using copy, move and format commands will be included. Database basics will be introduced.

**Prerequisite: Completion of the Computer Comfort class or equivalent is necessary.**

**2539 - 3 MONDAYS, 7:00-9:00 P.M.,  
Starts March 6**

*Weber Middle School, Room 202, \$75  
SC \$70*

### **SPREADSHEETS-ADVANCED**

**Arne Laur**

Recommended for students of the beginner class as well as those who are familiar with MS Excel. This course uses actual business and home examples to explore multiple worksheets, advanced reporting and printing, templates and charting. Also included in this course will be: multi-file functions, database functions and graphs and charts. Students are encouraged to bring spreadsheets to class, which we will review and analyze. As time permits, advanced database functions and macros will be covered.

**2540 - 3 MONDAYS, 7:00-9:00 P.M.,  
Starts March 27**

*Weber Middle School, Room 202, \$75,  
SC \$70*

### **WINDOWS XP - Basics**

**Barry Johnson**

Windows basics will provide students a solid introduction to the skills needed to operate effectively using Windows. You will

learn how to modify the windows environment, manage files, manage printing, basic copying and pasting as well as basic computer know-how. **Prerequisite: Basic computer knowledge is necessary, and registrants must have Windows available for practice purposes.**

**2532 - 3 TUESDAYS, 7:00-9:00 P.M.,  
Starts March 21**

*Weber Middle School, Room 211, \$60  
SC \$55*

### **WORD PROCESSING-Microsoft Word from Beginning to End**

**Arne Laur**

Microsoft Word is the most popular word processing software available. Students will acquire the ability to create and manipulate MS Word documents.

Hands on experience in entering, deleting, formatting text and document printing will be given. You will learn how to create columns and tables in a document. The handling of clip art and pictures will be covered. **Basic knowledge of the computer and MS Windows (completion of the Computer Comfort class or equivalent) experience is necessary.**

**2509 - 3 THURSDAYS, 7:00-9:00 P.M.,  
Starts March 9**

*Weber Middle School, Room 202, \$75  
SC \$70*

### **WORD PROCESSING-Advanced**

**Arne Laur**

This course teaches the students advanced uses of MS Word. They will learn the details of printing envelopes and labels, along with creating mailing lists with custom documents for mass mailing. These topics can be applied to personal or business use. Desktop publishing and other advanced document handling techniques will be covered in detail. **Completion of MS Word from Beginning to End is desired or basic knowledge of MS Word is required.** Bring a diskette, as the results of some of the exercises can be used at home.

**2565 -2 THURSDAYS, 7:00-9:00 P.M.,  
Starts March 30**

*Weber Middle School, Room 202, \$50,  
SC \$45*

***Remember that seating is limited  
so please sign up early!  
We do not send confirmations, so  
mark your calendars.***

**COOKING AND ENTERTAINMENT**

**BABY CAKES- Knock Your Socks**

**N** Off Cupcakes  
**E** TBA  
**W**

Sources tell us that the new trend for 2006 is the ever popular cupcake and cupcake cakes. Being creative with these tasty treats needs imagination and some expert advice from our creative kitchen. These delicious cakes are not for children only!

This class is a hands-on experience of fun and creativity. An apron is needed and a **\$10 material fee to instructor.**

**3071 - 1 TUESDAY, 7:30-9:30 P.M.,  
Meets March 14  
Schreiber High School, Room 103, \$25**

**CAKE DECORATING**

**Linda Byrne**

This course is for those who enjoy baking and want to decorate and custom design cakes for birthdays, holidays and special occasions.

Learn from an expert tips on baking delicious cakes, how to beautifully decorate them, how to make roses, flowers, borders and create different cake shapes. This class is a hands-on experience of fun and creativity. An apron is needed and a **\$15 material fee to instructor.**

**3047 - 3 TUESDAYS, 7:30-9:30 P.M.,  
Starts March 21**

*Schreiber High School, Room 103, \$55*  
**Intermediate:** After completing the beginner class. Bring beginner kit, apron and a **\$15 material fee to instructor.**

**3177 - 2 TUESDAYS, 7:30-9:30 P.M.,  
Starts April 25**

*Schreiber High School, Room 103, \$35*

**ITALIAN CUISINE WITH A TUSCANY TOUCH**

**Freddy and His Staff  
Toscanini Restaurant  
Port Washington**

Come into his kitchen and watch the cold antipasto preparation and then enjoy tasting how delicious it is! From there you will savor family style samplings of other "house specialties" including appetizer, the Toscanini salad, pasta and a tasting of grilled meats or seafood. Finish this superb luncheon with a delightful sweet. We are pleased to welcome this new "Tuscan delight" to Port Washington.

**3068 - 1 TUESDAY, 12:00-3:00 P.M.,  
Meets April 4**

*Toscanini, 179 Main St., \$30*

**GRAND CHEFS OF L.I.  
ON-SITE EVENTS**  
*Beverly Halm, Coordinator*

**Beverly Halm, Coordinator Grand Chefs  
N.Y. Assoc. of Cooking Professionals  
China Institute in America**

*Experience the taste of cuisines and specialties from restaurants in our area. Each session concludes with food samplings. Presenters will demonstrate their techniques and answer questions of class members. Copies of the recipes will be provided to registrants.*

*All classes are being held at the address of the event from 7:30-9:30 P.M., payment of \$25 due with registration form. Please send a separate check for each session. Class size is limited.*

**1) BEST OF THE METROPOLITAN-  
Fusion and Continental**

**James Lotker, Executive Chef  
The Metropolitan  
Glen Cove**

Our renowned Chef for tonight's presentation will feature various dishes emphasizing fusion and continental food. The Metropolitan is a very beautiful establishment which is a perfect place to highlight our two favorite cuisines. Plan your menu or have a banquet specialist assist you for your special occasion.

**3093 - 1 THURSDAY, 7:30-9:30 P.M.,  
Meets March 23**

*The Metropolitan, 3 Glen Cove Road, Glen Cove, NY, \$25*

**2) LA PACE RESTAURANT WITH  
CHEF MICHAEL**

**N** Michael Mossallam, Chef/Owner  
**E** La Pace Restaurant  
**W** Glen Cove

Michael, one of Long Island's favorite Chefs, has opened his own restaurant. The theme is low carb specialties and classic Italian cuisine.

He will prepare an entire meal featuring the restaurant's new menu items. Newsday and The NY Times just gave him a \*\*\* review! Be sure you're included in tonight's presentation of fine dining at its best.

**3062 - 1 MONDAY, 7:30-9:30 P.M.,  
Meets April 3**

*La Pace Restaurant, 51 Cedar Swamp Road, Glen Cove, NY, \$25*

**Reserve early, seating is limited.**

**3) FINNMAC COOL'S RESTAURANT**  
**Connie O'Reilly, Owner**  
**Finn Mac Cool's Restaurant**  
**Port Washington**

Tonight's exciting menu will feature specialties of the restaurant. We will dine in a charming Irish dining room complete with a fireplace. All new recipes will be presented. Mac Cool's is known for their aged Black Angus steak. A complete meal will be served.

**3005 - 1 WEDNESDAY, 7:30-9:30 P.M.,**  
**Meets April 5**  
*Finn Mac Cool's, 205 Main Street, \$25*

**4) THE MEDITERRANEAN MENU:**  
**Healthy and Delicious**  
**Ayhan Hassan, Owner**  
**Mediterranean Marketplace**  
**Shish-Kebab Restaurant**  
**Fish-Kebab Restaurant**  
**Port Washington**

Tonight's menu will feature healthy and delicious new recipes highlighting the best of the Mediterranean area. A full meal will be served in this beautiful restaurant. Mr. Hassan has been appearing in gourmet cooking classes throughout New York City.  
**3043 - 1 MONDAY, 7:30-9:30 P.M.,**  
**Meets April 10**  
*Mediterranean Marketplace, 293 Main St., \$25*

**5) TANDOORI MASALA RESTAURANT- Indian Cuisine**  
**Sanjeev Sharma, Chef/Owner**  
**Tandoori Masala Restaurant**  
**Port Washington**

Authentic Northern Indian cuisine at it's best. Taste an exotic array of entrees, rice, Naan and dessert. Chef Sanjeev has been professionally preparing Indian foods for quite some time. Many dishes will surprise you with their unique flavors and ingredients. A great night to taste and learn how to prepare new dishes. Join us!

**3214 - 1 MONDAY, 7:30-9:30 P.M.,**  
**Meets April 24**  
*Tandoori Masala Restaurant, 82 Main St., \$25*

**6) MAIN 415 RESTAURANT**  
**Mr. Erwin, Mr. Dieter/Co-Owners**  
**Main 415 Restaurant**  
**Port Washington**

This will be an evening of great Continental food and wine. We will pair appropriate wines to go with the delicious dishes

prepared by the chef. At this restaurant food quality is a priority and only the freshest ingredients are used.

The restaurant is very beautiful and a perfect setting for the exquisite cuisine that will be served. An outside cafe adds to the charm and ambiance of the restaurant.

**3099 - 1 MONDAY, 7:30-9:30 P.M.,**  
**Meets May 1**  
*Main 415 Restaurant, 415 Main St., \$25*

**7) GOURMET SPECIALTIES OF THE NORTH SHORE MARKETPLACE**  
**N**  
**E**  
**W**

**Nick Katapodis/Owner**  
**John Kouros/Chef**  
**North Shore Marketplace**  
**Port Washington**

John (Mr. Lovely) Kouros will be preparing many specialties from the newly created kitchen space at the North Shore Marketplace. Appetizers and main entree(s) will be demonstrated. John is a great personality as well as an outstanding chef.

**3086 - 1 THURSDAY, 7:30-9:30 P.M.,**  
**Meets May 4**  
*North Shore Marketplace, 770 Port Washington Blvd., \$25*



**Beverly Halm, Coordinator Grand Chefs**  
**N.Y. Assoc. of Cooking Professionals**  
**China Institute in America**

*Experience the taste of cuisines and specialties from restaurants in our area. Each session concludes with food samplings. Presenters will demonstrate their techniques and answer questions of class members. Copies of the recipes will be provided to registrants.*

*All classes are being held at the Weber Middle School, Room 216, from 7:30-9:30 P.M., payment of \$25 due with registration form. Please send a separate check for each session. Class size is limited.*

**1) THE BEST OF JAPANESE COOKING**  
**Akira Yamaguchi, Owner/Chef**  
**Restaurant Yamaguchi**  
**Port Washington**

This class is back by popular demand. Japanese food epitomizes the best of gourmet cooking with emphasis on simplicity and a balance of textures. Learn about the three S's: SUSHI, SASHIMI and SEAWEED. Bring your friends and learn the skill of

rolling your own sushi under the guidance of Mr. Yamaguchi.

**3046 - 1 MONDAY, 7:30-9:30 P.M.,  
Meets March 13  
Weber Middle School, Room 216, \$25**

**2) CHOCOLATE AND CHOCOLATE  
TREATS**  
**Robert Ellinger, CMB, CEPC/ Owner  
Baked to Perfection  
Port Washington**

"Pastry Art and Design Magazine" announced Robert Ellinger as one of the top ten pastry chefs in America.

Tonight's class led by our master baker will discuss how chocolate is produced and the tempering methods to obtain the maximum results. We will prepare fudge, chocolate filled tarts and other "sweets" including chocolate curls for cake decorating. Be there for a glorious night of chocolate.

**3020 - 1 TUESDAY, 7:30-9:30 P.M.,  
Meets March 21  
Weber Middle School, Room 216, \$25**

**3) HOW TO PLAN A FABULOUS  
AND EASY COCKTAIL PARTY**  
**Matthew Broder  
Executive Chef/Consultant  
Graduate: Johnson & Wales  
Culinary Program**

Tonight's program will be a hands-on workshop planning recipes that will guarantee you to be the perfect host. You'll learn what to purchase, amounts and a how to establish a plan list. You'll make fabulous spreads, hors d'oeuvres and small plates. Discussion will include wines, and liquors to make your party a success. Bring a paring knife and apron to work side by side with Matthew. He'll help you plan the most incredible party.

**3048 - 1 THURSDAY, 7:30-9:30 P.M.,  
Meets March 30  
Weber Middle School, Room 216, \$25**

**3) A TASTE OF NORWAY**  
**Debra Markowitz, Chef/Owner  
"Ramblin' Bear Eatery"  
Port Jervis, New York**

Debra Markowitz worked as a chef in Norway from 1992 through 1995. She will help us explore some of the flavors and techniques of Scandinavia and of Norway in particular. We will be using some, possibly new, but easily obtained ingredients to

prepare an all new menu of simple and delicious dishes perfect for both family meals and holiday entertaining. This is a hands-on class, so bring an apron, and a paring knife.

**3105 - 1 THURSDAY, 7:30-9:30 P.M.,  
Meets April 27  
Weber Middle School, Room 216, \$25**

**5) THE JOY OF SOY- Tofu, Tempeh**  
**Melanie Melia  
Food Consultant/Instructor**

The more you learn about soy, the more convincing the argument to include soy foods in your daily diet. Soybeans contain no saturated fat or cholesterol; they are high in fiber and may help prevent cancer. In this class, you will receive all new recipes using readily available ingredients. You will be pleased with the easy, delicious food you will prepare

**3199 - 1 MONDAY, 7:30-9:30 P.M.,  
Meets May 8  
Weber Middle School, Room 216, \$25**

**6) ITALIAN SPECIALTIES**  
**Gino's Pizzeria and Restaurant  
Alfredo Vitolo/Owner  
Port Washington**

Alfredo has planned an incredible Italian meal. Roast chicken with special spices, pasta al salmone, and homemade Tiramisu, a rich and flavorful dessert. He'll share some culinary tales following his trip to Italy. This class has the best of everything.

**3008 - 1 THURSDAY, 7:30-9:30 P.M.,  
Meets May 11  
Weber Middle School, Room 216, \$25**

**7) THE ART OF KOREAN CUISINE**  
**YunYoung Heo  
Educator  
Port Washington**

The foods of Korea are exotic, healthy and very tasty. Tonight's expert will teach us how to make an authentic appetizer, main dish and dessert. Learn how to shop, store and make the most of the special tastes of this country. Special marinades and spices of this unique cuisine will be highlighted.

**3123 - 1 TUESDAY, 7:30-9:30 P.M.,  
Meets May 16  
Weber Middle School, Room 216, \$25**

**DON'T FORGET TO MARK YOUR  
CALENDAR !**

**8) THAI AND LAOTIAN COOKING**  
**Penn Hongthong**  
**Pentara/Owner**  
**Culinary Instructor/Caterer**

This evening is a great opportunity to explore further all aspects of Thai and Laotian cooking techniques. Unique ingredients are utilized. All new recipes are easy to prepare and delicious in taste. Penn's published cookbook "*Simple Laotian Cooking*," received rave reviews in the *New York Times*. Copies will be available and will be autographed. Bring a knife for hands-on participation.

**3200 - 1 MONDAY, 7:30-9:30 P.M.,**  
**Meets May 22**  
*Weber Middle School, Room 216, \$25*

**9) CHEESE, CHEESES AND MORE**  
**CHEESE SAMPLING**  
**Sue Sturman**  
**Epicurean, Chef/Owner**  
**Port Washington**

This former assistant director and graduate of Ecole Ritz-Escoffier in Paris, has been teaching about cheeses for fifteen years. During tonight's session we will discuss and taste many cheeses, introduce basic types, textures and flavors. There will be instructions on how to shop and store your purchases and the most attractive way to feature them for presentation. Sue will discuss wines, ales and ciders that highlight cheeses to be served. She is affiliated with the American Cheese Society, Slow Food USA, and The New York Artisan and Farmstead Cheesemakers Guild.

