

Table of Contents - Spring 2009

Academic Programs	
English for Speakers of Other Languages.....	3
High School Equivalency.....	3
Auto/Defensive Driving	
Defensive Driving Courses PM.....	3
Boating	
America's Boating Course.....	4
Boating Skills and Seamanship.....	4
Breakfast on the Bay Harbor Tour.....	4
Celestial Navigation, Intro.....	4
Kayaking, Beg. and Inter.....	4
Business Skills and Career Planning	
Career Development.....	5
Don't Let Economy Stall Your Dreams.....	5
You're On The Air.....	5
Computer	
Computer Basics.....	5
Creative Computing.....	6
Digital Cameras: Choosing Yours.....	6
Digital Cameras: Understanding Yours.....	6
Excel, Beginner.....	6
Excel, Advanced.....	6
How to Save Money: Computer Shopping....	6
Internet.....	7
Photoshop Elements.....	7
Powerpoint, Basics.....	7
Windows Explorer: Files and Folders.....	7
Word From Beginning to End.....	7
Cooking	
Delicious Cooking from Campagnia.....	7
Dream Dinners.....	8
Gluten-Free Cuisine: Basics II.....	8
Spring/Summer Salads.....	8
Grand Chefs On-Site (Alphabetical)	
Bistro Toulouse.....	8
India Garden Bar and Grill.....	9
La Motta's at Its Best.....	9
Main 415 Restaurant.....	10
Main Street Bakery.....	9
Sullivan's Quay.....	9
Tava Restaurant and Bar.....	8
Thanee Thai.....	9
The Grill Room at Harbor Links.....	9
The Mediterranean Menu.....	9
Waterview.....	9
Grand Chefs Off-Site	
Best of Japanese Cooking.....	10
Mark of Excellence.....	10
The Art of Korean Cuisine.....	10
The Best of Whole Foods Market.....	10
The Healthy Chef: Totally Cookies.....	10
Creative Arts	
Basic Beading.....	11
Basic Potter's Wheel.....	11
Drawing and Painting, Intro.....	11
Watercolor.....	11
Dance	
Ballroom.....	11
Dancing Latin.....	11
Let's Swing.....	12
Middle Eastern Dance.....	12
Tap Dance.....	12
Financial and Legal	
Basics of Bonds.....	12
Buying/selling Private Home.....	12
Elder Law/Estate Planning.....	12
Getting Organized Financially.....	13
Investing Safe and Sound.....	13
NYS Partnership for Long Term Care.....	13
Protecting Future for Special Needs Children..	13
What Should I Do With My Money.....	13
Hobbies	
Mah Jongg, Beginner.....	13
Home and Garden	
Art In Floral Design.....	14
Create Your Dream Home.....	14
Do it Yourself Home Repairs.....	14
From Garden to Table: Vegetable Garden.....	14
Rose Gardening Basics.....	14
Wake Up Your Garden This Spring.....	14
Language	
Chinese.....	15
French.....	15
Italian, AM and PM.....	15
Japanese, Beg. and Inter.....	15
Russian for Tourists.....	15
Spanish, AM and PM.....	15
Music/Performing Arts	
Piano, Beginner and Intermediate.....	16
The "Crafts" of Music.....	16
The Music of the 20th Century.....	16
Personal Care	
Beauty Miracles.....	16
Brainola.....	16
Causes of Neck and Back Pain.....	16
Discovering a More Simple Life.....	17
Hypnosis for Weight Loss.....	17
Intro to Anti-Aging Therapy.....	17
Anti-Aging: Part 2.....	17
Single Parents: Navigating the Bumps.....	17
The Art and Style of Make-Up.....	17
The Magic in You.....	18
The Pillars of a Balanced Life.....	18
Physical Fitness	
Aerobic Workout.....	18
Badminton.....	18
Basketball.....	18
Cardio Kickboxing.....	18
Golf-Beginner and Intermediate.....	19
Horseback Riding.....	19
Into to Mat Pilates.....	19
Pilates Class.....	19
Posturcise.....	19
Posturcise: Muscle and Joint Pain Relief.....	20
Power Volleyball.....	20
Step Workout.....	20
Tennis.....	20
Toning with Weights.....	20
20-20-20.....	20
Yoga.....	21
Special Interests	
Book Talk.....	21
Dog Obedience.....	21
Enzymes: The Neglected Nutrients.....	21
I Have a Story to Tell II-Writing the Scene.....	21
The Complete Course of Newborn Care.....	21
Stitchery	
Basic Sewing and Dressmaking.....	22
Crochet, Beginner at All Levels.....	22
Knitting Circle.....	22

The Community
 Parent Resource Center.....22
 St. Francis Hospital
 CPR.....22
 CPR Renewal Class.....22
 First Aid Training.....22
 Heart Healthy Nutrition.....23
 Smokers' Clinic.....23
 Supersitter Babysitting Course.....23
 Senior Citizen, Inc.....23
 Senior Community Service Center.....23
About the Faculty.....25-28
Map and Directions.....28-29
Course Listing by Weekday.....30-31
How to Register.....Back Cover

**REGISTRATIONS MAY BE
 MAILED IMMEDIATELY**

**IN-PERSON, TELEPHONE
 and FAX REGISTRATION
 WILL BEGIN ON
 February 9, 2009
 AMEX, MASTERCARD and VISA
 ACCEPTED**

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.

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

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!**

Please note: Handicapped access is available at all locations.

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

NO CLASSES HELD

Wed.-Fri, April 8-17, 2009.....Recess
 Monday, May 25, 2009.....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 (GED).

Registration is in person only from 7:00-10:00 p.m. in Room 01 at Schreiber H.S.

Resident Fees: There is a non-refundable processing fee of \$25 for Port Washington school district residents and for those who work in Port Washington.

Non-Resident Fees: There is a non-refundable processing fee of \$50. Please note that all non-resident students must be at least 21 years of age.

Students must bring ID and/or proof of residency or Port Washington employment to register. Fees may be paid by cash, check, or money order (payable to Port Washington School District).

Spring Registration: Jan. 12, 13 14, 2009 from 7:00-10:00 p.m. Spring class schedule: Jan 12 to May 28, 2009 from 7:00-10:00 p.m.

Registration, Guidance and Counseling

Comprehensive services are provided to help direct each student to the appropriate class. These services include:

A comprehensive program of educational, vocational, and personal counseling offered to EAP students. Individual advisement sessions are arranged as needed. This is accomplished by reviewing personal background and previous education, evaluating English speaking ability for foreign-born students, and assessing general ability level in order to provide the most appropriate class placement.

Further information can be obtained by calling the Educational Advancement Office at 516 767-5986 during the evening (7:00-9:30 P.M.) Monday through Wednesday, beginning Jan. 12, 2009.