**3206 - 1 THURSDAY, 7:30-9:30 P.M.,**  
**Meets June 8**  
*Weber Middle School, Room 216, \$25*



**BEAD JEWELRY**

**Dvora**

Create absolutely gorgeous semiprecious stone glass and sterling silver jewelry. You can bead beautiful necklaces, bracelets, lariats, earrings and anklets. They will look just like expensive designer jewelry!

Learn the basics of designing, stringing, putting on clasps and much more. These basics will enable you to create beautiful and unusual jewelry for years to come. Bring needle nose jewelry pliers, 36" ruler, small scissor, small towel or a bead board. **Materials fee of \$20 to instructor at first session of class.**

**3067 - 2 THURSDAYS, 7:30-9:30 P.M.,**  
**Starts March 16**  
*Dvora's Art Studio, 111A Main Street, \$50*

**BEGINNER DRAWING**

**Bart De Ceglie**

Come and learn the basics of art. Composition, perspective, simple shapes, lighting, etc. will be taught. Get a new appreciation of art through drawings of flowers, landscapes and seascapes.

Materials to bring are: a 14" x 18" sketch pad, a kneaded eraser, Mongol #2 pencils (2b, 4b, 6b) and a pencil sharpener. Join this class and allow your creativity to soar.  
**4004 - 5 WEDNESDAYS, 7:00-9:00 P.M.,**

**Starts March 15**

*Schreiber High School, Room 208, \$65, SC \$60*

**CREATIVE CARDMAKING WORK-  
SHOP (Altered Cards)**

**Anna Fredericks**

Learn how to create three-dimensional greeting cards and announcements. Discover how to design a composition using words, texture and photos. Create cards using pop-ups, stencils, stamps, vellum, embellishments, folded paper, glazes, tags and recycled materials. Bring to first class: ruler, scissor, craft knife, acid free glue sticks. **Materials fee due to instructor first night of class is \$10.**

**3094 - 4 WEDNESDAYS, 7:00-9:00 P.M.,**

**Starts April 26**

*Weber Middle School, Room 110, \$65*

**HAND BUILDING/WHEEL THROW-  
ING POTTERY**

**Gayle L. Newman**

Ever thought of eating from dishes and drinking from mugs you actually made or creating a work of art that you can proudly display in your home?

This program explores the possibilities of pottery; from traditional functionware to fun and exciting sculptural forms. No experience necessary; clay is a user friendly medium. Learn a new craft or exercise and further develop your existing skills.

**4010 - 6 WEDNESDAYS, 6-9 or 7-10 P.M., (split shifts for extra wheel time!)**  
**Materials list will be sent upon registration. Firing fees will be additional.**

**Starts April 5**

*Sousa School, Art Room 141, \$95, SC \$90*

**I'M AFRAID OF A PAINTBRUSH**

**Dvora**

Learn basic one stroke techniques for painting on pottery. Learn to paint flowers,

leaves, vines and much, much more. Come home with a functional piece of beautifully painted pottery.

**Materials fee of \$20 to instructor at first session of class.**

**3221- 1 THURSDAY, 10:30AM-Noon,  
Meets March 9  
Dvora's Art Studio, 111A Main Street, \$25**

## INTRO TO MOSAIC

**Dvora**

Learn the basics of mosaic art. You will be using glass and ceramic to create a small mosaic piece to grace your home or garden.

**Materials fee of \$30 to instructor at first session of class.**

**3219- 2 THURSDAYS, 7:30-9:30 P.M.,  
Starts March 30  
Dvora's Art Studio, 111A Main Street, \$50**

## MOSAIC MIRROR

**Dvora**

Using our colorful tiles and china pieces you'll design a beautiful mosaic mirror frame. Bring embellishments from home to personalize.

**Materials fee of \$40 to instructor at first session of class.**

**3220- 3 THURSDAYS, 7:30-9:30 P.M.,  
Starts April 27  
Dvora's Art Studio, 111A Main Street, \$75**

## SCULPTURE IN CLAY, STONE, WOOD AND PLASTER- All Levels

**Elsi Nydorf**

Create realistic figures: human and animal.

Discover the basics of relief carving.

Design abstract forms.

Learn to do portraits in clay using proper proportions.

Learn all about patinas.

Tools and materials will be outlined at the first session (extra fee). Experienced students may select projects equal to their skill.

**4003 - 6 TUESDAYS, 7:00-10:00 P.M.,  
Starts March 21  
Sousa School, Art Room 141, \$90, SC \$85**

## THE ALTERED BOOK WORKSHOP

**N Anna Fredericks**

**E**

**W** Use a hard-covered book as your personal canvas for self-expression. The altered book is a unique art form in which you recycle a book and transform it into a new

three-dimensional art piece. Learn creative techniques such as decoupage, collage, glazing, stamping, stenciling, faux art painting, tearing, burning and stitching pages. Discover how to alter a book by adding embellishments, creating pop-ups, doors and windows for photos and using gesso to highlight or eliminate the words on a page.

Bring to first class: medium sized hard covered book (not a textbook), ruler, scissor, craft knife and acid free glue sticks.

**Materials fee due to instructor first night of class is \$15.**

**3095 - 4 WEDNESDAYS, 7:00-9:00 P.M.,  
Starts March 15  
Weber Middle School, Room 110, \$65**

## WATERCOLOR

**Elaine Cook  
Eileen Neville**

Come join us for three hours of fun and painting. Each week we will explore watercolor techniques such as wet on wet, wet on dry, glazing and understanding negative space. Some of these techniques will be simple and some will be challenging.

Please bring a watercolor cold press block 9 x 12", watercolor brushes #8 and #10, and a linc wash brush.

**4001 - 6 TUESDAYS, 7:00-10:00 P.M.,  
Starts March 21  
Schreiber High School, Room 208, \$75**

*See Art in Floral Design and  
Painting- One Stroke*



## BALLROOM DANCING

**Martin & Belle Graham**

If you have always wanted to learn how to ballroom dance, but never knew where to start, this is the right place for you. You will be out on the floor and dancing in no time. This class is the fastest, easiest and least expensive way to learn the social dances. You will learn the basic steps in foxtrot, waltz, swing and the popular Latin dances, cha cha, merengue and rumba. Engaged couples; if you're anxious about your first dance as husband and wife, sign up now. Couples only.

The intermediate class is for those couples who have completed the beginner course and are ready to proceed with both more intricate patterns and other social dances.

**Beginner**

**6025 - 10 TUESDAYS, 7:00-8:30 P.M.,  
Starts March 7**

**Intermediate**  
**6035 - 10 TUESDAYS, 8:30-10:00 P.M.,**  
**Starts March 7**  
*Weber Middle School, All Purpose Room,*  
**\$95 per couple** *Limited class size.*

### **DANCING LATIN**

**Naomi Penner**

Bailemos, amigos! Get good exercise while learning to identify the rhythms of hot Latin dances in the clubs today—salsa/mambo, merengue, chacha, and the latest dance craze bachata—as you move smoothly and confidently to their exciting tempos. You will be shown how to use your body to dance with authentic “Cuban motion.” You will practice “shines”—intricate mambo variations you can do freestyle. You will learn what it means to be able to “dance on 2”. Important techniques for both successful leading and following will be emphasized. Come with a partner or on your own. Smooth, leather-soled shoes are recommended.

**6041 - 9 WEDNESDAYS, 8:30-10:00 P.M.,**

**Starts March 8**

*Manorhaven School, Cafeteria, \$75*

### **LET'S SWING!!**

**Cara Nicole**

If your eyes turn green with jealousy when you watch the swingin' dancers as they *swing* on Broadway and your heels start to click, then this great class is just for you. Come and join our swing sensation, featuring all the hottest moves.

Couples and singles (partner not guaranteed) are welcome to join this dance revival and swing into fun and fitness.

**6037 - 8 THURSDAYS, 8:00-9:00 P.M.,**

**Starts March 23**

*Sousa School, Auditorium Stage, \$65*

### **TAP DANCE**

**Cara Nicole**

Here's your chance to come and dance tap! No experience is necessary. You will enjoy learning the basics of tap and perform simple and fun routines all done to a variety of exciting music. Wear tap shoes or hard-sole shoes and comfortable clothing.

**6060 - 8 THURSDAYS, 7:00-8:00 P.M.,**  
**Starts March 23**

*Sousa School, Auditorium Stage, \$65*

*Lifelong learning...  
It isn't just for kids!*



### **BEHAVIORAL OR RATIONAL INVESTING?**

**Richard Landsman**

Understand and correct the common errors of stock market investing. Emotions consistently control stock market investing and performance. Psychologically based decisions decimate the chances of achieving your financial objectives. This practical course significantly improves your investing skills by teaching rational methods with proven results for both skilled and novice investors.

**6578 - 3 TUESDAYS, 7:00-8:00 P.M.,**  
**Starts April 4**

*Schreiber High School, Room 212, \$35*

### **BUYING AND SELLING A PRIVATE HOME/CONDOMINIUM**

**Michael Anzel**

This course will focus on the following issues relating to the purchase or sale of a private home or condominium unit;

- precontract considerations: engineer's inspections, dealing with brokers, environmental issues, hiring an attorney, etc.
- the basic form of Contract of Sale: the rights, responsibilities and liabilities of both parties.
- pre-closing: title matters, clearing of objections, mortgage options, etc.
- closing: what happens during the closing; what documentation is needed
- post-closing: the closing statement (HUD-1) prepared by the lender, transfer tax forms, etc.

In addition, time will be spent on some special issues effecting senior citizens. Reverse mortgages, capital gains issues relating to the sale, determining your basis in the property, and new options in senior citizen housing. Materials will be distributed in class to take home.

**6877 - 2 TUESDAYS, 7:00-9:00 P.M.,**  
**Starts April 4**

*Schreiber High School, Room 215, \$35*

### **CREATING YOUR LIVING TRUST**

**Ronald Fatoullah, Esq.**

Setting up a Living Trust could be one of the most important things you can do for yourself and your family. A Living Trust is created for the purpose of holding ownership to an individual's assets during a person's lifetime, and takes effect during a person's lifetime. A will goes into effect only after a person's death. Living Trusts can save an

estate thousands of dollars in attorney's fees and court expenses, and with proper planning, could be a valuable tax device.

Taught by a leading expert on elder law and estate planning, this course will take you through the basics of creating a Living Trust and help you determine which type of Living Trust is right for you.

**6585 - 1 WEDNESDAY, 7:00-8:15 P.M.,  
Meets May 3**  
*Schreiber High School, Room 219, \$20,  
SC \$15*

## **ELDER LAW & ESTATE PLANNING** **Mary Giordano**

Learn about Wills, Trusts, Powers of Attorney, Health Care Proxies, Charitable Giving and creating plans with disabled family members in mind.

An experienced elder law attorney will explain how you can avoid probate, save estate and income taxes, and protect your assets from nursing home costs. With proper counseling, significant assets can be saved at any time, even after a family member is already in a nursing home.

Knowledge of this topic is key for an effective estate plan.

**6728 - 1 THURSDAY, 7:00-8:30 P.M.,  
Meets March 30**  
*Schreiber High School, Room 215, \$20,  
SC \$15*

## **GETTING ORGANIZED FINANCIALLY**

**Annette Spronz, CFP**

Have you ever felt that you are drowning in paper? If you have ever wondered what you need to do to get organized, this class is for you. Once you get the job done, you will save countless hours the next time you have to find something, when you prepare your taxes or when a family member has to do the job for you. Learn how long you should keep old tax returns, receipts, paid credit card bills, your children's report cards and all that other "stuff".

Being organized can save you money and avoid stress for yourself and loved ones. Helpful forms will be distributed at no additional cost. This is the most practical, valuable course you'll ever find.

**6570 - 1 MONDAY, 7:30-9:30 P.M.,  
Meets March 20**  
*Schreiber High School, Room 217, \$30*

## **INTRO TO EXCHANGE TRADED FUNDS** **Paul Pitsironis**

**N**  
**E**  
**W** Television and radio talk about them daily and financial publications write about them constantly. Find out why Exchange Traded Funds (ETFs) are not just for institutional

investors.

Learn how you can use ETFs in your personal investment portfolios to manage risk and add diversification. This two session course will help you understand the inner-workings of ETFs and teach you several strategies that are available through the use of ETFs.

**6648 - 2 WEDNESDAYS, 7:30-9:00  
P.M.,**  
**Starts March 29**  
*Schreiber High School, Room 118, \$35*

## **LEARNING AND UNDERSTANDING THE ABCs OF INVESTING** **Robert Fusaro**

If you know little or nothing about investing, this is the perfect class for you. It's designed for people of all ages who are intimidated, overwhelmed, or just do not know how to invest properly. Gain control and confidence over your investment decisions by obtaining a greater understanding of the building blocks. What is a stock, mutual fund, unit investment trust, bond, IRA, municipal bond, etc.? What are the differences among them? How do they apply to your personal situation?

**6920 - 2 MONDAYS, 6:30-8:00 P.M.,  
Starts April 24**  
*Schreiber High School, Room 212, \$35,  
SC \$30*

## **MONEY SMART - The Real Low Down On Bank Services**

**N**  
**E**  
**W** **Annette Spronz, CFP**

The usual bank services include mortgages, home equity products, credit cards, checking accounts and bank CDs. Each of these will be examined in detail. Handouts of questions to ask before getting involved with any of these products and more will be provided to class participants at no additional cost.

**6593 - 1 TUESDAY, 7:30-9:30 P.M.,  
Meets May 9**  
*Schreiber High School, Room 215, \$30*

## **RISK MANAGEMENT - Life, Liability and Property Insurance**

**N**  
**E**  
**W** **Michael Anzel**

Part I:  
Although most people manage small risks on their own, large financial risks are transferred to insurance companies. In this session, the major risks addressed are the loss of income caused by a death in the family, of being sued due to your negligence, and of your property being damaged due to natural and man-made

events. Among the topics covered will be an overview of the types of life insurance and how to determine the amount you need and the basics of homeowner's insurance and "umbrella" policies. What to look for in a policy and in a company will be stressed. The risk of being uninsured or underinsured is great and this class will help you determine whether you are adequately covered. You will learn the right questions to ask when dealing with an insurance agent.

**6788 - 1 TUESDAY, 7:30-9:00 P.M.**

**Meets April 25**

*Schreiber High School, Room 215, \$20*

### **RISK MANAGEMENT - DISABILITY and LONG TERM CARE INSURANCE**

**N Michael Anzel**

**E Part II:**

**W** For most people their greatest asset is the ability to work and earn a living. Yet coverage for disability tends to be overlooked. The most important terms of disability policies will be discussed and how to choose the policy that is right for you will be analyzed. In addition, the basics of long term care insurance will be covered and how LTC fits into future planning to avoid dissipating assets on health care and nursing homes. Emphasis will be placed on NYS Partnership policies compared to other LTC insurance products.

**6789 - 1 TUESDAY, 7:30-9:00 P.M.,**

**Meets May 2**

*Schreiber High School, Room 215, \$20*

### **SOCIAL STUPIDITY: What You Don't Know About Social Security Can Hurt You Forever**

**N Annette Spronz, CFP**

**E**

**W**

In this class we will look at the four common mistakes (dumb things) retirees do with their Social Security monthly checks and the remedies that could save you or your parents from wasting the reward for all that hard work during all those working years. It's possible to live thirty years or more in retirement. Just imagine how much you can lose over thirty years or more that can be lived in retirement.

**6584 - 1 THURSDAY, 7:30-9:30 P.M.,**

**Meets April 27**

*Schreiber High School, Room 215, \$30*

### **STAYING THE COURSE THROUGH-OUT RETIREMENT**

**Robert Fusaro**

How can retirees manage their cash flow to meet their retirement needs in today's turbulent times? This class will address the issues of:

\*volatile financial markets

\*low interest rates

\*economic uncertainty

\*geo-political unrest.

Join this class and become aware of how to protect your retirement needs.

**6595 - 1 WEDNESDAY, 6:30-8:00**

**P.M.,**

**Meets May 17**

*Schreiber High School, Room 212, \$20, SC \$15*

### **THE IRS VS YOUR FAMILY**

**Bill Kaufman**

We will highlight strategies that may be massively beneficial for you and loved ones. You will feel empowered to update your financial plans and take maximum advantage of the new tax law. If you have taken any estate courses in the past and want an important and relevant update, this class is for you. Some of what you will learn:

1. How to protect your estate once and for all from the next wave of new taxes.
2. How to strengthen the financial security of your children and grandchildren.
3. How to shelter yourself in advance from the three most adverse scenarios that can happen to you.

This two session class also offers a half-hour telephone consultation to answer any questions or clarify any points of greatest interest to each student.

**6600 - 2 MONDAYS, 7:30-9:00 P.M.,**

**Starts March 6**

*Schreiber High School, Room 215, \$35*

### **THE NYS PARTNERSHIP FOR LONG TERM CARE**

**N**

**E**

**W**

**Paul Pitsironis**

The NYS Partnership for Long Term Care is a unique program that combines private long-term care insurance and Medicaid Extended coverage to help New Yorkers prepare financially for the possibility of needing nursing home care, home care or assisted living services. The program allows New Yorkers to protect their assets, while remaining eligible for Medicaid Extended coverage, if their long-term care needs exceed the period covered by their private insurance policy. The existence of this unique program is unknown to most due to the fact that the State of New York does not publicize it. Through this course, people will understand what makes this program so unique and beneficial.

**6703 - 1 THURSDAY, 7:00-10:00**

**P.M.,**

**Meets May 4**

*Schreiber High School, Room 212, \$35 SC \$30*

## WHAT SHOULD I DO WITH MY MONEY?

David Savetz

Now that the market appears to be rebounding—What should you do? Should you take a wait and see approach hoping for a quick rebound to pre-bear market levels? Are you diversified enough? What are some alternatives to traditional stock and bond investments? Are interest rates going higher from here? Should you shift money into bonds and money markets with interest rates anticipated to potentially climb? These are questions almost everyone is asking in this very difficult environment.

This investment workshop will help you analyze each investment in your portfolio, without letting your emotions get in the way. We will discuss asset allocation and suballocation, as well as other strategies designed to help potentially maximize returns while minimizing risk.

**6863 - 1 THURSDAY, 7:00-9:00 P.M.,  
Meets April 6**

*Schreiber High School, Room 219, \$15,  
SC \$10*

## WOMEN ONLY-PERSONAL FINANCE BASICS

Elizabeth Coogan

Acquire the information you need to change your financial life. You will learn about budgeting, using (or not using) credit, planning and saving. This information will empower you to take control of your money and use it to full advantage.

**6587 - 4 TUESDAYS, 10:30-A.M.-12:00 P.M.,**

**Starts March 14**

*FastTrackKids, 403 Main St., \$75*



## BRIDGE - Beginner

Manny Kaplan

Using the Audrey Grant Club Series, learn what this game is all about. You will get hooked on the challenging and fascinating game of bridge for leisure and socializing. You will be able to observe, discover, play, talk and develop ways of thinking about the game. If you are in need of a refresher course then this is the class for you. **Textbook (optional) at \$15 extra is payable to the instructor.**

**6503 - 8 MONDAYS, 7:00-9:00 P.M.,  
Starts March 20**

*Schreiber H.S., Room 210, \$85, SC \$80*

## BRIDGE - Intermediate

Manny Kaplan

This class focuses on the play of the hand and usually follows the Club Series as a prerequisite. It uses the Diamond Series textbook.

A knowledge of bidding is assumed. This course is the best way to continue to perfect your game.

**6504 - 8 THURSDAYS, 7:00-9:00 P.M.,  
Starts March 16**

*Schreiber High School, Room 210, \$85, SC \$80*

## MAH-JONGG- Beginner Lessons

Jane Bangel

Come join us for some fun learning the game of Mah-Jongg. Beginner classes now being formed to learn how to play according to the National Mah Jongg League rules. You will discuss some of the history, the tiles and how to play while having a good time. Bring your friends and have fun while learning. If you have a Mah Jongg set please bring it, as well as the current Mah Jongg card to class.

**6561 - 6 WEDNESDAYS, 6:45-8:45 P.M.,**

**Starts March 8**

*Schreiber High School, Room 209, \$70*



## ART IN FLORAL DESIGN

Joan Smith

If you love flowers and always wonder how other people put together those beautiful floral arrangements, then this is the class for you. Each session will be a unique experience as you create your masterpieces. Whether creating dried arrangements, working in glass vases or creating special pieces, you will be amazed at what you can do. You will enjoy the beauty of each session.

Please bring knife and scissor to class. **Materials fee of \$45 to instructor first session of class.**

**3028 - 3 TUESDAYS, 7:00-8:00 P.M.,**

**Starts March 28**

*Joan Smith Flowers, 162 Main St., \$45*

## DO IT YOURSELF HOME REPAIRS

Paul Cicchetti

This class will deal with interior plumbing repairs, electrical repairs plus walls and floors in need of repair. Learn how to fix a wall switch or receptacle, stop a faucet leak, patch a plaster hole, sand a hardwood floor,

replace a broken bathroom tile.

Additional repairs will be discussed in the third session based on student interest, including window repairs, snaking drains, hanging shelves, repairing door locks, etc.. Instructor will teach from a home repair textbook which students can purchase.

**6529 - 3 THURSDAYS, 7:00-9:00 P.M.,  
Starts March 16**  
Weber Middle School, Room G-13, \$55

### **EVENING WITH AN ARCHITECT**

**Laura Montllor, A.I.A.**

Spend an evening with a local architect, Laura Montllor. Her firm specializes in residential renovation. Their work has been nationally published in *House Beautiful* magazine and featured on HGTV and the *Discovery* channel.

If you've been dreaming about renovating your home, this is your chance to participate in open discussion and have your questions answered. Ms. Montllor will teach you how to establish design priorities. Learn how an architect protects your interests and helps control costs. She will explain building code requirements and how to determine if you need a building permit. Get tips on finding the right contractor. This informative evening of discussion will teach you how to plan a successful renovation and turn your dreams into reality. See her work online at [www.MontllorBoxArchitects.com](http://www.MontllorBoxArchitects.com).

**6776 - 1 WEDNESDAY, 7:30-9:30 P.M.,  
Meets May 3**  
Schreiber High School, Room 217, \$30

### **THE IMPORTANCE OF COLOR IN YOUR GARDEN**

**Frederick Falconer/Owner  
Sean Beckert/Manager  
S. F. Falconer Florist, Inc.**

Let's talk color, palettes of color, harmony in color and the mood that color creates in your garden. Then, we can discuss annuals, proper locations (direct sun through lots of shade), and soil conditions so you get the most out of your spring plantings. Learn how to maximize your planting purchases and enhance the beauty of your garden areas. The second hour will be hands-on as we create a "container garden" using the knowledge we've learned for that special place of "yours."

**Registration fee includes materials fee.**  
**3135 - 1 TUESDAY, 7:00-9:00 P.M.,  
Meets May 2**  
S.F. Falconer Florist, 8 S. Maryland Ave., \$55

*Remember that seating is limited so  
please sign up early!*

### **VEGETABLE GARDENING**

**Cornell Cooperative Extension**

What can you grow? Where can you plant it? When should you do it? Join this class on vegetable gardening and find out about planning your vegetable garden; soil preparation; watering; seeds vs transplants, fertilization and more.

**3217 - 1 WEDNESDAY, 7:00-9:00 P.M.,  
Meets April 26**  
Schreiber High School, Room 219, \$25



All language courses are planned specifically for the adult learner, using methods and materials specifically developed for adults. Conversational skills are stressed.

**BEGINNING** - Adults with no previous knowledge or study of the language.

**BEGINNING, LEVEL II** - For those who have taken one semester of beginning language instruction.

**INTERMEDIATE** - For those who already have a working knowledge of the language.

**CONVERSATION** - For those who have completed Level I and II. This class is excellent for those who wish to add to the knowledge they gained in previous courses.

### **CHINESE-Mandarin**

**April Zhou**

Beginning and some culture:

**5028 - 10 WEDNESDAYS, 7:30-9:00  
P.M.,**

**Starts March 8**

Schreiber High School, Room 215, \$90,  
SC \$85

### **FRENCH-AM**

**Naomi Penner**

French for Tourists: \$105, SC \$100  
**5000 - 10 MONDAYS, 10:30 A.M.-12:30  
P.M.,**

**Starts March 6**

Beginning, Level II: \$90, SC \$85  
**5001 - 10 MONDAYS, 9:00-10:30 A.M.,  
Starts March 6**

St. Stephen's Church, Room 104,  
9 Carlton Avenue. Fees: see above.

### **FRENCH-PM**

See Roslyn in North Shore Courses

### **ITALIAN-AM**

**Rose Rotondi**

Conversation: Text fee \$18.25  
**5005 - 10 FRIDAYS, 9:30-11:00 A.M.,  
Starts March 10**

Intermediate: Text fee \$18.25  
**5008 - 10 FRIDAYS, 11:00A.M-12:30 P.M.,**

**Starts March 10**

Beginning: Text fee \$7.50  
**5019 - 10 FRIDAYS, 1:00-2:30 P.M.,**  
**Starts March 10**  
*St. Stephen's Church, Room 104,  
9 Carlton Avenue, \$90, SC \$85, Text fee  
payable to instructor at first session.*

### ITALIAN - PM

**Daniela Bona**

Beginning: Text fee \$18.45  
**5006 - 10 THURSDAYS, 7:15-9:15 P.M.,**  
*Schreiber High School, Room 213, \$105,  
SC \$100*

**Starts March 9**

Italian for Tourists: Text fee \$18.45 Ideal for those who are planning to visit Italy in the near future. Learn phrases to use in shopping, restaurants, hotel and tourist inquiries.

**5007 - 10 THURSDAYS, 5:30-7:00 P.M.,**

**Starts March 9**

*Schreiber High School, Room 213, \$90,  
SC \$85. Text fee payable to instructor at  
first session.*

### JAPANESE

**Michiko Tani**

Beginning and some culture:  
**5014 - 10 TUESDAYS, 7:30-9:00 P.M.,**  
**Starts March 7**  
*Schreiber High School, Room 217, \$90, SC  
\$85*

### SPANISH - AM

**Naomi Penner**

Beginning: *\$105, SC \$100*  
**5022 - 10 TUESDAYS, 10:30 A.M-  
12:30 P.M.,**

**Starts March 7**

Beginning, Level II: *\$90, SC \$85*  
**5012 - 10 TUESDAYS, 9:00-10:30  
A.M.,**

**Starts March 7**

*St. Stephen's Church, Room 104,  
9 Carlton Avenue. Fees: see above.*

### SPANISH - PM

**Naomi Penner**

Beginning:  
**5011-10 WEDNESDAYS, 6:30-8:30  
P.M.,**

**Starts March 8**

*Manorhaven Elementary School, Teachers  
Faculty Room, \$105, SC \$100*

*ESOL may be found under  
Educational Advancement Page 3*

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## AMERICAN SIGN LANGUAGE

HELEN KELLER NATIONAL CENTER

### AMERICAN SIGN LANGUAGE-IA

(Beginners) TBA

If you have always been fascinated by American Sign Language (ASL), the 4th most common language in the U.S., then this is the course for you. Level I is designed for students with no previous knowledge of ASL. Classwork will focus on learning to understand simple questions, commands and conversation. Information about the deaf community and its culture will also be included. Materials: Book can be purchased at first class - "Learning American Sign Language," \$50, Book and video, \$75 (optional)

### AMERICAN SIGN LANGUAGE-IB

(Advanced Beginners) TBA

This class reinforces vocabulary and continues to focus on conversational skills introduced in IA. Materials: Same as IA.

### AMERICAN SIGN LANGUAGE-II

TBA

The course will review skills learned in Levels IA and IB and continue to build on basic conversational skills. Materials: Same as Levels IA and IB.

#### WHEN:

**10 WEDNESDAYS, 6:30-8:30 P.M.,  
starting March 8 thru May 10**

#### REGISTRATION DEADLINE IS:

**MONDAY, March 6, 2006**

#### WHERE: ALL CLASSES MEET AT:

Helen Keller National Center (Training Building), 141 Middle Neck Road, Sands Point (Port Washington), N.Y., (516) 944-8900, Ext. 299 (Voice), (516) 944-8637 (TTY)

**FEE: \$100 (cash or check payable HKNC)  
NO REFUNDS AFTER FIRST CLASS.**

*Class size limited (on a first-come basis).  
Pre-registration is required.*

**SEND** all registrations and checks directly to: Helen Keller National Center, 141 Middle Neck Road, Sands Point, N.Y. 11050, Attention: Allison Burrows. If you have any questions call HKNC directly, (516) 944-8900, Ext. 299 (voice), (516) 944-8637 (TTY) or email: HKNCCOMED@aol.com

**DIRECTIONS:** LIE Exit 36, Searingtown Rd. North. After crossing Northern Blvd., Searingtown Road becomes Port Washington Blvd; Port Washington Blvd. becomes Middle Neck Road after passing the Village Club of Sands Point (golf course) on the right. The Center is about one mile past the Club, 7 miles from LIE, just after Sands Point Preserve entrance.

**MUSIC/PERFORMING  
ARTS**

**PIANO, Beginner I**

**Debbie Jelliff**

Discover your hidden musical talent. Keyboards are provided. Learn the basics of piano playing, including note reading, chords and familiar melodies. Course is designed for students with no prior experience. Materials to bring: *Alfred's Adult All-In-One Course, Level I*, a notebook, and a pencil.

**5502 - 10 TUESDAYS, 7:15-8:15 P.M.,  
Starts March 14**

*Weber Middle School, Room G-1, \$75*

**PIANO, Beginner II**

**Debbie Jelliff**

Prerequisite: Beginner I class or basic piano experience. Keyboards are provided.

Further your piano playing skills in this intermediate class. Enjoy building your piano skills using solos, and accompaniments. Materials to bring: *Alfred's Adult All-In-One Course, Level 2*, a notebook, and a pencil.

**5520 - 10 TUESDAYS, 8:15-9:15 P.M.,  
Starts March 14**

*Weber Middle School, Room G-1, \$75*

**THE GREAT AMERICAN SONGWRITERS  
(Broadway and Hollywood)**

**N  
E** **Joseph Lupkin**

**W** We will discuss the life and work of the great American songwriters who produced a golden age of popular music from approximately 1900-1960. We will study Gershwin, Berlin and Rodgers, among others, to examine the style, meaning and wit of these classic songs and to see how this genre developed in light of the contemporaneous historical and social events surrounding them.

Our class will be augmented by audio and visual clips, printed lyrics and other bits of pertinent nostalgia.

**5526 - 7 THURSDAYS, 7:30-9:00 P.M.,  
Starts March 23**

*Schreiber High School, Room 217, \$90*

**THE MUSIC OF THE 20TH CENTURY**

**N  
E** **David Goldberg**

**W** Take an aural journey through the music of the past century with composer David Goldberg. We will survey the composers and artistic movements, which made up this eclectic and often misunderstood era in classical music. For those who love Mozart

and Schubert, but just can't figure out what happened after Mahler; this course will explore what made the recent musical past great and also not so great.

**5527 - 8 WEDNESDAYS, 7:00-8:30  
P.M.,**

**Starts March 22**

*Schreiber High School, Room 225, \$135*

**VOICE**

**N  
E  
W** **Edel Sanders**

**W** This course will cover fundamental principles of voice production with practical application through exercises and songs. Students will increase self-awareness by recognizing that the instrument of the singer is one's own body. Once a solid foundation is established for healthy and full singing, one can utilize these skills within all musical genres. Therefore, each student is encouraged to find his or her own voice and means of expression. In other words, choose your own style, express yourself and enjoy!