--Courses--

The ESOL/GED classes listed offer opportuni-

ties for non-English speaking adults and for English-speaking adults wishing to improve their basic reading and arithmetic skills. All courses are financed by Federal and State funds. Students are evaluated and placed at the proper level when they register.

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., 7:00-10:00 P.M.
Schreiber High School**

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 a counselor for evaluation prior to registration.
**MON., TUES. and WED., 7:00-10:00 P.M.
Schreiber High School**

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

6512-1 MON., 1 TUES.,7:00-10:00 P.M.,
March 9 and 10
6513-1 WED., 1 THURS.,7:00-10:00 P.M.,
April 1 and 2
6514-1 MON., 1 TUES.,7:00-10:00 P.M.,
May 4 and 5
6515-1 MON., 1 TUES.,7:00-10:00 P.M.,
June 1 and 2
Weber Middle School, Room 107/109, \$45

*See Page 20 for Information on
Driver Education for Resident High School
Students*

BOATING AND SEAMANSHIP

AMERICA'S BOATING COURSE United States Power Squadrons

The United States Power Squadrons course covers boating fundamentals for all boaters from the operator of a small outboard or paddlecraft 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, basic piloting and chart plotting techniques. Personal water craft certification is included. A USPS certificate, recognized in all states, is issued 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, 7:30-9:30 P.M.,
Starts March 10
PW Yacht Club, 1 Yacht Club Drive, \$10

BOATING SKILLS 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.

Part 1: The basic boating course (first five lessons) will cover subjects which support the needs of the average power boater including boat selection of the boat for you, equipment requirements, trailering, handling your boat, buoyage systems and basics for navigation, rules of the nautical road and boating safety.

Part 2: More boating skills, i.e. introduction to navigation, powering your boat, lines and knots, weather and boating, and your boat's radio.

A Coast Guard Certificate is awarded for successful completion. Certificate counts for NYS Personal Water Craft (PWC) certification.

Part 1:
6792 - 5 WEDNESDAYS, 7:30-9:30 P.M.,
Starts March 18
Materials fee: \$75 payable to instructor.
Weber Middle School, Room 205, \$10

Part 2:
6793 - 4 WEDNESDAYS, 7:30-9:30 P.M.,
Starts May 6
Materials fee: \$25 payable to instructor.
Weber Middle School, Room 205, \$10

BREAKFAST ON THE BAY HARBOR TOUR Matthew Meyran

Come and enjoy a boat tour and breakfast on Manhasset Bay. Led by an experienced Bayman from Port Washington, you will be taken on the "Charles II", a 47' touring tug to tour the coastline of Manhasset Bay. Matt shares the history of the area and his environmental knowledge as you enjoy your breakfast.

There is much to see and much to learn about this fascinating locale; Gold Coast's Estates, the Whitney Boat House, Grumman Estate, Execution Rock, and Stepping Stone Lighthouse. This is an experience you will never forget and a way to learn about the history of your waterfront community. Seating is limited.

Adults Only: \$30
6502 - 1 SATURDAY, 9:00-11:00 A.M.,
Meets May 9
Adults \$30/Children(12 and under): \$25
6503- 1 SATURDAY, 9:00-11:00 A.M.,
Meets May 16
Meet at the Town Dock at 8:45 AM

INTRODUCTION TO CELESTIAL NAVIGATION

James Maloney

Celestial Navigation is the art and science of navigating by the sun, stars, moon, and planets. This course will introduce the student to the basic principles of celestial navigation: the concept of the "celestial sphere" and its coordinates, use of the sextant, and sight reduction. "Survival" navigation techniques such as the use of Polaris and the sun to determine latitude and direction are also covered. Prospective students should be comfortable with spatial concepts and with arithmetic involving degrees and minutes.

\$10 materials fee payable to instructor.
6725 - 4 WEDNESDAYS, 7:30-9:30 P.M.,
Starts March 11
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 2**

*Meet at the Village Club, 1 Thayer Lane, PW
\$195 (Dress appropriately for the weather)*

BUSINESS SKILLS & CAREER PLANNING

CAREER DEVELOPMENT

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Diane Lang

This course is about taking the steps to position yourself and prospective employers to optimize your return to work. Learn how being a mom helps you to be a productive employee as you discuss the challenges and learn how to "Get back into the swing of things" in professional employment.

What you will learn: Successful interviewing tips, how to dress for success, being comfortable talking about the "gap" on your resume, showing confidence about your Mommy time off and how being a mom helps you to be a productive employee. This is the chance to discuss the challenges with other moms and be empowered to follow your dream. If you are interested, Diane's book *Babysteps: the Path from Motherhood to Career* will be available for \$12.

**1112 - 2 TUESDAYS, 7:00-8:30 P.M.,
Starts May 12**

Schreiber High School, Room 215, \$35

**"DON'T LET THE ECONOMY STALL
YOUR DREAMS" - Creative Solutions
for Today's Challenges: Group
Coaching Workshop**

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Elizabeth Cassidy

People have had to make major adjustments to their lives recently due to the ups and downs with the economy. In doing so, many dreams and aspirations have been put on hold or worse...have been forgotten. This workshop is designed to help people realize that even when

times are tough, it can be a launching pad for new careers, opportunities and increased prosperity.

Dust off your goals and dreams and bring them to this three-part coaching workshop and walk out with an Action Plan that will inspire and motivate you to produce fulfilling results in your personal or professional life.

This thought provoking group coaching workshop will help you to get ready to discover, share and dare yourself to move closer to what you really want and deserve in your life. On the 2nd and 3rd evening, we will go over your successes and challenges and you will leave with a better understanding of how to work towards your goals. Embrace change. Shift your perspective. Change your life.

**6636 - 3 WEDNESDAYS, 7:00-9:00 P.M.,
Starts April 22**

Weber Middle School, Room 107, \$45

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

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! In this class 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! Rob Sciglimpaglia, successful voice-over artist (PBS, TGI Fridays, AMD, Reebok, The Marines, GlaxoSmithKline, etc.) will introduce students to the voice-over business as a whole. He will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced.

You'll step up to the microphone to do some practice recording, and best of all, hear the results!

**2048 - 1 THURSDAY, 7:00-9:00 P.M.,
Meets March 26**

Schreiber High School, Room 225, \$30

COMPUTER

COMPUTER BASICS

Arne 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 you an overview of computer hardware and software, along with how to manage files and folders.

Word processing, the internet and email will be covered, MS Office 2003 will be used. There will be ample time in each session for individual help.

Prerequisite: None

**2556 - 4 WEDNESDAYS, 7:00-9:00 P.M.,
Starts March 11**

*Weber Middle School, Room 211, \$75,
SC \$70*

CREATIVE COMPUTING

David Barnett

I will demonstrate how to use the multi-media programs that most people have on their computers but have no idea how to use. This class is not hands-on, but I will present the major elements of each type of program so students have an idea of what to look for in the software they have. I also plan to bring in and demonstrate on my computer devices that connect a computer to various sources, to see how to convert records, tapes and video tapes into computer data that can be edited and combined to create DVDs to share with family and friends.