**5522 - 10 THURSDAYS, 7:30-9:00 P.M.,  
Starts March 9**

*Sousa Elementary School, Room 142, \$175*

**PERSONAL CARE**

**BEAUTY MIRACLES-Skin Care and  
Make-up Application**

**Josephine Alongi**

Learn 3 simple steps to bring back your skin's glow! Experience a 3-minute miracle. You will see the positive effects of a noninvasive (peel) treatment right before your eyes. The benefits: diminishes fine lines and wrinkles, pores will appear smaller, combats dry skin, acne prone skin is improved, lighten dark spots, and achieve a radiant complexion.

Next, you'll be delighted to see how the right colors can enhance your features and make you look younger. Learn simple techniques that professional make-up artists use. Materials fee \$10 payable to instructor at first class. Bring a towel, mirror and headband. Class size is limited.

**6960 - 2 MONDAYS, 7:00-10:00 P.M.,  
Starts April 24**

*Weber Middle School, Room 112, \$35*

**CAN YOU HEAR YOUR BODY  
TALKING?**

**Tonya Reiman**

Make a brilliant first impression and learn to read body language...like an expert.

Verbal communication comprises only 7% of the communication between humans! Join this class and learn where the other 93% comes from (every movement, each gesture, each smile and frown). How people move within the space around them and where they look tells you what their unconscious mind is thinking and what they are going to do next. Come discover the tools and techniques to read body language and send nonverbal messages that say you are confident. This seminar will reveal secret codes that have long been hidden. Become a masterful communicator with your boss, your significant other, your children...virtually anyone!

**6653 - 1 THURSDAY, 7:30-9:00 P.M.,  
Meets April 6**  
*Schreiber High School, Room 215, \$25*

### **CAUSES AND MANAGEMENT OF NECK AND BACK PAIN** **Zelik Ziegelbaum, RPT**

Lower back pain is an increasing and common problem that everyone will experience at least once in their lifetime.

This informative class, instructed by a Licensed Physical Therapist, will provide information regarding lower back and neck pain. Delving into proper body mechanics to prevent and avoid injuries to these areas, the registrants will be better able to protect themselves from future discomfort. Those who already suffer from back and neck pain, will be better able to work towards lowering their discomfort level and protecting from further injury. Until you correct the problem, not just the symptom, you will be prone to injury or re-injury.

Personal maintenance of your health can have a great impact on the quality of your life.

**6554 - 2 WEDNESDAYS, 7:30-9:00  
P.M.,**  
**Starts March 29**  
*Schreiber High School, Room 219, \$30*

### **HOW TO ACHIEVE AND MAINTAIN A HEALTHY WEIGHT** **Cathleen Colligan, MA, RD,CDN**

To achieve and maintain a healthy weight, one must focus on their eating and their behaviors. Choosing healthy foods that are organic in nature and do not contain processed ingredients that include high fructose corn syrup and hydrogenated vegetable oil or trans fat is the first step.

Do you know what is your healthy weight? What is your BMI? Are you at risk? Come and receive sound advice from an

expert, a Registered Dietitian, who can teach you principles of behavior modification, how to change your eating habits and develop healthy ways of eating and exercising.

Save the dollars you would spend on expensive diet programs by debunking the myths after analyzing the "popular" diets. **There is a \$10.00 fee payable to the instructor at first class.**

**6075 - 1 THURSDAY, 7:00-8:00 P.M.,  
Meets May 4**  
*Schreiber High School, Room 219, \$15*

### **INTRODUCTION TO MEDITATION** **Constance Lagan**

**N  
E**

**W** Meditation is being discussed and practiced everywhere these days; doctors' waiting rooms, boardrooms, locker rooms, classrooms. Minimally, the daily practice of meditation reduces stresses. It can also spark creativity, enhance work performance, present solutions and provide spiritual enrichment. There is nothing complicated or difficult about getting started in meditation. This seminar simplifies what might, at first, seem to be an unachievable goal: peace. Topics include defining meditation, the benefits of daily practice, a broad overview of different ways to meditate, demonstrations of breathing techniques, group breathing exercises, and a practice meditation.

**6810 - 1 WEDNESDAY, 7:00-9:00 P.M.,  
Meets May 10**  
*Weber Middle School, Room 108, \$25*

### **THE PSYCHOLOGY OF PERSUASION: How to Persuade and Influence Others**

**Tonya Reiman**

What can the ability to influence do for you? To persuade, to induce, urge or prevail successfully...to cause to believe, to convince. We can transform our lives if we can persuade like a true master. What would it mean to be able to influence ethically and powerfully? Persuasion is a phenomena occurring all day every day, we are being influenced from every angle all the time.

Come learn to be in control. Become a personal magnet, gain compliance almost as often as you want, manage your emotional state, be confident with subordinates, peers and superiors, learn to be an expert at sending and receiving nonverbal communication. We can learn how to use the secrets and strategies!

**6636 - 1 THURSDAY, 7:30-9:00 P.M.,  
Meets March 30**  
*Schreiber High School, Room 219, \$25*

## WEIGHT REDUCTION WITH HYPNOSIS

Thomas Janda, ACH.

This seminar is designed for those who truly wish to follow through on the decision to reduce their weight to improve the quality of their life and health. Hypnosis is a powerful tool giving those serious about reducing their weight the added benefit of using their subconscious mind to enhance their efforts. It can literally help you to change the way you feel about yourself and the foods you eat, making it easier for you to follow through on your weight reduction goals. The session will explain how it works and then there is an actual hypnosis session to give participants the added incentive and resolve they need to follow through with their decision to reduce their weight. A reinforcement CD, hand-outs and oils will be given and the cost is included in the fee.

**6950 - 1 MONDAY, 7:00-10:00 P.M.,  
Meets April 3**

*Schreiber High School, 2nd Fl. Staff Lounge  
(across from 215), \$50*

*See Reflexology on page 30*



## AEROBIC WORKOUT

Adrian Richardson

Join a one-hour workout designed to improve your cardiovascular and muscular fitness level!

Your class consists of a 10-minute warm-up, a 25-30 minute low impact, high intensity aerobic workout followed by a 5 minute cool down and then 15 minutes on toning your entire body.

Join this class where fun and fitness go hand in hand! Bring a mat or towel and wear aerobic shoes.

**6038 -10 TUES. & 10 THURS., 7:30-8:30 P.M.,**

**Starts March 14**

*Daly School, All Purpose Room, \$95  
(Use parking lot on Shadyside Ave. and take path to Daly Annex door)*

## AIKIDO

**N  
E**

**TBA**

**W** Aikido is the modern martial art from Japan based on the philosophy of harmony. Rather than engage in a fighting contest, Aikido practitioners seek to resolve conflict by blending with an attacker in such a way as to dissipate the attack peacefully and effortlessly. Aikido makes

use of circular movements, focused breathing and relaxation in the application of its techniques. This course will introduce the students to the basic movements inherent in all Aikido techniques. Men and women benefit from Aikido practice for self defense, stress reduction, cardiovascular conditioning and flexibility training. Wear loose-fitting workout attire.

**6074 -6 THURSDAYS., 7:30-9:00 P.M.,  
Starts March 9**

*Schreiber High School, Wrestling Room, \$45*

## BADMINTON

**N  
E**

**Jamie Pines**

**W** Improve your game, get a workout, and have fun while playing the world's fastest racquet sport. Birdies are supplied, but bring your own racquet. This course is for both beginners and those who already enjoy playing this fast-paced sport.

**6003- 6 MONDAYS, 7:30 - 9:30 P.M.,  
Starts March 27**

*Schreiber High School, Gymnasium, \$45*

## BASKETBALL - A Full Court Activity

**Mon/Thur - Stephen Shackel**

**Tues - Randy Shain**

This is the program you've asked for: full court basketball played competitively. Regardless of your style, jumpshot or two-hander, you will find others of your era.

Be sure of your physical condition before beginning. Participation of high school age students will be at the discretion of the instructor.

**6005 - 10 MONDAYS, 8:00-10:00 P.M.,  
Starts March 13**

**6006-10 THURSDAYS, 8:00-10:00 P.M.,  
Starts March 16**

**6007 - 10 TUESDAYS, 8:00-10:00 P.M.,  
Starts March 14**

*Weber Middle School, Gymnasium, \$85*

*Limited class size.*

**PORT WASHINGTON RESIDENTS HAVE PRIORITY**

## CARDIO KICKBOXING

**World Champion Tokey Hill**

**Kickboxing**

Get a great workout that provides cardiovascular conditioning and all-over muscle toning. Come to cardio kickboxing where your workout uses some common boxing moves to create a class that will leave you energized and eager for more. Thirty minutes of class includes warm-up, and cardio section, and the next 30 minutes includes cool down with a stretch and tone compo-

nent. Please bring a mat or towel.

**6086 - 10 MONDAYS, 7:15-8:15 P.M.,  
Starts March 6**

**6087 - 10 WEDNESDAYS, 9:30-10:30  
A.M.,**

**Starts March 8**

**6088 - 10 SATURDAYS, 9:30-10:30  
A.M.,**

**Starts March 11**

*Tokey Hill's Karate Center, 55 Lumber  
Road, \$65*

### **GOLF - Beginner/Advanced Beginner Tom Kuhn**

Students will be taught the fundamentals of golf. They will learn proper grip, stance, body movements and club manipulation.

All students bring either a Number 5 or Number 6 Iron. Tees and practice balls will be supplied. *Limited class size.*

**6008 - 6 WEDNESDAYS, 7:30-8:30  
P.M.,**

**Starts March 15**

**6009 - 6 WEDNESDAYS, 8:30-9:30  
P.M.,**

**Starts March 15**

*Sousa School, Gymnasium, \$45*

### **GOLF-Intermediate**

**Tom Kuhn**

Golf has swept the nation. It's a great way to spend a day outdoors and an enjoyable and effective way to make contacts. With just a few lessons from this golf professional, you can improve your game on the links in no time.

Your golf swing, posture, grip and alignment will be emphasized. Weekly handouts will be included. Bring a 5 Iron to first class. *Limited class size.*

**6052 - 6 TUESDAYS, 7:00-8:30 P.M.,  
Starts March 14**

**6083 - 6 TUESDAYS, 8:30-10:00 P.M.,  
Starts March 14**

*Sousa School, Gymnasium, \$65*

### **HORSEBACK RIDING**

**Calumet Farm, East Norwich**

Join a 5-person semi-private lesson and learn walk, trot, the sitting trot and two-point assisted by two trainers per ring. You will be grouped and placed according to skills after the first week and then 3/4 hour time slots will be assigned for each group between 9AM and Noon. All horses are quiet, schooled and reliable.

There will be a total of 7 sessions, two (2) of which will be used toward learning aspects of groundwork for horsemanship,

care and equipment usage.

When riding you must wear long pants, a shoe with a heel and an appropriate helmet if you have one. You may bring snack or lunch and plenty to drink. This is your chance to learn a skill you have always dreamed of in a calm and nurturing surrounding.

**N 6766 - 7 SATURDAYS, 9:00AM-12:00  
E P.M.,**

**W**

**Starts April 29**

*Calumet Farm, 6080 Northern Blvd., (next  
to Martin Viette) 516 624-3499, \$225*

### **PILATES MAT AND EQUIPMENT CLASS**

**Body 'n Sync**

Pilates is a wonderful way to get in shape without stressing the joints. Strengthen your abdominals, increase flexibility and learn a form of exercise that can be customized to your body at any time of your life. You will be led through 40 minutes of mat work and introduced to the Pilates Equipment (Reformer, Cadillac, Spring Board and chair, magic circle, ball) in the last 20 minutes of each class.

Experience Joseph Pilates Mat and Equipment exercises in a professional studio with fully certified Pilates instructors. Wear loose clothing or workout clothing and socks.

Please register first and second choice.

**6015 - 10 TUESDAYS, 8:00-9:00 P.M.,  
Starts March 7**

**6016 - 10 WEDNESDAYS, 8:00-9:00  
P.M.,**

**Starts March 8**

**6017-10 THURSDAYS, 8:00-9:00 P.M.,  
Starts March 9**

**6018 - 10 SATURDAYS, 12:00-1:00  
P.M.,**

**Starts March 11**

*Body 'n Sync, 358 Port Washington Blvd.  
(parking in rear), \$85, Priority to Port Wash-  
ington residents.*

### **POWER VOLLEYBALL - Advanced**

**Michael Usoskin**

This course is designed to provide an opportunity for those players with experience in playing volleyball to further develop their skills. The skills needed for level of play include: serve, bump, set and spike as well as knowledge of the rules. Each session will be spent in competitive team play.

The instructor reserves the right to group according to ability. *The size of class will be limited.*

**6029 - 10 WEDNESDAYS, 8:30-10:00  
P.M.,**

**Starts March 8**

*Weber Middle School, Gymnasium, \$65*

## QI GONG (CHI KUNG): BASICS

**N** **Bill Wong Chin**

**E**  
**W** Cultivate your qi life force through Chinese meditation and exercise. Qi Gong is an ancient health system that is therapeutic, diagnostic, and preventive in function. Learn how to feel better at will.

**6102 - 8 WEDNESDAYS, 7:00- 8:00 P.M.,**

**Starts March 22**

*Daly School, All Purpose Room, \$65  
(Use parking lot on Shadyside Ave. and take path to Daly Annex door)*

## QI GONG (CHI KUNG): DAYAN (WILD N GOOSE) FORM

**N** **Bill Wong Chin**

**E**  
**W** Learn the 64 Movements of the First Set of Da Yan Wild Goose Qi Gong. Originating from China, Da Yan Qi Gong is practiced worldwide. This style is considered a natural style because its movements imitate a beast in nature: the wild goose. It also belongs to a class of exercises known as longevity or long life exercises.

**6103 - 8 WEDNESDAYS, 8:00- 9:00 P.M.,**

**Starts March 22**

*Daly School, All Purpose Room, \$65  
(Use parking lot on Shadyside Ave. and take path to Daly Annex door)*

## TABLE TENNIS

**Li Tsang**  
**Port Washington Table Tennis Club**

Table tennis is a sport that emphasizes individual ability. Those who play are often independent, think-for-themselves kind of people. Yet, it is difficult to enjoy the game without the association and comradeship found in a group of people sharing a common interest. As an athletic event and social experience, organized table tennis is hard to beat!

Come and join others who wish to experience highly qualified coaches in a well-equipped facility and enjoy the excitement of table tennis. All equipment is supplied and the registration is limited.

**Beginner:**

**6094 - 10 MONDAYS, 7:00-9:00 P.M.,  
Starts March 6**

**Intermediate:**

**6095 - 10 WEDNESDAYS, 7:00-9:00 P.M.,**

**Starts March 8**

*Port Washington Table Tennis Club, 88 Harbor Road, \$150*

*Don't forget to give a gift certificate  
for a special occasion!*

## TAI CHI FOR ALL

**Ray Ehrlich**

The tradition from which Tai Chi comes recognizes that a person's health depends on the harmonious interplay of mind and body. The unique health benefits of Tai Chi arise from the fact that it is a complete and integrated exercise, one which works all the body's systems deeply, yet gently. It works muscles, joints, tendons and ligaments throughout the body, gently stretching and relaxing them. It also exercises the spine, giving it strength through elasticity and alignment.

Practiced diligently, Tai Chi can alleviate poor circulation, headaches, high blood pressure, arthritis, back pain, and poor balance to name just a few. By restoring proper circulation and relieving tension in the muscles, it helps optimize the healthy functioning of the body. Wear comfortable clothes and shoes.

**6026 - 8 MONDAYS, 6:45-8:45 P.M.,**

**Starts March 20**

*Weber Middle School, Wrestling Room, \$85*

## TENNIS- All Levels

**Port Washington Tennis Academy**

Students will be coached in all aspects of the game which will run the gamut from proper stroke production to match play techniques and strategy. You will be evaluated by a professional and you need to be able to rally (volley from the baseline).