**2511 - 4 MONDAYS, 7:30-9:30 P.M.,
Starts March 16**

Weber Middle School, Room 8, \$65

DIGITAL CAMERAS I: Choosing Your Digital Camera

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Barry Johnson

This course is designed for those looking to buy a digital camera. Learn about the different types of cameras, including digital Point and Shoots to digital Single Lens Reflex (DSLR) cameras. While camera makers approach the use of buttons and menus in different ways, you will learn about features that are most important in your purchasing decision. There will be discussion of the various means of transferring your images to a computer, including the use of card readers. You will receive valuable tips for testing cameras in stores prior to your purchase.

**2520 - 1 TUESDAY, 7:00-9:00 P.M.,
Meets March 24**

Weber Middle School, Room 202, \$25

DIGITAL CAMERA: Understanding Your Digital Camera

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**20 Minute Consultation
Barry Johnson**

Bring your own digital camera and its accompanying owners manual and receive 20 minutes of one-on-one consultation with our instructor. He will answer any questions about your individual camera using your manual and his digital photography expertise.

2521-A - 1 TUESDAY, 7:00-7:20 P.M.,

**2521-B - 1 TUESDAY, 7:20-7:40 P.M.,
2521-C - 1 TUESDAY, 7:40-8:00 P.M.,
2521-D - 1 TUESDAY, 8:00-8:20 P.M.,
2521-E - 1 TUESDAY, 8:20-8:40 P.M.,
2521-F - 1 TUESDAY, 8:40-9:00 P.M.,
2521-G - 1 TUESDAY, 9:00-9:20 P.M.,
2521-H - 1 TUESDAY, 9:20-9:40 P.M.,
2521-I - 1 TUESDAY, 9:40-10:00 P.M.,
Meets March 31**

Weber Middle School, Room 202, \$25

EXCEL (MS Excel 2003)- BEGINNER

Arne Laur

Students will learn the basics in creating computer spreadsheets using the most popular spreadsheet product ever. MS Excel 2003 will be used, with the following topics covered; desktop basics, entering numbers, text, labels, and formulas with functions. Enhancing spreadsheet appearance, using copy, move and format commands will be included. Database basics will be introduced. **Prerequisite: Completion of the Computer Basics class or equivalent is necessary.**

**2539 - 4 MONDAYS, 7:00-9:00 P.M.,
Starts March 9**

Weber Middle School, Room 211, \$75 ,SC \$70

EXCEL (MS Excel 2003)- ADVANCED

Arne Laur

Recommended for students of the beginner class as well as those who are familiar with MS Excel 2003. 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, graphs & charts and Mail Merge. Students are encouraged to bring spreadsheets to class, which we will review and analyze.

**2540 - 4 MONDAYS, 7:00-9:00 P.M.,
Starts April 20**

*Weber Middle School, Room 211, \$75,
SC \$70*

HOW TO SAVE MONEY- Using Your Computer for Smart Shopping

**N
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Robert O'Brien

Want to save money? Learn the different internet sites where you can save on entertainment, food, travel, merchandise, coupons etc. Get to know about E-bay for buying and selling. In general, this course will help you find interesting sites to help save you money for the things you need and use.

**2542 - 2 THURSDAYS, 7:30-9:00 P.M.,
Starts April 23**

Weber Middle School, Room 211, \$35

INTERNET--ALL YOU NEED TO KNOW

Arne Laur

Learn how to use the Internet to locate information using search engines, write email and send attachments, along with downloading and transfer of files. Ample time will be provided for hands-on activities and individual help.

**2541 - 4 WEDNESDAYS, 7:00-9:00 P.M.,
Starts May 20**

Weber Middle School, Room 211, \$75, SC\$70

PHOTOSHOP ELEMENTS

N **Barry Johnson**

E

W Photoshop Elements is an image-editing program that combines power and simplicity to help you edit, enhance, and show your photos. In this beginners class, work with the tools palette and menu bar to create customized images from existing photographs or from a digital camera. See how to edit a picture using the different selection tools within Photoshop Elements, and transform images to suit your taste and needs. Tools covered in this class include resizing and distorting, editing and combining images. Prepare your photos for print, e-mail, or posting on the web.

**2560 - 2 SATURDAYS, 9:00-11:30 A.M.,
Starts April 25**

Weber Middle School, Room 202, \$50

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 presentations. 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 - 2 TUESDAYS, 7:00-9:00 P.M.,
Starts May 12**

Weber Middle School, Room 202, \$35

WINDOWS EXPLORER: File and Folder Management

N **Barry Johnson**

E

W This class concentrates on the more detailed aspects of file organization. See how *My Computer* shows the capacity and content of all your

data storage. Use Windows Explorer to organize files into folders, and move, rename and delete folders and files. We will use Windows Search to learn ways to locate missing files and content.

**2532 - 2 TUESDAYS, 7:00-9:00 P.M.,
Starts April 28**

*Weber Middle School, Room 202, \$40
SC \$35*

WORD (MICROSOFT 2003) 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 tables and perform a mail merge. The handling of clip art and pictures will be covered. **Basic knowledge of the computer and MS Windows experience is necessary.**

**2509 - 4 WEDNESDAYS, 7:00-9:00 P.M.,
Starts April 22**

*Weber Middle School, Room 211, \$75
SC \$70*



DELICIOUS, HEALTHY COOKING FROM

N **CAMPAGNIA, ITALIA**

E **Chef/Dr. Robert Dell'Amore**

W

Come and learn the secrets of simple, traditional and flavorful food combinations from the Campagnia Region of Italy, utilizing fresh produce and lean meats. All recipes incorporate vegetables featured in more than 50% of the food plate. Be surprised to learn of traditional methods of utilizing fresh herbs and vegetables to produce salt free broths and stocks, eliminating the need for high salt processed chicken stock. Learn to eliminate the use of saturated fat and butter to enhance flavor. All recipes feature low salt content.

Recipes may include sautéed mushroom medley; garlic, basil and bean salad; delicious olive oil marinades; green beans and potato salad; roasted pork ribs with rosemary; broiled chicken scarparella, with onions, potatoes, garlic and sausage.

The second session will also include recipes, but will also reinforce your skills and answer questions.

**3008 - 2 TUESDAYS, 7:30-9:30 P.M.,
Meets March 24 and April 21**

Schreiber High School, Room 102/103, \$45

N E W DREAM DINNERS-Dinner Assembly Store

Dream Dinners provides everything you need to assemble delicious dinners for your family, store in your freezer and serve in the weeks ahead.

When you arrive at the store, grab an apron and prepare to enjoy yourself. Our staff will provide you with an order summary, recipe labels and help you get started with a brief orientation.

Assembly stations are organized so that guests rotate from one to the next. Each station has all the ingredients needed for a particular dinner, from main ingredients to sauces to seasonings. Easy-to-follow instructions are posted, all the ingredients are pre-cut, and appropriate measuring cups and spoons are provided. Scoop or pour ingredients into Ziploc® bags or baking pans that we provide. It's that simple.

The only thing we suggest you bring is a cooler or boxes for transporting your Dream Dinners home.

When you register select and note the name of **three** of the six dinners listed below. Fee includes three 6-serving meals.

Dinners are:

- 1.
- 2.
- 3.

**3034 - 1 WEDNESDAY, 7:00-9:00 P.M.,
Meets March 11**

**3035 - 1 THURSDAY, 7:00-9:00 P.M.,
Meets March 26**

Dream Dinners, E. Northport Blue Ribbon Plaza, 3028 Jericho Tpke, E. Northport, \$85

**N E W GLUTEN-FREE CUISINE- The Basics II
Karen Chasin**

Learn assorted styles of gluten-free cookies, using a variety of GF flours and ingredients. Hands-on class, with printed recipe guide and demonstration. Students will prepare several types of cookies to bring home for baking-simple recipes you can serve to everyone. Examples: sandwich cookies, slice cookies, pizzelle (baked Cannoli shells+ice cream cones) and rugelach or baklava. Special requests welcome for a favorite cookie, to include or exclude other ingredients, Passover or Easter recipe, and so on. To avoid cross-contamination, this is a BYOB (Bring Your Own Beaters) style. Apron attire. **A material list will be available prior to class. \$30 fee to instructor, or purchase yourself prior to class.**

**3017 - 1 WEDNESDAY, 7:30-9:30 P.M.,
Meets April 1**

Schreiber High School, Room 102/103, \$25

**N E W SPRING/SUMMER SALADS
TBA**

Let's savor the delights of the garden and orchard. We will make three, beautiful salads

and celebrate the bounty of colors and textures that the season brings.

A rainbow salad of vegetables such as beets, arugula, corn and peaches drizzled with balsamic vinaigrette with toasted almonds is always a crowd pleaser. Then enjoy an Asian salad with chicken bathed in garlic, soy and sesame marinade over fresh greens. Our third show stopper will be a salad *de chevre chaud*, with asparagus, watercress, avocado and goat cheese.

**3082 - 1 WEDNESDAY, 7:30-9:30 P.M.,
Meets May 13**

Schreiber High School, Room 102/103, \$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.

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.

**1) TAVA RESTAURANT AND BAR
Nesli and Sunay Ciner/Owners
Port Washington**

Tonight's presentation is certainly a Turkish delight. The cuisine is healthy and delicious. The decor offers an exotic approach with plush walls and candlelit tables. The food is the most authentic Turkish food available. Come and join the Ciners for a great night of dining with new and delicious tastes.

**3227- 1 TUESDAY, 7:30-9:30 P.M.,
Meets March 17**

Tava Restaurant, 166 Main St., \$25

**2) BISTRO TOULOUSE-Continental
and French Cuisine
Pablo and Iva Cecere and
Juliet Mateus, Chefs/Owners
Port Washington**

Back by popular demand this charming restaurant will offer a great night of Continental and French cuisine. A full meal will be prepared. All new recipes will be included in this family-fare of cooking. Gail Greene, a food editor for the New York Magazine ate here and gave high praise for all their dishes.

**3200 - 1 MONDAY, 7:30-9:30 P.M.,
Meets March 23**

Bistro Toulouse, 43B Main St., \$25

3) THE GRILL ROOM AT HARBOR LINKS

**Mark Dara, Chef
Brett Angstadt, Food/Bev Director
Port Washington**

A diverse continental dinner will be prepared. Enjoy the restaurant's beautiful view. A tour of the facilities will be included.

A great experience in fine dining presented by the club's chef, Mark.

**3225 - 1 WEDNESDAY, 7:30-9:30 P.M.,
Meets March 25
Harbor Links, 1 Fairway Drive, \$25**

4) LA MOTTA'S AT ITS BEST

**Nadine Del Monte, Manager
Port Washington**

A complete meal, using brand new recipes, will be served tonight. If you love seafood, your pleasure will be enhanced in this session.

Explore the simplest preparation to the most elaborate, also proper equipment to use for any seafood cuisine. Enjoy a great view of the bay.

**3227- 1 TUESDAY, 7:30-9:30 P.M.,
Meets March 31
La Motta's Restaurant, 10 Matinecock Ave, \$25**

5) THE MEDITERRANEAN MENU:

Healthy and Delicious

**Ayhan Hassan, Owner
Hal Linden, Manager
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 newly expanded restaurant. Mr. Hassan has been appearing in gourmet cooking classes throughout New York City.

**3043 - 1 THURSDAY, 7:30-9:30 P.M.,
Meets April 2
Mediterranean Marketplace, 293 Main St., \$25**

6) THANEE THAI

**Sasiponk Sasithorn, Owner
Port Washington**

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Welcome to this beautiful and authentic Thai restaurant serving the best Thai spices and sauces. An entire delicious meal will be served which includes an appetizer, entree and luscious dessert. We will see the chef in action in the kitchen as he prepares the various dishes. A great evening of great food.

**3077 - 1 MONDAY, 7:30-9:30 P.M.,
Meets April 6
Thanee Thai, 24B Main St., \$25**

7) MAIN STREET BAKERY

**Michael Mignano, Chef-Owner
Port Washington**

Our extraordinary pastry chef will offer an array of exquisite pastries, cookies and miniature pies. His background is outstanding and includes the Four Season Hotel, Bouley and several appearances on the Food Network. Oprah Winfrey selected his brownies as one of her "favorite things." He is also well-known for his cheesecake lollipops and his brunch menu.

His desire to open his own bakery is Port Washington's good luck. This is the night to learn from a master baker.

**3038 - 1 WEDNESDAY, 7:30-9:30 P.M.,
Meets April 22
Main St. Bakery, 170 Main St., \$25**

8) INDIA GARDEN BAR AND GRILL

**Mr. Abraham, Co-Owner
Port Washington**

You'll enjoy an experience of Indian home cooking. Authentic spices will be used in an exotic array of entrees, soups, rice, naan and dessert.

This restaurant is newly decorated with new owners offering the best of Indian cuisine. Learn to make these dishes to serve at home.

**3053 - 1 TUESDAY, 7:30-9:30 P.M.,
Meets April 28
India Garden, 82 Main St., \$25**

9) SULLIVAN'S QUAY

**Brian Barry, Owner
Katherine O'Neill, Manager
James Plante, Chef
Port Washington**

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Come to "A Port For All Seasons" where they offer a menu of American specialties with an Irish flavor. An entire meal will be featured. This is a great opportunity to sample outstanding pub-fare.