The more advanced players will receive specific coaching in doubles, including actual play situations. *Priority to Port Washington Residents.*

**Some experience and better:**

**6027 - 8 WEDNESDAYS, 1:00-3:00 P.M.,**

*\$165*

**Starts March 15**

**Never played or very little experience:**

**6032 - 8 FRIDAYS, 1:00-2:00 P.M.,  
\$85**

**Starts March 17**

*P.W. Tennis Academy, 100 Harbor Rd.*

## TONING WITH WEIGHTS

**Cathy Gerbe**

Are you looking for a firm, well-toned body? Do you like what you see in your mirror? If you're looking for an improved mind and body or just want to maintain what you've got, THIS IS YOUR CLASS!

For improved circulation, better flexibility, and toned muscles, meet with us twice weekly for the eight week session. Bring a mat, two weights (3 or 5 lbs), a

ball; wear sneakers and dress comfortably.  
**6002 - 8 MON & 8 WED, 6:30-7:30 P.M.,**  
**6048 - 8 MON & 8 WED, 7:45-8:45 P.M.,**

**Starts March 6**

*Weber Middle School, All Purpose Room,  
\$95*

## YOGA

**Alice Wieting**

Yoga is an art of balance--balance of the body physically and balance of the body with the mind and spirit. Wear loose fitting clothing and be in bare feet. Please bring your own mat, a blanket and a yoga belt (or one that is similar).

**6031 - 10 THURSDAYS, 8:00-10:00 P.M.,**  
**Starts March 9**

*Weber Middle School, Wrestling Room, \$90*

## YOGA IN THE KRIPALU STYLE

**Mary Lou Minard**

In Kripalu Yoga the emphasis is on listening to the wisdom of your body. Each person is invited to practice at the level her or his body is ready for in the moment. The practice includes warm-ups, formal yoga postures, breathing techniques, deep relaxation and a brief meditation. Dress in loose comfortable clothing and wear layers to put on or remove as you warm up. Please bring a yoga mat, a large towel or small blanket, and a firm cushion for seated meditation, if you have one. Try to avoid eating for 2 hours before class for your comfort in postures

**6046 - 8 MONDAYS, 5:30-6:30 P.M.,**  
**Starts March 20**

*Daly School, All Purpose Room, \$55  
(Use parking lot on Shadyside Ave. and take path to Daly Annex door)*



## COLLEGE APPLICATION ESSAY BOOT CAMP

**Elizabeth Wissner-Gross**

**High school parents:** Learn the tricks of the trade for overseeing a winning college application essay. Through this entertaining role-playing workshop, you'll become a member of a simulated college admissions committee. At the end, you'll get to vote. You'll come away with lots of insights into the application do's and don'ts, so you can supervise your teen in the

process. Taught by a writer, educator and educational strategist, this course helps parents become savvy about college essays. Plan on taking notes. **(High school seniors welcome, too!)**

**6602 - 1 MONDAY, 7:00-10:00 P.M.**  
**Meets April 10**  
*Schreiber High School, Room 215, \$30*

## DRIVER EDUCATION FOR RESIDENT HIGH SCHOOL STUDENTS

To enroll in this New York State approved Driver Education program, you must be a high-school student who resides in the Port Washington School District, be at least 16 years of age by February 2, and have a valid learner's permit by February 2, 2006.

Driver Education for the Spring 2006 semester will run from February through June, 2006. Registrations are accepted on a first-come, first-serve basis. For enrollment information to the Driver Education program or if you need more information, please call Laura or Angela at 516 767-5470. Phone registrations are not accepted.

## FOUR DIRECTORS-FOUR AMERICAN CLASSICS

**N  
E  
W**

**Father Robert Lauder  
Gus Bubaris**

Combining all of the other arts, film is the art form of the 20th century and perhaps of the 21st. Great film deals with those crucially important monosyllables: to be, to live, to love, to die, to hope.

This course will involve the viewing of four classic films, each the work of a great director. Father Lauder, an internationally recognized film scholar, will then discuss the various facets of each film with the registrants. A lively question and answer period will then follow.

Come and enjoy, interpret and review one or all four of these great works of art. This course is one of a kind!

**Film #1: Citizen Caine/Orson Welles**  
**6631- 1 MONDAY, 7:30-10:00 P.M.,**  
**Meets March 27**

**Film #2: Grapes of Wrath/John Ford**  
**6632 - 1 MONDAY, 7:30-9:45 P.M.,**  
**Meets April 3**

**Film #3: Notorious/Alfred Hitchcock**  
**6633- 1 MONDAY, 7:30-9:45 P.M.,**  
**Meets May 1**

**Film #4: On the Waterfront/Elia Kazan**  
**6634 - 1 MONDAY, 7:30-10:00 P.M.,**  
**Meets May 22**

**6635 - Series of 4 Films**

*Schreiber High School, Room TBA-  
\$15 each film, \$55 series of four*

## HANDICAPPING THOROUGHBRED RACING

N  
E  
W

Dan DiPleco

If you're interested in improving your thoroughbred handicapping then this course is for you. Money management, one of the most difficult disciplines in handicapping, will be examined to help you maximize your profits. Topics will include, but are not limited to: the art of body language interpretation presented in video format; handicapping two year olds; handicapping first time starters; trip handicapping; various recent handicapping discoveries and form cycle. Just bring a pen and paper and get ready to learn the latest about thoroughbred handicapping. This course is taught by handicapper, author and educator Dan DiPleco, Ms.Ed.

**6903 - 3 MONDAYS, 7:30-9:30 P.M.,  
Starts May 1**  
*Schreiber High School, Room 219, \$50*

## S.A.T. PREP

Lentz & Lentz

This S.A.T prep program includes course materials, live make-ups at adjacent locations, extra help at no charge, audio discs for review or as a supplement for missed lessons and complimentary fall review sessions for juniors. The course features test-taking skills, essay writing, grammar skills, advanced math review, shortcut math, reading interpretation, speed reading improvement techniques and tip sheets. We use our own copyrighted curriculum in conjunction with S.A.T. type questions, designed to reflect the most recent changes in the format of the "NEW" S.A.T.

**6533 - 8 SESSIONS, 6:30-9:30 P.M.,  
Starts Monday, March 6**  
**(Mon's 3/6, 3/13, 3/20, 3/27, 4/3,  
4/10, 4/24, 5/1)**

**Make-up Date: Wed. 4/26**

*Schreiber High School, Room 127/129,  
Registrants: \$395*

*10th Graders must have a B+ average to join this class. Return of registration form constitutes acceptance of the following: Money back guarantee within three calendar days after the first lesson only. No refunds after that point. If the student does not attend the first lesson, regardless of any reason or excuse, there will be a charge of \$85. If student is dismissed for disciplinary reasons no refunds will be issued.*

*Other courses of special interest could include Bead Jewelry, Drawing, Do It Yourself Home Repair, Kayaking and Mosaics.*



## BASIC SEWING AND DRESS-MAKING

Maryalice Puglisi

Learn the skills you need to create clothing for yourself or others and complete a simple stylish garment. Students will learn how to use a pattern (suggest Simplicity, Butterick or McCall's "Easy" Pattern) and how to measure, cut and sew properly. Express your creative fashion sense, learn a practical skill and save money at the same time! Students will be asked to purchase an easy pattern, fabric (that has been laundered), thread, straight pins, scissors and tape measure and bring to first night of class.

**3132 - 8 WEDNESDAYS, 7:30-9:30 P.M.,  
Starts March 15**  
*Weber Middle School, Room 217, \$95*

## CROCHET: Beginners at All Levels

Nancy Wagner

If you have never crocheted or if you have some experience, but want to go further, you will benefit from this class. Learn all the basic stitches you need to know, PLUS how to follow a crochet pattern so you can complete a project. Share patterns and ideas, pick a project and complete it!

Bring to first class a large crochet hook (metal, G or H, preferably Susan Bates) and practice yarn (worsted weight, light color).

**3026 - 8 TUESDAYS, 7:00-9:00 P.M.,  
Starts March 21**  
*Weber Middle School, Tchr. Cafeteria, \$95*

## KNITTING CIRCLE

Nancy Wagner

Yes, a knitting forum, come if you want to learn how to knit, or if you have knitted but want to learn to follow a pattern, or if you have a project you want to complete! This is a group for all knitting levels. Share patterns, ideas and tips! Bring to class knitting needles (size 8, 9, or 10), and practice yarn (knitting worsted).

**3024 - 8 MONDAYS, 7:00-9:00 P.M.,  
Starts March 20**  
*Weber Middle School, Tchr. Cafeteria, \$95*

*Register Early...some classes are limited.*

## TRIPS

### IRELAND

**June 3 through June 14, 2006**  
**Maike Marschhausen**

Come along to Ireland. Imagine "The Emerald Isle" when the days are warm, the air is the freshest, the flowers are in full bloom and perhaps best of all, the summer tourists have not yet arrived! Our 12-day trip features all of the historic and scenic attractions of Ireland. The fee includes: airfare, first class hotels in rooms with private baths, most meals, most tips, sightseeing on your own private bus with our own private guide (in addition to Maike), admissions, and \$99 towards departure, tax etc. For a full itinerary call Continuing Education at 516 767-5470.

**Register now** - you have until Feb. 24, 2006 to cancel for a full refund. Travel insurance is strongly recommended and is available for \$99, it is included in your deposit.

**6965 - \$2,298 (Single supplement: \$439) \$892 deposit due now**  
**deposit check made payable to Celtic Tours (you will have the option to charge the full amount to Celtic Tours when the balance is due on March 16, 2006.)**

### THE BEST OF AMERICA'S NATIONAL PARKS! Glacier, Yellowstone and the Grand Tetons

**September 9 through 19, 2006**

This is your chance to explore three of the most magnificent places in America during their most spectacular time of year - after all of the summer swarms of tourists are gone, the days are crisp and clear yet not cold, and when *the wildlife is most active!*

Glacier, Yellowstone and the Grand Tetons are three jewels of the National Park system. The wildlife is abundant and the scenery is breathtaking! Explore these parks in the company of expert local guides who make the natural and cultural history come alive. On this unique tour you'll see not only the famous landmarks, but also the unusual and rarely seen sights.

This trip will be leisurely with some daily activity options for other activities of your choice. Each day of this trip will be unforgettable.

**Register now**- you have until May 1, 2006 to cancel for a full refund. For a full itinerary, call Continuing Education at 516 767 5470.  
**6967 - \$3,495 (Single supplement: \$750) \$500 deposit due now**  
**payable to "Off the Beaten Path" will**

**reserve your space. Balance due by July 1, 2006.**

(Cost includes: all accommodations, some meals, airfare, ground transportation (vans and buses), park fees and professional guide service.)

### THE BEST OF SPAIN

**Oct. 6 through Oct. 16, 2006**

**N** **E** **W** Let's plan a fall tour of all the best of Spain. You will be introduced to some of the most fascinating cities in this country. Enjoy the capital, Madrid, with a morning excursion to Toledo. You will drive to Granada and visit Alhambra. A morning drive to Seville with a visit to a Mosque and then a delightful stay and tour of the city of Seville. From Seville you will visit Costa del Sol with Torremolinos and an excursion to the every popular and majestic Gibraltar and Morocco. A full day excursion to Malaga with city tour and visit to the Picasso Museum will be a wonderful finale of a visit that you will never forget.

**Register now**- you have until April 3, 2006 to cancel for a full refund. For a full itinerary call Continuing Education at 516 767-5470.

**6966 - \$2398 (Single supplement \$498) \$400 deposit due now**  
**payable to Unique World Travel will reserve your space. Balance due in July, 2006.**

(Cost includes: all accommodations, some meals, airfare, ground transportation, tour fees and excursion fees, part of the Spanish security fees and taxes)

## THE COMMUNITY

### GREATBOOKS-2006

**Lucretia Harrison**

Meets 1st and 3rd Thursday of each month throughout the school year.

**6522 - THURSDAYS, 8:00-10:00 P.M., Starts Feb. 2**

*Port Washington Public Library, No fee, Texts usually available at the Library*

### PARENT RESOURCE CENTER

The Parent Resource Center (PRC) at the Landmark on Main Street, is a nonprofit parenting cooperative offering parent-child and separation classes for children ages 0-7. Classes of all types: Mommy & Me, Music, Art, Drama, Movement, Sports, Science, Cooking and Foreign Language. There are open playtimes, adult programs, discussion groups, and exercise classes with childcare provided and special family events. Annual family dues

are \$75 per year; class fees are extra. Financial assistance is available for qualifying families. For more information call the PRC at (516) 767-3808, visit our website at [www.parentresource.org](http://www.parentresource.org), email us at [prcpw@aol.com](mailto:prcpw@aol.com) or come by the PRC at 232 Main Street, Landmark Bldg.

## ST. FRANCIS HOSPITAL

*All courses are conducted at The DeMatteis Center for Cardiac Research and Education, Northern Blvd., Old Brookville. Call the phone number given for each course for information regarding dates and times.*

### **CPR (CARDIOPULMONARY RESUSCITATION)**

St. Francis Hospital will offer training in the lifesaving technique of Cardiopulmonary Resuscitation. Course content includes CPR and Obstructed Airway (choking) techniques for the adult, child and infant. Studies have shown that individuals who have successfully completed a CPR class have a large influence on saving lives each year. The course is three sessions. Call 516 629-2036 for fee and registration.

### **CPR RENEWAL CLASS**

St. Francis Hospital can only renew holders of current American Heart Association Professional Rescuer cards. Rescuers must bring current card to class. Call 516 629-2036 for fee and registration.

### **FIRST AID TRAINING**

Medical emergencies can happen at any time and knowing how to respond effectively will minimize injury and ensure proper medical attention. Learn how to react and act in emergencies such as choking, shock and burns in this first aid training course. Call 516 629-2036 for fee and registration.

### **HEART-HEALTHY NUTRITION CLASS**

Learn the principles of heart-healthy nutrition, label reading, hints for dining out, recipe modification and more! The **Heart of Good Eating** is offered each month. Fee \$10 per person, \$15 for couples. The **Heart of Good Cooking** offers the opportunity to observe cooking demonstrations in our kitchen and sampling of nutritious low fat cuisine. For three three-hour sessions the fee is \$75 per person, \$125 for couples. Classes are taught by a registered dietitian and/or junior chef. Call 516 629-2069.

### **STOP SMOKING CLINIC**

Smokers who wish to kick the habit are invited to join the St. Francis Hospital Stop-Smoking Clinic. Seven two-hour sessions

including a pulmonary function test, audio-cassette and monthly support meetings. Call 516 938-0080 for fee and registration.

### **STRESS MANAGEMENT**

Discussion group that meets for four sessions on Tuesday evenings. Maximum of fifteen people per group. Includes understanding stress, physical indicators, anger management, positive thinking and relaxation techniques as well as a relaxation audio cassette and packet of articles and exercises. Call 516 365-7458 for fee and registration.

### **SUPERSITTER BABYSITTING COURSE**

Baby-sitters will learn CPR and First Aid basics for infants and toddlers, including home tips to promote safe, reliable babysitting. Course completion certificate awarded to participants. Call 629-2036 for fee and registration.

## SENIOR CITIZEN PROGRAMS

### **PORT WASHINGTON SENIOR CITIZENS, INC.**

**Dolores Holliday, Director**

Port Washington Senior Citizens, Inc., in its 46th year, is a nonsectarian organization located in a modern air-conditioned facility on Manorhaven Blvd. There is free transportation provided by the Town of North Hempstead.

Social (line dancing), recreational (yoga, tai chi, aerobics) and educational opportunities are offered which are supported by the P.W. Community Chest, the Town of North Hempstead, Nassau County Department of Senior Citizen Affairs (Title III) and private donations.