**3022 - 1 WEDNESDAY, 7:30-9:30 P.M.,
Meets April 29
Sullivan's Quay, 541 Port Washington Blvd., \$25**

10) WATERVIEW RESTAURANT

**Rudis Miranda, Chef/Owner
Waterview Restaurant
Port Washington**

Chef Miranda will be serving all new recipes for a full meal including an appetizer, entree and dessert. His style and cooking are very exemplary. His culinary skill and presentation are

terrific. You'll be extremely pleased by the menu he creates as you enjoy the waterview from the restaurant.

3123 - 1 THURSDAY, 7:30-9:30 P.M.,
Meets May 7
Waterview Restaurant, Brewer Capri Marina, \$25

11) MAIN 415 RESTAURANT

Mr. Erwin, Owner
Port Washington

This will be an evening of great Continental food. 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.

Their warm weather outside cafe and evening music adds to the charm and ambiance of the restaurant.

3099 - 1 THURSDAY, 7:30-9:30 P.M.,
Meets May 14
Main 415 Restaurant, 415 Main St., \$25



Beverly Halm, Coordinator Grand Chefs

Experience the taste of cuisines and specialties from chefs in our area.

All classes are being held at Schreiber High School, Room 102/103, from 7:30-9:30 P.M., payment of \$25 due with registration form. Please send a separate check for each session.

1) THE BEST OF JAPANESE COOKING

Akira Yamaguchi, Owner/Chef
Restaurant Yamaguchi
Port Washington

Learn about the three S's: SUSHI, SASHIMI and SEAWEEED. Bring your friends and learn the skill of rolling your own sushi under the guidance of Mr. Yamaguchi. You'll go home with your handmade rolls.

3046 - 1 MONDAY, 7:30-9:30 P.M.,
Meets March 16
Schreiber High School, Room 102/103, \$25

2) THE HEALTHY CHEF- Totally cookies!

Melanie Melia
Food Consultant/Instructor

Cookies without sugar. Can it be? Absolutely! All ingredients are natural and organic. Can you fool your family into eating more healthy cookies? Of course! Especially when they are delicious. A

great class given by an outstanding vegetarian chef.

3087 - 1 MONDAY, 7:30-9:30 P.M.,
Meets March 30
Schreiber High School, Room 102/103, \$25

3) THE BEST OF WHOLE FOODS MARKET

Karen Greene, Manager
Manhasset

Learn how to cook an entire healthy, delicious meal using only the freshest ingredients! You will learn how to enjoy making your meal as much as you enjoy eating it. A complete meal will be served and recipes will be provided.

3062 - 1 TUESDAY, 7:30-9:30 P.M.,
Meets April 7
Schreiber High School, Room 102/103, \$25

4) MARK OF EXCELLENCE

Mark Spiegel, Owner
Port Washington

Back again, our off-premise caterer presents the art of food entertaining. Using all new recipes, learn how to prepare easy and elegant meals for yourself and your guests. Mark has proven his professional expertise for over 23 years. This is a very special evening presented by a very special person.

3048 - 1 MONDAY, 7:30-9:30 P.M.,
Meets April 20
Schreiber High School, Room 102/103, \$25

5) THE ART OF KOREAN CUISINE

Yun Young 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 dishes offered tonight. These dishes have great taste and are great recipes.

3010 - 1 TUESDAY, 7:30-9:30 P.M.,
Meets May 12
Schreiber High School, Room 102/103, \$25

Please mark your calendar and send a separate check for each cooking session.
Seating is limited.

See Special Interests on page 21
for Enzymes: the Neglected Nutrients

CREATIVE ARTS

BASIC BEADING

Haven Art

Create a single and/or multiple strand necklace, earrings, and bracelet in three evenings. Once you have the technique, the possibilities are endless. Beads are not included so that you can choose your own from a large inventory. Enrollment is limited. **Materials cost is dependent on individuals' material use.**

E 3066 - 3 WEDNESDAYS, 11AM-1:00 P.M.,
W Starts March 18

3067 - 3 WEDNESDAYS, 7:00-9:00 P.M.,
Starts March 18

Haven Art, 29 Haven Avenue, \$60

BASIC POTTER'S WHEEL

Haven Art

This class is designed to give the student experience throwing clay on the wheel. Students will learn to wedge, center and throw clay to create basic cylinders, pots, and mugs that will then be glazed. Small class allows for maximum individual attention. The class culminates with an art show of student work. Enrollment is limited. **Materials Fee \$50 payable first day.**

4002 - 5 THURSDAYS, 9:30-11:30 A.M.,
Starts April 23

4003 - 5 THURSDAYS, 7:00-9:00 P.M.,
Starts April 23

N 4004 - 5 FRIDAYS, 11 A.M.-1:00 P.M.,
E Starts April 24

W *Haven Art, 29 Haven Ave., \$110*

INTRO TO DRAWING AND PAINTING

Yvette DeMeo

"I believe imagination is key to an artist; that without it you miss yourself." I would like to show you how to put it on paper and canvas, developing skills to challenge yourself to express your ideas and bring it together in your art forms. This class will teach you different exercises in drawing, painting, shading and perspective. Bringing out your skills and imagination to what the project is and what you want the project to become.

Materials needed in class are: one 11 x 14 drawing pad, Derwent graphic pencils one HB, one 6B, one 9B, one white eraser, an assortment of brushes (Lowell Cornell is recommended), one canvas paper pad 11 x 14, one set of acrylic paint (white and black included), and a set of watercolor pencils.

4006 - 6 WEDNESDAYS, 7:30-9:00 P.M.,
Starts April 22

Weber Middle School, Room 110, \$45

WATERCOLOR

Elaine Cook

Eileen Neville

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

Please bring a watercolor cold press block 9 x 12", an assortment of watercolor brushes and watercolor paint (tubes preferred).

4001 - 6 TUESDAYS, 7:00-10:00 P.M.,
Starts March 31

Schreiber High School, Room 208, \$80

See Art in Floral Design, Creative Computing, and Photoshop Elements

**DANCE-
MOVERS AND SHAKERS**

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 10

Intermediate

6035 - 10 TUESDAYS, 8:30-10:00 P.M.,
Starts March 10

Weber Middle School, All Purpose Room,
\$100 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 18**
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 12**
Sousa School, Auditorium Stage, \$70

MIDDLE EASTERN DANCE

Varenka

Belly Dancing is a graceful, feminine art that develops strength and agility as you learn to move to the rhythms of music from the Middle East and North Africa. This class emphasizes basic movements and steps as well as choreography to help students exercise through dance and learn this beautiful and exotic art.

**6047 - 8 TUESDAYS, 7:30-8:45 P.M.,
Starts March 17**
Sousa School, Auditorium Stage, \$75

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 12**
Sousa School, Auditorium Stage, \$70

*Remember...Dancing is a great form
of exercise!
Lifelong learning...It isn't just for kids!*

FINANCIAL AND LEGAL

BASICS OF BONDS

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Robert Fusaro

There are many reasons to buy bonds. Few investments can match their stability and performance, especially during periods of market volatility. Because bonds should be an essential part of your portfolio, especially as you near retirement, you should understand how bonds could work for you. How to use bonds to create more income, the different types of bonds, the risks involved in bond investing, and bond investing strategies are topics that will be explored.

**6920 - 1 WEDNESDAY, 6:30-8:00P.M.,
Meets March 18**
*Schreiber High School, Room 212, \$25,
SC \$20*

BUYING AND SELLING A PRIVATE HOME

Michael Anzel

In this period of real estate slowdown it is especially important that both buyers and sellers understand their rights and obligations in the transfer of a private home or condominium. This course will cover all aspects of the transaction from precontract through closing. Special emphasis will be placed on the Standard Contract of Sale and what happens if a buyer cannot obtain financing, if the Seller delays and related issues.

**6682 - 2 MONDAYS, 7:30-9:30 P.M.,
Starts March 23**
Schreiber High School, Room 215, \$35

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 April 23**
*Schreiber High School, Room 215, \$15,
SC \$10*

GETTING ORGANIZED FINANCIALLY

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Michael Anzel

W 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.

6670 - 1 MONDAY, 7:30-9:30 P.M.,

Meets April 20

Schreiber High School, Room 215, \$30

INVESTING SAFE AND SOUND

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Richard Landsman

W This course is a practical two-hour seminar analyzing the balance between investment objectives, an individual's time horizon, risk and return in the current equity and bond markets.

Participants will learn specific strategies for investing to protect family savings, retirement savings, educational savings while controlling risk, defining their objectives and establishing a reasonable return. In the current economic and investment environment, this seminar is a must.

6773 - 1 THURSDAY, 7:00-9:00 P.M.,

Meets March 26

Schreiber High School, Room 219, \$25

NYS PARTNERSHIP FOR LONG TERM CARE

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, 7:00-9:00 P.M.,

Meets April 2

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

PROTECTING THE FUTURE FOR SPECIAL NEEDS CHILDREN

Sharon Kovacs Gruer, Esq.

Planning by parents can make a critical difference in the life of a special needs, as well as in the lives of his or her siblings who may be left with this complex responsibility. Have you asked, "What will happen when I am no longer around or able to be the primary care giver of my special needs child?" Many parents on Long Island turn to attorney Sharon Kovacs Gruer, chair of the Trust and Special Needs Trust Interest Group of the National Academy of Elder Law Attorneys. She advises, "Seeking professional legal advice early on can help smooth your child's transition and prevent devastating mistakes."

6603 - 1 MONDAY, 7:30-9:30 P.M.,

Meets April 27

Schreiber High School, Room 212, \$20

WHAT SHOULD I DO WITH MY MONEY

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David Savetz

W Are my investments appropriate for my goals? How do I invest when I am completely uncertain about the direction of the stock market? How do I fund my retirement as health care costs continue to rise? Am I diversified enough? Why should I invest in the stock market when we are probably in a recession? What are some alternatives to traditional stock and bond investments? How do I fund my retirement so I don't outlive my assets? 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 sub-allocation, as well as other strategies designed to help potentially maximize returns while minimizing risk.

6863 - 1 TUESDAY, 7:00-9:00 P.M.,

Meets March 10

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



MAH-JONGG- Beginner

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 April 29**

Schreiber High School, Room 212, \$60

*See: Beading, Creative Computing, Digital
Photography, Drawing and Painting,
Potter's Wheel, and Watercolor*



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 \$55 to instructor first session of class.

**3028 - 3 TUESDAYS, 7:00-8:00 P.M.,
Starts April 21**

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

CREATE YOUR DREAM HOME... THE EASY WAY!

Paul J. Pellicani

Have you considered renovating your kitchen or bath, adding an addition, or redesigning your house? Has the overwhelming sense of knowing how to go about doing it successfully delayed your start? If so, then join the award winning architect, Paul J Pellicani as he covers each topic in detail. Learn about the process, costs, time involved in the roles of an architect, contractor and building department (if applicable). We will also discuss design, blueprints, building permits, zoning variances, and home-renovation in general. You will be confident, knowing that you can renovate your home...the easy way.

**6776 - 1 TUESDAY, 7:00-10:00 P.M.,
Meets May 5**

Schreiber High School, Room 219, \$25

DO IT YOURSELF HOME REPAIRS –

Electrics

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Gus Bubaris

Spend six hours over three nights and learn how to rewire a lamp, change a light fixture,

replace a broken receptacle, upgrade to a chandelier dimmer, add an energy saving motion sensor, operate one ceiling fixture with two switches, add additional receptacles, wire for additional telephone or cable TV service, and add outdoor lamps and receptacles.

Instructor will bring tools and materials to allow students to develop "hands on" skills required for safe electrical repairs and improvements.

**6529- 3 THURSDAYS, 7:00-9:00 P.M.,
Starts April 30**

Weber Middle School, Room G-13, \$50

FROM GARDEN TO TABLE - Vegetable N Gardening

**E Cornell Cooperative Extension
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Home vegetable gardening is on the rise. There is nothing like eating a slice of your own homegrown tomato. Are you thinking about starting a vegetable garden? Or do you just need a little advice? Let us help you learn to choose the right location for your veggies, prepare your soil, and decide between vegetables from seeds or transplants. Learn general maintenance needs that will lead to a plentiful harvest!

**3203 - 1 WEDNESDAY, 7:00-9:00 P.M.,
Meets April 22**

Weber Middle School, Room 108, \$25

ROSE GARDENING BASICS

Cornell Cooperative Extension

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Don't let rumors about roses being "too much work" discourage you from enjoying the "Queen of Flowers." Learn how to get your roses off to a winning start with careful selection, proper planting, pruning and maintenance. Come hear about the Earthkind roses and their easy care reputation.

**3195 - 1 MONDAY, 7:00-8:30 P.M.,
Meets March 30**

Schreiber High School, Room 219, \$25

WAKE UP YOUR GARDEN THIS SPRING Cornell Cooperative Extension

To have a successful garden and landscape one must be proactive. Learn what needs to be done to get your garden up and growing at the beginning of spring. Lawn care, soil testing, mulching, flowers and spring bulb care and watering are some of the topics that will be discussed. Start the season off with a strong viable landscape.

**3167 - 1 MONDAY, 7:00-9:00 P.M.,
Meets April 6**

Schreiber High School, Room 219, \$25

LANGUAGE

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 a knowledge of Italian and want an introduction to the basic language.

CHINESE

Fanny Lee

Ni hao! (Hello!) Learn to communicate and explore ancient and current Chinese cultures. Hanyu Pinyin system of phonetic transcription is easy and will help you speak and understand practical expressions for business, daily life and travel.