A nutritious lunch is cooked on the premises and served daily at noon. For further information call 883-6656.

**MONDAY-THURSDAY, 9:00A.M.-3:00 P.M.,**

*80 Manorhaven Blvd., Port Washington*

### **PORT WASHINGTON SENIOR COMMUNITY SERVICE CENTER**

**Linda Lavay-Mankowitz, Director**

The Port Washington Senior Community Service Center, located at St. Stephen's Church, is a multi-funded center.

Open 250 days a year, providing a wide range of interesting activities and a hot, delicious and nutritious lunch. Door to door transportation is available.

Day trips, recreational, educational and health-related programs are provided by

certified, licensed staff and consultants. Case assistance and referrals are made as necessary. We specialize in services for both active and frail seniors. For further information, call 944-9654, Monday-Friday.-

**MONDAY-FRIDAY, 9:00A.M.-4:00 P.M.,**  
St. Stephen's Church Parish Hall,  
9 Carlton Avenue, Port Washington

## NORTH SHORE COURSES

All North Shore joint courses are contained in this section. These unusual courses are offered equally to adult residents of the four North Shore school districts and are listed by district in alphabetical order. Please consult the calendar at the sponsoring district for class dates.

For further information on any of the following courses, please call the sponsoring community: Herricks 516-248-3133; Manhasset (Scope) 631-360-0800; Roslyn 516-625-6363.

## HERRICKS

### ACCOUNTING/BOOKKEEPING

Angela Cowen

This eight week course will enable you to make better analytical decisions both in your personal and business life. The curriculum will cover record keeping, financial statements, income tax, and computer applications of the accounting process.

**8182 - 8 MONDAYS, 7:30-9:30 P.M.,**  
Starts March 6  
Herricks High School, Room 206, \$50

### MEDICAL SECRETARY

Esther Picard

Learn medical office skills including medical transcription, terminology, billing, bookkeeping, purchasing, medical ethics, medical forms, and CPT medical coding-billing. Also learn job interview techniques including how to dress and look for a position. Minimum typing ability recommended. Certificates awarded upon successful completion. Medical secretary text optional. Registration is limited.

**8183 - 8 TUESDAYS, 7:30-9:30 P.M.,**  
Meets March 7  
Herricks Community Center, Room 114, \$60

### PAINTING-ONE STROKE

Crissy Abril

Learn the revolutionary new way of painting which originated with Donna Dewberry.

One Stroke Paintings a learned art--no knowledge of painting or drawing is necessary, anyone can do it. It is quick, easy, beautiful and lots of fun. Supplies are \$33 to be purchased from the instructor the first night of class. Each session will be different. Registration is limited.

**8184 - 3 WEDNESDAYS, 7:00-10:00 P.M.,**  
Starts March 15  
Herricks Community Center, S-20, \$37

## UNITED HOUSE WRECKING- Connecticut

We will explore United House Wrecking, which is Connecticut's largest antiques emporium. You will see things here that you will never see anywhere else. It is 2 1/2 acres of indoor and outdoor fun. You will find everything from doorknobs to French Baker's racks to gargoyles; not only fireplace accessories but the whole fireplace that looks like it came from a castle! Or come see outrageously decorative items that do not fit into any category, such as a pair of original Yankee Stadium seats; an antique carousel horse; a barber shop pole; a 50's juke box; or even a bright red English telephone booth. If you have never been to United House Wrecking - don't miss this opportunity. You literally have to see it to believe it. Lunch (extra) on your own at the Silvermine Tavern approximately \$22. Stop on the way home at the unique super-market Stew Leonard's.

Please send bus fee only! Extra fees payable day of the trip at the site or on the bus. **Registration Deadline: 4/23**  
**8185 - 1 MONDAY, 9:00 A.M.-4:30 P.M.,**

Meets May 22

Bus only \$45 (other fees payable on the bus). Meet bus at Herricks Community Center parking field on the corner of Shelter Rock and Herricks Road.

## MANHASSET

### ANTIQUES

Douglas Hannan

Identify and research antiques or objects d'art including glass, ceramics, wood, paintings, china, furniture, etc. with a renowned lecturer. Learn how to tell the superb antique from the good, the bad and the trash. Topics include historical significance of antiques and how to identify and protect you from fraudulent items. Auction tactics and strategies will also be covered. Bring in objects that you would

like inspected and evaluated.  
**8586 - 6 WEDNESDAYS, 7:30-9:30 P.M.,**  
**Starts March 8**  
*Manhasset High School, \$50*

## **DOG OBEDIENCE**

**Christine Slayton**

Train your puppy or dog to be a well behaved member of your family. Your dog will learn to walk on a leash without pulling, stop jumping up on people behave in the presence of guests, come to you when called, stay on command and respond to other commands. All training will be done on leash. Pups should be over 5 months of age. Repeaters and drop-outs are encouraged. All dogs MUST show proof of rabies vaccine. Only one handler is permitted for each dog. Registrants must be 17 or older. Due to popularity of the Beginner's course, the class may be divided into two sections (6:30 & 7:30 PM) at the instructor's discretion.

**Beginner: No dog the first evening.**  
**8505 - 7 TUESDAYS, 7:00-8:00 P.M.,**  
**Starts March 14**

**Advanced: Bring dog first evening.**  
**8539 - 7 TUESDAYS, 8:30-9:30 P.M.,**  
**Starts March 14**  
*Manhasset Middle School, Gym, (Please park at the rear of the building), \$80*

## **REAL ESTATE FOR SALES LICENSE** **Karen Mura**

This course, approved by the NY Department of State, satisfies the 45-hour education requirement for a beginner to apply for a Salesperson's license. Should you desire to become a Real Estate Broker, this course will give you 45 hours credit towards the 90 hours Broker requirement. Topics include: License Law and Regulations, Law of Agency, Real Estate Instruments and Estate and Interests, Real Estate Financing, Land Use Regulations, Construction, Valuations, Human Rights and Fair Housing, Environmental Issues, Real Estate Mathematics, and Independent Contractor/Employee. Final exam and text book (*Modern Real Estate Practice in New York*, Edith Lank-8th edition) required. For further information, contact the instructor at 718-261-5055.

**8577 - 12 TUES. & THURS. , 6:30-10:30 P.M.,**

**Starts March 7**  
*Manhasset High School, \$275*

*Registration is limited,  
please register early!*

## **ROSLYN**

### **CHERRY BLOSSOM FESTIVAL**

It's one of the most spectacular sights in New York--the cherry trees in full bloom at the Brooklyn Botanic Garden. Join us for a unique spring adventure that includes a guided tour of this extraordinary oasis in the middle of historic Brooklyn as well as a three-course lunch in the garden's beautiful Palm House restaurant. The cherry blossoms only last a short time each year--don't miss your chance to see them in 2006.

**9187 - 1 WEDNESDAY, 9:00 A.M.-4:30 P.M.,**

**Meets April 26**

*Meet luxury bus at Christopher Morley Park, \$83*

### **FRENCH I - Introduction to Language and Culture**

**Kelly A. George**

This course is designed for the individual with little or no experience in the language. The course will help you to strengthen your vocabulary, pronunciation and speaking skills through interactive exercises. We will practice common expressions to facilitate conversation. Culture will be highlighted through a multi-media approach and we will explore the enigma that gives the French people a certain "je ne sais quoi." Purchase required book *Easy French Reader* by R. DeRoussy de Sales, from instructor first night.

**9188 - 8 THURSDAYS, 8:00-9:30 P.M.,**  
**Starts March 9**

*Roslyn High School, \$60*

### **REFLEXOLOGY WORKSHOP-**

**What can reflexology do for you?**  
**Sally Schwartz**

Reflexology is a modality which is often used in stress reduction. It enables people to totally relax and "let go," which is so beneficial in today's hectic world. In this one session workshop you will learn how to massage reflex points on the feet, hands and ears which are areas that connect to all parts of the body. Reflexology may enable the body to work at it's optimum level. You will learn a great deal and have fun too! Bring a towel.

**9189 - 1 WEDNESDAY, 7:30-9:00 P.M.,**  
**Meets March 22**

*Roslyn High School, \$20*

## STRESSED BY TOO MUCH CLUTTER? Get So Organized!

Jody Berman

Papers in the kitchen? Closets overflowing? Trouble finding your keys, your cell phone, your reading glasses? Downsizing? Learn practical tips and solutions on how to conquer clutter and more in this fun, interactive session. Learn basic organizing principles to use immediately. Reduce your stress and make the most of your home and/or work space. NOW!

**9190 - 1 WEDNESDAY, 7:00- 8:30 P.M.,  
Meets March 29**

*Roslyn High School, \$17*

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### NEW COURSE OFFERINGS

Accounting/Bookkeeping  
Aikido  
Baby Cakes-Knock Your Socks  
    Off Cupcakes  
Badminton  
Behavioral or Rational Investing?  
Business Computer Productivity  
Cherry Blossom Festival  
Creating Your Living Trust  
Creative Cardmaking Workshop  
French I- Intro to Language and Culture  
Four Directors - Four American Classics  
Handicapping Thoroughbred Racing  
Intro to Exchange Traded Funds  
Introduction to Meditation  
Mah Jongg Beginner Workshop  
Medical Secretary  
Money Smart - The Real Low Down on  
    Bank Services  
Music of the 20th Century  
Painting - One Stroke  
Passion to Profits  
Qi Gong  
Qi Gong Da Yan Form  
Reflexology Workshop- What can reflexology  
    do for you?  
Risk Management I - Life, Liability  
    and Property Insurance  
Risk Management II - Disability and Long Term  
    Care Insurance  
Social Stupidity: What You don't Know About  
    Social Security Can Hurt You Forever  
Stressed By too Much Clutter? Get So  
    Organized!  
The Altered Book Workshop  
The Awesome Power of Publicity  
The Great American Songwriters  
The NYS Partnership for Long Term Care  
United House Wrecking, Connecticut  
Voice  
Women Only, Personal Finance Basics

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### ONE SESSION COURSES

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A Mediterranean Diet  
A Taste of Norway  
Baby Cakes- Cupcakes  
Can You Hear Your Body Talking?  
Cherry Blossom Festival  
Cleaning Up the Computer After the Kids  
    Are Done  
College Application Essay Boot Camp  
Creating Your Living Trust  
Elderlaw/Estate Planning  
Evening With An Architect  
Finn Mac Cool's Restaurant at It's Best  
Four Director-Four American Classics  
    Welles/Citizen Caine  
    Ford/The Grapes of Wrath  
    Hitchcock/Notorious  
    Kazan/On the Waterfront  
Getting Organized Financially  
I'm Afraid of a Paintbrush  
Intro to Exchange Traded Funds  
Intro to Meditation  
Italian Cuisine With a Tuscany Touch  
Main 415 Restaurant  
Money Smart- Low down on bank  
    services.  
No More Pop-Ups Ever!  
Notary Public Preparation  
Passion to Profits  
Psychology of Persuasion  
Qi Gong  
Qi Gong Da Yan Form  
Reflexology  
Risk Management I - Life, Liability and  
    Property Insurance  
Risk Management II - Disability and Long  
    Term Care Insurance  
Social Stupidity: What you don't know  
    about Social Security.  
Staying the Course Throughout  
    Retirement  
Stressed by Too Much Clutter? Get So  
    Organized!  
Tandoori Masala Restaurant  
The Art of Korean Cuisine  
The Awesome Power of Publicity  
The Best of Japanese Cooking  
The Importance of Color in Your Garden  
The NYS Partnership for Long Term Care  
The Psychology of Persuasion  
Thai and Laotian Cooking  
United House Wrecking in Connecticut  
Vegetable Gardening  
Weight Reduction with Hypnosis  
What Should I Do with My Money?  
Women Only, Personal Finance  
    Basics  
You're On The Air (Voice-Overs)

**Saturday Courses:** Cardio Kickboxing,  
Horseback Riding, Kayaking, Pilates, Power  
Boating: Hands-On

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**WANTED: New Faculty:** The Continuing Education Program is always looking for qualified instructors in new subject areas. If you are an expert on a topic not included in our present catalog, you are invited to apply to teach in the adult program. In most cases, there are no specific educational requirements. All you need is a thorough knowledge of your subject and the ability to communicate your expertise to other adults clearly and enthusiastically. For an application, call 767-5470. To be considered for the spring program, your application should be received by October 1; for the fall by April 1.

A continuing education teacher-training program, sponsored by the Nassau Association for Continuing Community Education (NACCE), will be offered. For details, contact Martin Murphy, Director, LI-RAEN, 631 293-3150.

### ABOUT THE FACULTY

**JOSEPHINE ALONGI** (Beauty Miracles) is a licensed esthetician. She graduated from Gloria Francis School of Make-Up Artistry and Esthetics. She is also an AFFA certified personal trainer. She is self employed in both esthetics and fitness.

**MICHAEL ANZEL** (Buying and Selling Home, Risk Management) is an attorney and CFP practitioner with over 20 years experience. He has served on several NYS Bar Association Committees and has taught adult education courses in both Port Washington and Great Neck.

**JANE BANGEL** (Mah Jongg) has taught Mah-Jongg in the JCC of Oceanside and at the Massapequa Library. She is an avid Mah-Jongg player and gives private lessons.

**SEAN BECKERT** (Garden Color) has been the Manager of S.F. Falconer Florist in Port Washington for 25 years. He has an AS degree in Horticulture.

**BODY 'n SYNC** (Pilates) was founded in 1998 by Helen Wagner, born and raised in Port. It was the first professional Pilates studio in Port Washington and is a member of the Pilates Method Alliance which monitors the quality and safety of its instructors. It is also a certifying studio which trains Pilates instructors in a one-year program.

**DANIELA BONA** (Italian) has her MA in Italian and is pursuing her Master's degree in Education. She is a native speaker who works as a private tutor.

**GUSBUBARIS** (Film Series) is a lifelong film viewer and collector with over 100 titles in his library. Mr. Bubaris has also taken film courses at the New School.

**LINDA BYRNE** (Cake Decorating) is a Port resident who has been decorating cakes for 30 years. Her creations are well known to the Port Washington community.

**CALUMET FARM** (Horseback Riding) This property has been a farm since the turn of the century and is located in East Norwich

on Northern Blvd. They accommodate from beginner to advanced riders and have provided horseback riding for Adult Ed and AT LAST! for many years.

**BILL WONG CHIN** (Qi Gong, Da Yan Qi Gong) is a Master of Science in Oriental Medicine, and a licensed acupuncturist. He has a private practice in Asian healing and martial arts. His clients include individuals, businesses, Nassau County Department of Senior Citizen Affairs, as well as Plainview Chinese School. He teaches all ages.

**PAUL CICHETTI** (Home Repairs) owns and operates a professional handyman service company. He is knowledgeable in all home repairs and maintenance.

**CATHLEEN COLLIGAN, MA, RD, CDN** (Maintain Weight) is a registered dietitian nutritionist. She is certified by the American Dietetic Association in Adult Weight Management. She is in private practice in Port. She also is a certified Pilates instructor and has a fully-equipped Pilates studio, Body Naturelle.

**ANTHONY CONFORTI** (Small Business Funding) is the principal of CRM&A, an integrated provider of credit risk solutions to the financial services industry. He's spent 25 years in banking reviewing and approving loan proposals and is currently on staff with NYU, Baruch College, and the NY Institute of Finance. He obtained an MBA in Finance from Baruch College, BA in Economics from St. John's University and professional accreditation from Marine Midland Bank, Barclay's Bank International, Fleet and American Institute of Banking.