**5028 - 10 WEDNESDAYS, 7:30-9:00 P.M.,
Starts March 11**

*Schreiber High School, Room 202, \$90
SC \$85*

*ESOL may be found under
Educational Advancement Page 3*

FRENCH - AM

Naomi Penner

Beginning: \$105, SC \$100
5000 - 10 MONDAYS, 10:30 A.M.-12:30 P.M.,

Starts March 9

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

Starts March 9

Teen Center, 232 Main St., See fees above.

ITALIAN - AM

Maria Tocci

Intermediate: Textbook and fee TBA.

**5005-10 THURSDAYS, 9:00-10:30 A.M.,
Starts March 12**

*Parent Resource Center, 232 Main St., \$90
SC \$85*

Beginner: Textbook and fee TBA.

**5008-10 THURSDAYS, 10:30AM-Noon
Starts March 12**

*Parent Resource Center, 232 Main St., \$90
SC \$85*

ITALIAN - PM

Maria Tocci

Beginning: Textbook and fee TBA.

**5006 - 10 MONDAYS, 7:15-8:45 P.M.,
Schreiber High School, Room 213, \$90,
SC \$85**

Starts March 9

Italian Conversation: Text and fee TBA.

**5007 - 10 MONDAYS, 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:

**5010 - 10 TUESDAYS, 7:30-9:00 P.M.,
Starts March 10**

Intermediate::

**5014 - 10 THURSDAYS, 7:30-9:00 P.M.,
Starts March 12**

Schreiber High School, Room 217, \$90, SC \$85

RUSSIAN FOR TOURISTS

Dora Israel

Enhance communication when traveling to Russia.

**5035 - 3 TUESDAYS, 7:00-8:30 P.M.,
Starts April 21**

Schreiber High School, Room 118, \$35, SC \$30

SPANISH - AM

Naomi Penner

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

Starts March 10

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

Starts March 10

*Parent Resource Center, 232 Main St.,
Fees: see above.*

SPANISH - PM

Naomi Penner

Beginning:

**5011 - 10 WEDNESDAYS, 6:30-8:30 P.M.,
Starts March 11**

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

*American Sign Language -
hopes to be back in the
fall!*

**MUSIC/PERFORMING
ARTS**

PIANO, Beginner and Intermediate
Debbie Jelliff

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

5502 - 8 TUESDAYS, 8:00-9:00 P.M.,
Starts March 10
Weber Middle School, Room G-1, \$65

THE "CRAFTS" OF MUSIC
David Barnett

Learn how music is created, developed and put into the forms that we all listen to and enjoy. I will use recordings and the piano to demonstrate the differences and similarities between composition, arranging and orchestration, and how they contribute to the creation of various musical styles. Students will learn to listen to music they know and don't know and appreciate what went into its creation. You will learn to appreciate many musical styles. Musical talent and the ability to read music is not required.

5510 - 3 THURSDAYS, 7:30-9:30 P.M.,
Starts March 19
Weber Middle School, Room 8, \$50

THE MUSIC OF THE 20TH CENTURY
David Goldberg

Take an aural journey through the music of the past century with composer David Goldberg. We will survey and discuss 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 25
Weber Middle School, Room G-1, \$135

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

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 27
Weber Middle School, Room 112, \$40

BRAINOLA: Brain Power Development!
Marilyn Gilbert

Food for the feeding and care of your brain. Keep those neurons and synapses alive and hopping with a variety of brain games and exercises. Feel the power of those new connections as you experience "aha insights."

6560 - 3 THURSDAYS, 7:00-8:30 P.M.,
Starts May 7
Sousa Elementary School, Room 139, \$45

**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 May 6
Schreiber High School, Room 217, \$25

**DISCOVERING YOUR WAY TO A MORE
SIMPLE AND INTEGRATED LIFE**
Eleanor Darienzo

Times of global and economic crisis can provide the seed bed for reevaluating our priorities and growing into a more peaceful and integrated lifestyle. Our class will become a sacred circle that provides the opportunity to share experiences that awaken and enlarge each person's unique vision of what makes for an authentic life. Topics include: Do you own your stuff or does it own you? Where did all the time go? Making friends with money. Caring for our home, the earth. Embracing community, and more.

**6599 - 4 TUESDAYS, 7:00-8:30 P.M.,
Starts March 31**
Weber Middle School, Room 108, \$45

*See Don't Let the Economy Stall Your Dreams:
Creative Solutions for Today's Challenges
on page 5*

HYPNOSIS FOR WEIGHT LOSS
Susan Scherker

Sick and tired of fighting the weight loss battle? Wary of hypnosis? Susan Scherker, Certified Hypnotist, will reassure you that hypnosis is an important tool in weight loss, and that hypnosis simply relaxes you physically, allowing you to be much more alert mentally.

Learn how, through the power of suggestibility, you can eat properly and accomplish your goal. Your life is a result of attitudes you formed and choices you made in the past. You will develop a new positive attitude leading to success. Please note there is no guarantee that hypnosis will work for everyone and there are no refunds.

**6950 - 2 THURSDAYS, 7:30-8:30 P.M.,
Starts March 26**
Weber Middle School, Room 108, \$75

**INTRO TO ANTI-AGING THERAPY-Self
Care Practices**
Deirdre Breen-Bernstein

Based on Ancient Chinese wisdom, this class teaches the philosophy and self care practices for anti-aging through balancing of the Three treasures: Essence, Spirit and Qi with acupressure point massage, QiGong meditation and movements and food therapy based on the 5 element theory. Using the text Anti-Aging Therapy. Reversing the Aging Process with Traditional Chinese Medicine, by Ping Zhang, PhD you'll be looking and feeling younger and more vibrant after the first session.

**6594 - 3 WEDNESDAYS, 7:30-9:30 P.M.,
Starts March 18**
Schreiber High School, Room 215, \$40

**ANTI-AGING THERAPY-Part Two
of three (next fall)**
Deirdre Breen-Bernstein

These three classes continue the philosophy and practices of Traditional Chinese Medicine's approach to anti-aging by addressing specific facial condition such as eye bags, dark circles, age spots, sagging skin and wrinkles and introduces the use of Chinese herbs and Chinese beauty tools of Gua Sha, Jade Roller and Pearl powder. Specific protocols for daily, weekly and special event self care treatments assure your health and wellness will emerge from within and radiate without.

Introduction of Chinese herbal anti-aging products will be incorporated as well as a free TCM pulse diagnosis to determine your unique composite of the five elements from Ping Zhang, PhD at the final session.

**6595 - 3 WEDNESDAYS, 7:30-9:30 P.M.,
Starts May 6**
Schreiber High School, Room 215, \$40

**SINGLEPARENTS: Navigating the Bumps
in the Road**
Julie Cohen

Come and join us for some much needed relief! It goes without saying that single parenting is the toughest of all jobs, whether you are separated, divorced or have made the choice to raise your children independent of a partner.