**ELIZABETH COOGAN** (Women Finance) is President of North Shore Enrichment Resources, Inc., which provides the preschool FastTrackKids® program and K-8 external education. She has served in various positions in the banking and financial services industry for over 20 years. She is an Associate of the NYS Financial Literacy Coalition and a Board Member of Commerce Plaza, Inc. She is also an instructor in the Department of Economics at Nassau Community College. She holds a Bachelor of Science degree from Fordham University and an MBA in Finance from Adelphi.

**ELAINE COOK** (Watercolor) lives and teaches in Port Washington Public Schools. A graduate of Tufts University with a Masters Degree from Rhode Island School of Design.

**BART DE CEGLIE** (Drawing) is a freelance illustrator. He attended FIT and Pratt. He teaches in the North Shore Adult Education.

**DAN DIPLECO, Ms.Ed.** (Handicapping Thoroughbred Racing) is an educator, former contributing editor for *Racing Action*, and author of the following handicapping books *Computer Science Application to Thoroughbred Racing*, *Visual Handicapping*, *Trackfacts* and *First Time Starters*.

**ROSEANNE DI SIMONE** (Boat/Jet Ski) is

a licensed U.S. Coast Guard Master/Merchant Marine Officer. She is a certified instructor in Safe Boating for the NYS Dept. of Parks and Recreation. She is also an American Red Cross Instructor for CPR, First Aid, AED and Professional Rescuer and an Empire Safety Council Instructor.

**STEPHEN J. DONNELLY** (Defensive Driving) is a certified safe driving instructor. He was a captain with the NYPD, taught at the Police Academy and was subsequently the Commanding Officer of the Training Unit. Master's Degree from John Jay College of Criminal Justice. Volunteers with AARP and the Literacy Volunteers of America.

**DRIVER IMPROVEMENT PROGRAMS** (Defensive Driving) have been in business for 20 years. They have received 13 National Awards from the National Safety Council for "Best Performance." Members of LIA.

**RAY EHRLICH** (Tai Chi) has been studying Tai Chi for 20 years. He practices the Yang Fhort Form and Sword Form. He also has studied Chi Gong.

**FREDERICK FALCONER** (Garden Color) is the third generation owner of S. F. Falconer Florist, Inc. in Port Washington. He is a prominent community leader.

**RONALD FATOULLAH, Esq., Celsa** (Living Trust) is the principal attorney of Ronald Fatoullah & Associates, and certified as an elder law attorney by the National Foundation of Elder Law Attorneys. He has been advising senior citizens and their families about the legal and financial challenges of aging for more than 20 years, and is a leading expert. He is a recent recipient of the Rose Kryzak Senior Leadership Award for his years of outstanding legal services to the senior community. He is a frequent speaker and currently publishes three columns on elder law and related topics.

**KENNETH FINK** (Kayaking) is the owner of Kayaken Outfitters. He has over 10 years experience in kayaking on all types of water and is promoting kayak polo on Long Island. He is an ACA and ARC registered instructor. He has been working with the Town of North Hempstead Dept. of Recreation and the ATLAST! program in Port Washington. He loves the full body workout while enjoying the great outdoors.

**ANNA FREDERICKS** (Altered Books and Creative Cards) is self-employed working on Trompe L'Oeil, murals, faux finishes, mosaics and decorative arts. She has been teaching Altered Book workshops on Long Island. She has a Bachelor of Fine Arts Degree from Queens College.

**ROBERT J. FUSARO** (ABC's Investing, Retirement) is a Second Vice-President with Smith Barney. He specializes in Retirement Planning and Investments.

**CATHY GERBE** (Toning With Weights) is certified in CPR and by the American Council on Exercise. She has AS in Physical Therapy. She works as fitness instructor at The Links,

health clubs and as a personal trainer.

**MARY P. GIORDANO** (ElderLaw/Estate Planning) a shareholder in the firm, Franchina & Giordano, P.C., is an attorney whose areas of concentration are in Elder Law, Wills, Trusts, Estate Planning, and Estate Administration. She is a Vice Chair of the Nassau County Bar Association's Committee on Elder Law, Social Services and Health Advocacy, Surrogate's Court Estates and Trusts Committee, NYS Bar Association's Trusts and Estates section and Elder Law Section, National Academy of Elder Law Attorneys, the LI Community Foundation Professional Advisory Committee, the American Heart Assoc. Professional Advisory Board and Catholic Charities Volunteer Lawyers.

**DAVID GOLDBERG** (Music of 20th Century) is a composer of classical music, which has been heard in numerous concerts. His award-winning cantata, "The Wellfleet Whale", was based on a poem by poet Stanley Kunitz. He has written theatre pieces, rock and roll, and music for an *extremely bad* horror film.

**MARTIN & BELLE GRAHAM** (Ballroom Dance) have been teaching dance since 1986. He teaches in Mineola and Valley Stream, and for the Town of Hempstead in Merrick. He has helped choreograph and performed in recitals around Long Island. Martin is a member of the NY Society of Teachers of Dance.

**PETER GRAVEN** (Power Boating) has 25 years of local boating experience. He was a Navy Line Officer for four years and a past Commander of Port Washington USCG Auxiliary Flotilla. He is a licensed and insured USCG Master conducting charters from the Manhasset Bay Marina. He currently teaches a USCG Boating Safety course in Port.

**BEVERLY HALM** (Grand Chefs) is a professional cooking teacher/demonstrator. She's presented programs for private organizations and libraries throughout Queens and Long Island. She is a member of the NY Association of Cooking Professionals and has studied at the China Institute.

**LUCRETIA HARRISON** (Great Books) has been leading and coordinating the Great Books program for Port Washington Adult Education since 1960.

**TOKEY HILL** (CardioKickboxing) is the first American to have ever won the World Championships in Karate. He presently is the coach of the US National Karate Team and director of World Champion Tokey Hill's Karate Center. Together with his world class staff, he offers the most state-of-the-art training in Martial Arts today.

**DOLORES HOLLIDAY** (Senior Citizens) is a graduate of Adelphi Business School and Oregon University. She's a Girl Scout Leader at Littig House Community Center and volunteer at the Helen Keller School. She's been at the Senior Center 13 years.

**THOMAS JANDA** (Hypnosis) is a Clinical

Hypnotherapist certified at the Advanced level and Neuro-Linguistic Programmer. He is certified by the International Association of Counselors and Therapists and the National Federation of Neuro-Linguistic Psychology and is in private practice.

**DEBBIE JELLIFF** (Piano) a teacher of many years' experience, joined the faculty of Wright Music in 2002. In addition to her private students, she teaches at two other area schools and for the ATLAST! program.

**BARRY JOHNSON** (Adobe Photoshop Elements, No More Pop-ups, Powerpoint, Windows) has been involved with computers for many years, and does private tutoring. He has worked for the Continuing Education department as a computer assistant and instructor for five years and worked as a computer instructor for the AT LAST! program. He has an Associates Degree from Nassau College, and is currently studying for a Bachelor of Science degree.

**MANNY KAPLAN** (Bridge) instructs bridge at the Manhasset Adult Program and the Senior Center in Port Washington.

**BILL KAUFMAN** (IRA vs Family) is an independent financial planner. He has been a financial adviser for 30 years. His article on scenario planning was published in *Financial Planning Magazine* in September 2004.

**TOM KUHN** (Golf) is a 39-year member of the Professional Golfers Association of America. He is currently teaching professionally at Mill Pond Golf Course and formerly was the head professional at the IBM Country Club in Sands Point.

**CONSTANCE LAGAN** (Meditation, Profits, Publicity) is a professional member of the National Speakers' Association, International Federation of Professional Speakers and American Society for Training and Development. Her byline appears in more than sixty national publications. She has also written two books and an educational video. She has been interviewed by *The New York Times*, *Newsday*, *Gannett News Service*, *Family Circle* and *Bottom Line* and has appeared on numerous television and radio shows nationwide.

**RICHARD LANDSMAN** (Investing) is the President of Nottinghill Capital Management, Inc; Roslyn, New York. Formerly Sr. VP at Smith Barney, Inc; he has been in the securities industry for the past 23 years. Holder of an MBA in Finance among three Masters Degrees, he was the Distinguished Adjunct Prof. of Finance at St. John's Univ. Graduate School of Business, NY, for 4 years and prior was an Adjunct Professor of Finance at Columbia University Graduate School of Business, New York for 5 years.

**FATHER ROBERT LAUDER** (Film Series) is a Professor of Philosophy at St. John's University. He is the author of eleven books. He has published articles in *The New York Times*, *Newsday*, *Commonwheel America* and several other magazines. He is also a weekly columnist for *Long Island Catholic*

and the *Brooklyn Tabloid*. He has an international reputation as a film scholar.

**ARNE LAUR** (Clean Up Your Computer, Quickbooks, Quicken, Spreadsheets, Word) graduated Queens College with a degree in Computer Science. He has been in Information Technology for over 30 years as manager, developer and trainer. For the last 20 years he has been heavily involved with PC related software and programs.

**CAROLINE LAUR** (Computer Comfort) was a computer specialist for the New York City Board of Education. She has a Masters degrees from CW Post in Library and Information Science.

**LINDA LAVAY-MANKOWITZ** (PW Senior Comm. Service Center) has been the Director for one year. Graduate of State University Albany. Has worked as an advocate for the senior community for the last 30 years.

**JONATHAN LENTZ** (S.A.T) runs classes in New York, New Jersey, Conn. and Massachusetts. He is a NY certified administrator with two Master's Degrees. He's been offering professional S.A.T courses for 29 years.

**DAN LEVINE** (You're On The Air) successful music producer and Tony award nominated composer of the Broadway Musical *Anna Karenina*, has produced hundreds of commercials and received numerous awards, including a CLIO for the American Cancer Society Anti-Smoking campaign. Dan teaches his popular course around the country and many of his students can be heard on the air doing commercials, talk shows, traffic reports, etc.

**JOSEPH LUPKIN** (American Songwriters) recently retired and is now participating in The New School University's I.R.P. Program (Institute for Retired Professionals) both as a student and a teacher. He devotes a good deal of time to listening, collecting and reading about songs, shows, movies and history of the Golden Age of American Music.

**JAMES MALONEY** (Celestial Navigation) is a graduate of SUNY Maritime College who worked as a second or third mate aboard merchant ships for most of the 1980's. He is the editor of the *Fort Schuyler Mariner*, a maritime industry publication, and the author of the "Piloting and Radar Navigation" chapter in the *Merchant Marine Officers' Handbook*. For more information go to [www.cybersextant.com](http://www.cybersextant.com).

**DVORA TROSHANE MICHAELI** (Bead Jewelry, Mosaics, Paintbrush) graduated from Columbia University and has owned her own art studio in Port Washington for the past five years. Her studio offers many different outlets for people to be creative including art classes and workshops for children/adults, parties, ladies nights, paint your own pottery, beading and mosaics.

**JENNIFER MILLER** (Notary Public) has

been a Notary Public for six years. She received her Bachelor's degree from Queens College and her Paralegal Certificate from Nassau Community College. She has been teaching this class in other schools across Nassau.

**MARY LOU MINARD, RYT**, (Yoga) is registered with Yoga Alliance at the 500 hour professional yoga teacher level. She has certifications from Kripalu Center for Yoga, Prana Yoga, Phoenix Rising Yoga Therapy, and Restorative Yoga. She has been studying yoga since 1985 and teaching since 1989. She teaches public yoga classes and special classes for those recovering from breast cancer and multiple sclerosis. She tells beginners "If you can breathe, you can do yoga."

**LAURAMONTLLOR, A.I.A.**, (Evening With An Architect) is a registered architect and owner of Montllor Box Architects of Port Washington. Her firm specializes exclusively in residential renovation. One of her Manhasset homes was featured on the cover of *House Beautiful Magazine*. Other houses have been seen on *HGTV's Before and After Show* and the *New Spaces Show*. A Munsey Park house she designed was on the *Gimme Shelter* show on the *Discovery* channel. She is a member of the American Institute of Architects. She has written for *Residential Architect* magazine and *Newsday*. She has been teaching for 14 years and received her degree from Carnegie-Mellon University.

**EILEEN NEVILLE** (Watercolor) lives and paints in Port Washington. She is a founding board member of the Port Washington Art Guild and a graduate of NY Fashion Institute of Technology.

**GAYLE L. NEWMAN** (Pottery) is a graphic designer in NYC. Graduate of University of Miami School of Fine Arts (BFA) and studied at the Museum School of Fine Arts in Boston. She is a visiting artist at CW Post Ceramics Dept. She belongs to the Woman's Art Center and shows both her pottery and paintings in area events.

**ELSI NYDORF** (Sculpture) is a prize-winning professional sculptor. She has been a demonstrator, teacher and lecturer for over 25 years, and a gold medal winner at the National Academy of Design in New York.

**NAOMI PENNER** (French, Spanish, Latin Dance) is a retired NY State certified teacher and counselor. She worked for the Great Neck Public Schools for 34 years. She is currently teaching in their Adult Program. She has also taught Adult Education programs in Roslyn, Queens College, Forest Hills, and Stuyvesant High School in New York City.

**JAMIE PINES** (Badminton) graduated from East Carolina University and NYIT. A lifelong sports enthusiast who has been involved with Badminton through Port's Continuing Education.

**PAUL PITSIRONIS** (Exchange Traded Funds, Long Term Care) is a First Vice President of Investments at Janney Montgomery Scott LLC. He has 10 years experience in the financial markets and for the past 3 years has specialized in portfolio management utilizing Exchange Traded Funds to manage risk. Paul is currently a Level 3 Candidate in the Chartered Market Technician (CMT) program as well as a Level 1 Candidate in the Chartered Financial Analyst (CFA) Program. He has successfully completed the NYS Approved Continuing Education course and is certified to market the NYS Partnership for Long Term Care Insurance.

**PORT WASHINGTON TENNIS ACADEMY** (Tennis) has been associated with Continuing Education since 1984 using their teaching facility and professionals to teach tennis to the Port Washington community.

**THEODORE E. PRAGER** (Boating/Seamanship) has been a boating instructor for the US Coast Guard Auxiliary and NYS boating courses for the past 30 years.

**MARYALICE PUGLISI** (Sewing) graduated from the Fashion Institute of Technology and SUNY, Buffalo. She began sewing with 4-H clubs and went on to work in the industry for Vogue/Butterick and Associated Merchandising Corporation. She has taught sewing to many community groups and has enjoyed this passion for over 30 years.

**TONYA REIMAN** (Body Talking, Persuasion) specializes in Body Language, Influential Communication, Hypnosis, and Human Potential. She has worked with renowned trainers in these fields. Tonya regularly speaks to businesses and organizations while maintaining a private hypnotherapy practice on Long Island.

**ADRIAN RICHARDSON** (Aerobic Workout) is a certified trainer who has worked in the health and fitness industry for three years. His expertise includes weight resistance, aerobic training, martial arts and flexibility training.

**ROSE ROTONDI** (Italian) has been teaching Italian since 1973. She was educated in Italy. She worked for the North Shore Language Center in Port for six years before starting private tutoring. She is a certified instructor through NAACE.

**EDEL SANDERS** (Voice) has been singing professionally for over 25 years, performing styles ranging from pop to jazz to opera. She has studied and taught vocal technique, performance art, music and pedagogy extensively and holds degrees from the American Musical and Dramatic Academy and Columbia University. Edel currently teaches voice in her own studio and at Columbia University while pursuing her doctorate in Music Education.

**DAVID SAVETZ** (What to Do With Money) is a Senior Vice President-Investments at

UBS Financial Services. He is a graduate of Brooklyn Law School and has earned his MBA in Finance from Baruch Business School. **BRENDA SCHLOSS** (Access) has an MBA from Baruch-CUNY in Financial Accountancy and a Diploma from NYU in Computer Technology. She has been working with MS Access and Visual Basic for the last ten years as a Database Administrator and Systems Analyst. Prior to that she worked in the banking industry on Mainframe computers, programming in Cobol and Assembler. She also does independent consulting.

**CARA NICOLE SCIRETTA** (Swing, Tap) has studied dance for over sixteen years. She has appeared in the *Nutcracker* at Lincoln Center and *Napoli* at the Metropolitan Opera. She can also be seen in commercials and episodes of "Saturday Night Live."

**STEPHEN SHACKEL** (Basketball) has a BA in English from Marist College and an MS in Education from C.W. Post. He has been a teacher of English at Weber Middle School for 30 years. He is also the Weber 8th grade boys basketball coach and coaches the girls 8th grade softball team. He has been involved with Adult Education for 30 years.

**JOAN SMITH** (Floral Design) is the owner of Joan Smith Flowers in Port Washington. She volunteers for various programs related to floral design. She has over 30 years experience in all aspects of floral design.

**ANNETTE SPRONZ BA, MA** (Getting Organized, Money Smart, Social Security) is a Certified Financial and Divorce Planner. She also believes CFP means "Caring for People." With education she believes people can achieve financial success.

**MICHIKO TANI** (Japanese) is a Japanese conversation teacher in New York City. She received her BA and MA in Kobe, Japan. She works for the Berlitz School of Languages of America.

**LI TSANG** (Table Tennis) for 8 years has been the club administrator for the Port Washington Table Tennis Club. He has 30 years experience playing and coaching.

**US POWER SQUADRON** (Basic Boating) is the world's largest private non-profit boating organization with over 55,000 members. Its members are boating families who contribute to the community by promoting safe boating on the water and in the classroom.

**MICHAEL USOSKIN** (Volleyball) has participated in Port's Power Volleyball program since 1995. He is active in the NY Urban Professionals Volleyball League. He has coached Port youth in instructional programs.

**MARLON VILLALVA** (Education Advancement) BS, Bernard M. Baruch; BS, and Psychology Doctorate Universidad de Guayaquil, Ecuador; MS, Hunter College; PD, LIU; Doctoral Fellow, Hofstra University. He has coordinated the EAP since 1994.

**NANCY WAGNER** (Crochet, Knitting) is a local artist. She teaches art in the NYC

Schools, and art and needlework to children in Port's ATLAST! program. She earned her BA in Fine Arts at Connecticut College, MBA at Adelphi University, MS in Supervision and Administration at Touro College, MA in Education from C.W. Post. **ALICE WIETING** (Yoga) studied Iyengar Yoga--precise movement and alignment--for eighteen years.

**ELIZABETH WISSNER-GROSS** (College Essay) has been advising schools, school districts and gifted students on career opportunities and competitive college admissions for 7 years. A former staffer on *Newsday*, AP and LA's *Daily News*, and book author, she has also taught at Hofstra, Fairleigh Dickinson and Iona. She co-chaired Great Neck's UPTC Gifted and Talented Committee and has just written a book called *The Big Envelope*.

**ZELIK ZIEGELBAUM, RPT** (Neck and Back Pain) is a Licensed Physical Therapist with a private practice in Port Washington for over 20 years. He is a graduate of Hunter College.

**APRIL ZHOU** (Chinese) she is an Assistant Vice-President at the Bank of New York. She is a native speaker who graduated Chongqin University and Hofstra University.

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### *Please Note*

The Port Washington School District acts solely as the agent in arranging transportation, accommodations and services and does not assume liability for injury, damages, loss, accident or delay due to any act or default of any company or persons engaged in transporting passengers, rendering service, or carrying out arrangements for any tour, or by the act of default of any hotel or its employees.

### *Remember...*

*After three years you must renew your name on the mailing list or you will not receive the brochure.*

**Suggestions for New Continuing Education Programs are welcome at any time.**

**Call/write to: Port Washington Continuing/Community**

**Education**

**Admin. Annex, 90 Ave. C**

**Port Washington, NY 11050**

**516 767-5470**

**We will send you an application.**

## **DAYTIME SESSIONS**

**St. Stephen's Church, 9 Carlton  
Ave., Room 104**

### **Monday-**

French II, from 9:00-10:30 AM, Starts March 6 (10 sessions)

French Beg, 10:30 AM-12:30 PM, Starts March 6 (10 sessions)

### **Tuesday:**

Spanish-II, 9:00-10:30 AM, Starts March 7 (10 sessions)

Spanish Beg, 10:30 AM-12:30 PM, Starts March 7 (10 sessions)

Defensive Driving, 9:30 AM-12:30 P.M., Starts March 21 (2 sessions)

**Wednesday:** None

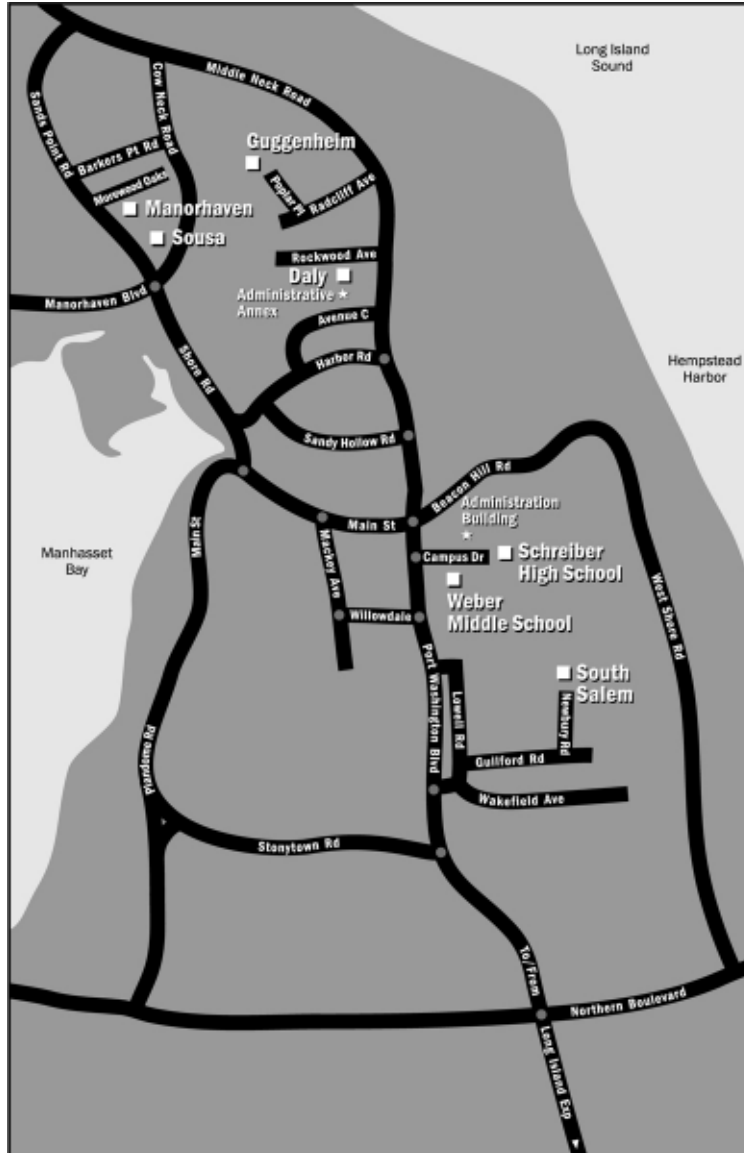
**Thursday:** None

**Friday:** Italian Conv., 9:30-11:00 AM, Starts March 10 (10 sessions)

Italian, Inter., 11:00 AM-12:30 PM, Starts March 10 (10 sessions)

Italian Beginning, 1:00 -2:30 PM, Starts March 10 (10 sessions)

# Map of Port Washington School Locations



## WHAT ARE YOUR FEELINGS?

1. Is this the first Continuing Education Course you are taking? Yes \_\_\_\_\_  
No \_\_\_\_\_

2. What course(s) would you like to see added to the Cont. Educ. Program?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

3. Would you be interested in teaching a Continuing Education Course?

Yes \_\_\_\_\_ No \_\_\_\_\_  
If Yes, in what area? \_\_\_\_\_

4. List other times you would be interested in attending Continuing Education Courses \_\_\_\_\_  
\_\_\_\_\_

**PLEASE RETURN THIS  
WITH YOUR  
REGISTRATION FORM!**

**Continuing Education Office  
Administrative Annex, 90 Ave. C  
Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd (which becomes Middle Neck Road) to Avenue C. Turn left onto Avenue C. Go to the second stop sign. The Annex is on your left.

**Daly Elementary School  
36 Rockwood Avenue,  
Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd (which becomes Middle Neck Road) to Rockwood Avenue. Turn left on to Rockwood Avenue. The school is on your left.

**Guggenheim Elementary School  
Poplar Place, Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd (which becomes Middle Neck Road) to Harbor Hills Drive. Turn left at Harbor Hills Drive to Poplar Place. Turn right at Poplar Place. The school is at the end of the road.

**Manorhaven Elementary School  
Morewood Oaks, Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to Shore Road. Turn right on Shore Road to Morewood Oaks. The school is on the corner of Sands Point Road and Morewood Oaks.

**Sousa Elementary School  
Sands Point Road, Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles

(past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to Shore Road. Turn right on Shore Road to Cow Neck Road. The school is on the corner of Sands Point Road and Cow Neck Road.

**Schreiber High School  
Campus Drive, Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go three lights to Campus Drive. The school is on Campus Drive at the end of the road.

**St. Stephen's Church  
Main St., Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north it becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. past St. Francis Hospital. When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to PW Public Library on right. Driveway entrance for church diagonally across on left.

**Weber Middle School  
Port Washington Blvd.,  
Port Washington**

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go three lights to Campus Drive. Weber Middle School is on the corner of Port Washington Blvd. and Campus Drive. Parking is located on Campus Drive.

# COURSES BY THE DAY OF THE WEEK

## MONDAYS

ABC's of Investing.....	15
Accounting/Bookkeeping.....	29
Badminton.....	22
Basketball.....	22
Beauty Miracles.....	20
Boating/Jet Ski Safety.....	4
Bridge, Beg. and Inter.....	17
Business Computer Productivity.....	6
Cardio Kickboxing.....	22
College Application Essay Boot Camp.....	25
Defensive Driving (Mon/Tues).....	3
Four Directors--Four American Classics.....	25
French, AM, Beg. and Tourists.....	18
Getting Organized Financially.....	15
Handicapping Thoroughbred Racing.....	26
Knitting.....	26
La Pace with Chef Michael.....	9
Main 415 Restaurant.....	10
Microsoft Access.....	7
SAT Prep.....	26
Spreadsheets Beg., Adv.....	8
Table Tennis.....	24
Tai Chi.....	24
Tandoori Masala Restaurant.....	10
Thai and Laotian Cooking.....	12
The Best of Japanese Cooking.....	11
The IRS vs Your Family.....	16
The Joy of Soy.....	11
Toning With Weights (Mon/Wed).....	24
United House Wrecking.....	29
Weight Reduction With Hypnosis.....	22
You're On the Air.....	6

## TUESDAYS

Adobe Photoshop Elements.....	6
Aerobic Workout (Tues/Thurs).....	22
Art in Floral Design.....	17
Ballroom Dancing.....	13
Basic Boating.....	4
Basketball.....	22
Behavioral or Rational Investing.....	14
Buying and Selling a Home or Condo.....	14
Cake Decorating, Beg. and Inter.....	9
Celestial Navigation.....	4
Chocolate and Chocolate Treats.....	11
Crochet.....	26
Defensive Driving (Tues/Wed).....	3
Defensive Driving- Daytime.....	4
Dog Obedience, Beg., Adv.....	30
Japanese.....	19
Medical Secretary.....	29
Microsoft Powerpoint.....	7
Money Smart- Bank Services.....	15
No More-Pop-Up Ads Ever.....	7
Piano I and II.....	20
Pilates.....	23
Real Estate for Sales License.....	30
Risk Management I and II.....	15-16
Sculpture.....	13
Spanish AM, Beg. I and II.....	19
The Art of Korean Cuisine.....	11
The Importance of Color in Your Garden.....	18
Watercolor.....	13
Windows XP Basics.....	8
Women Only- Personal Finance Basics.....	17

## WEDNESDAYS

American Sign Language.....	19
Antiques.....	29
Basic Power Boating and Seamanship.....	4
Cardio Kickboxing.....	22
Causes/Management of Neck and Back Pain.....	21
Cherry Blossom Festival.....	30
Chinese, Mandarin.....	18
Computer Comfort Beg. and Inter.....	6-7
Creating Your Living Trust.....	14
Creative Cardmaking Workshop.....	12
Dancing Latin.....	14
Defensive Driving (Wed/Thurs).....	3
Drawing, Beginner.....	12
Evening With an Architect.....	18
Exchange Traded Funds, Intro.....	15
Finn Mac Cool's Restaurant.....	10
Funding for the Small Business.....	5
Golf, Beg., Inter.....	23
I'm Afraid of a Paintbrush.....	13
Mah Jongg, Beg.....	17
Meditation, Intro.....	21
Music of the 20th Century.....	20
Notary Public Preparation.....	5
Painting-One Stroke.....	29
Passion to Profits.....	5
Pilates.....	23
Pottery, Hand Build/Wheel Throwing.....	12
Power Volleyball.....	23
Qi Gong, Basics and Da Yan Form.....	24
Quickbooks.....	7
Quicken.....	7
Reflexology.....	30
Retirement, Staying the Course.....	16
Sewing and Dressmaking, Basic.....	26
Spanish PM, Beg.....	19
Stressed by Too Much Clutter.....	31
Table Tennis.....	24
Tennis.....	24
The Altered Book Workshop.....	13
The Awesome Power of Publicity.....	6
Vegetable Gardening.....	18

## THURSDAYS

A Taste of Norway.....	11
Aikido.....	22
American Songwriters, The Great.....	20
Basketball.....	22
Bead Jewelry.....	12
Can You Hear Your Body Talking.....	20
Cleaning Up The Computer.....	6
Cheese, Cheese and More Cheese.....	12
Elder Law and Estate Planning.....	15
French PM.....	30
Gourmet Specialties NS Marketplace.....	10
Great Books.....	27
Home Repairs, Do It Yourself.....	16
How to Plan a Fabulous Cocktail Party.....	11
Italian PM, Beg. and Tourist.....	19
Italian Specialties of Gino's.....	11
Let's Swing.....	14
Mosaic, Intro to.....	13
Mosaic Mirror.....	13
NYS Partnership for Long Term Care.....	16
Persuasion, The Psychology of.....	21
Pilates.....	23

Social Stupidity-Social Security.....	16
Tap Dance.....	14
The Best of the Metropolitan.....	9
The Mediterranean Menu.....	10
Voice.....	20
What Should I Do with My Money.....	16
Weight, Achieve and Maintain a Healthy.....	21
Word Processing.....	8
Word Processing Adv.....	8
Yoga.....	24
Yoga in Kripalu Style.....	24

**FRIDAYS**

Italian AM, Beg. Inter, Conversation.....	19
Tennis.....	24

**SATURDAYS**

Cardio Kickboxing.....	22
Horseback Riding.....	23
Kayaking.....	5
Pilates.....	23
Power Boating: Hands-on.....	5

**TEACHER TRAINING  
PROGRAM 2006**

The Nassau Association for Continuing/Community Education (NACCE) in conjunction with the Long Island Development Consortium offers a teacher-training program that has been eagerly sought by new or recently employed adult teachers for the past 20 years.

This four-session teacher-training program focuses on key topics each session, has smaller breakout groups led by an experienced adult educator.

A certificate will be given upon completion of the program and a roster of graduates will be sent to the Nassau Directors of Adult Education.

**Long Island Adult Learning  
Conference  
April 29, 2006 at the Melville  
Marriott**

**For Information:** Call Martin Murphy, Director, LI-RAEN, 7200 Republic Airport, Room 104, Farmingdale, NY 11735, 631-293-3150.

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# NOTES

Visit us at-

**WWW.PortNet.K12.NY.US**