This workshop promises to give you hands-on tools for minimizing stress for both you and your children, while covering many issues unique to the challenges of single parenting.

**6571 - 1 TUESDAY, 7:00-8:30 P.M.,
Meets March 10**
Weber Middle School, Room 108, \$25

THE ART AND STYLE OF MAKE-UP
Craig Lindberg

Ever wanted to highlight your cheekbones or straighten your nose? Want to know and understand the proper application of make-up for your particular shape face? This class is designed for individuals to better understand makeup and how it affects the face. You will learn to make better choices when you buy cosmetic products. Taught by a celebrity makeup artist who has worked on motion pictures, television and Broadway shows you can learn to better your personal and/or professional knowledge and enhance your features.

Please bring your makeup kits (bring 1 lighter and 1 darker foundation), makeup brushes, stand-up mirror if you have one and facial wipes.
**6653 - 3 WEDNESDAYS, 7:00-8:30 P.M.,
Starts May 6**
Weber Middle School, Room 215, \$35

THE MAGIC IN YOU

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Joseph Fallarino

W Your "*Magic*" comes from within. Your magic is "*You at your best*" - your best self-image, self-esteem and self-confidence. And when you look, feel and act your best, you ignite your magic...and step into your greatness.

The Magic in You is a new model in self-discovery and self-actualization. In this workshop, you will discover a new you...a powerful and magical you. A you with **sparkle, fire and awesome self-confidence**. You'll **examine and optimize** every aspect of your life-your behaviors, patterns, attitude, fitness, health, thoughts, confidence, personality, self-image and self-esteem. You will learn to live life on your terms, engage the world from positions of strength vs. weakness and get in touch with the confident, gorgeous and magnificent person you are at your core.

If you are still trying to find your formula for happiness or want to bring your life to the next level- this workshop is for you. It will change the way you think the way you feel and the way the world reacts to you. This is not a passive experience, you will be required to play an active role and confront-even change many of the paradigms you believe about yourself. We'll encourage you to ask yourself tough questions, think deeply, and look below the surface. In the end, you will learn a 7 step strategy to "**Be Your Best**", create new possibilities in your life and build a new foundation for making the next part of your life-*the best part of your life*.

**6505 - 2 WEDNESDAYS, 7:00-9:30 P.M.,
Starts March 11**

Schreiber High School, Room 215, \$45

THE PILLARS OF A BALANCED LIFE

Harriet Cabelly, LCSW

Get a snapshot of your life by reflecting upon and rating ten important life dimensions. You will note areas of satisfaction and those for potential change. Bring your open mind and playful spirit to this interactive session where you can address self-improvement, personal growth and satisfaction in your life.

**6596 - 1 MONDAY, 7:00-8:30 P.M.,
Meets May 11**

Weber Middle School, Room 108, \$25

Also See Special Interests on Page 21



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 10

Daly School, All Purpose Room, \$95

(Use parking lot on Shadyside Ave. and take path to Daly Annex door)

BADMINTON

Jamie Pines

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 16**

Schrieber High School, Gymnasium, \$45

BASKETBALL - A Full Court Activity

Thur - Stephen Shackel

Tues - Michael Stopler

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.

**6006 - 10 THURSDAYS, 8:00-10:00 P.M.,
Starts March 12**

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

Weber Middle School, Gymnasium, \$85

Limited class size.

PORT 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 component. Please bring a mat or towel.

**6086 - 10 MONDAYS, 7:00-8:00 P.M.,
Starts March 9**

**6087 - 10 SATURDAYS, 9:30-10:30 A.M.,
Starts March 14**

*Tokey Hill's Karate Center, 55 Lumber Road,
Roslyn, \$75*

**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 April 22**

**6009 - 6 WEDNESDAYS, 8:30-9:30 P.M.,
Starts April 22**

Sousa School, Gymnasium, \$50

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 April 21**

**6083 - 6 TUESDAYS, 8:30-10:00 P.M.,
Starts April 21**

Sousa School, Gymnasium, \$70

HORSEBACK RIDING

Sandy Fallon

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. Slots will be assigned for 1-3 riders at half hour and 4-6 at three quarter hour slots between 9am and noon. All horses are quiet, school and shoe horses.

When riding you must wear long pants, a shoe or boot with a heel and an appropriate helmet if you have one.

Riding will be taught at the Old Mill Farm on Route 106 under the supervision and direction of the Glen Head Horse Farm. There will be 5 riding lessons and 2 grooming/tack lessons for rainy days. We will have one makeup day.

**6766 - 7 SATURDAYS, 9:00AM-12:00 P.M.,
Starts April 4**

Old Mill Farm, Route 106, Jericho, \$235

*Exercise with Middle Eastern Dance
See page 12*

INTRODUCTION TO MAT PILATES

N Susan Mitrani

E

W Over the course of 10 weeks students will be taught the 18 traditional Pilates Mat exercises as created by Joseph Pilates. During these classes students will see and feel improvement in their stability, strength, stamina and flexibility. Traditional Pilates mat exercises taught classically challenges even the most advanced student while being appropriate for all levels.

At the end of this course you will have learned a form of exercise that you can take with you for the rest of your life.

Please wear exercise clothing or loose fitting clothing. A Pilates Mat is required.

**6020 - 10 MONDAYS, 7:00-8:00 P.M.,
Starts March 16**

Weber Middle School, Wrestling Room, \$75

**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 10**

**6016 - 10 WEDNESDAYS, 8:00-9:00 P.M.,
Starts March 11**

**6017 - 10 THURSDAYS, 8:00-9:00 P.M.,
Starts March 12**

**6018 - 10 SATURDAYS, 12:00-1:00 P.M.,
Starts March 14**

Body 'n Sync, 358 Port Washington Blvd. (parking in rear), \$95, Priority to Port Washington residents.

POSTURCISE®

**Debra Demou, Certified
Posturcise® Trainer**

Posturcise® is the new dimension of exercise that identifies and corrects your individual posture and movement faults. Based on cutting edge exercise science, this program, which is featured regularly on TV and radio, is unparalleled in helping you achieve the benefits of improved posture, such as instantly making you

appear thinner and younger, decreasing muscle and joint pains, improving your "body language", looks, and subsequent success in personal and business affairs. Our system enhances any other exercise performance by improving your individual posture and movement and can be enjoyed at any level of physical conditioning, or state of injury.

Join our Posturcise class and improve the way you look and feel, and change the way others see and treat you with improved posture.

**6094 - 10 MONDAYS, 7:00-8:00 P.M.,
Starts March 9**
Daly Elementary School, All Purpose Room, \$85

POSTURCISE-[®] Muscle and Joint Pain Relief

**N Dr. Michael Remy, DABCO, CCSP
E Debra Demou, CPT
W**

Posturcise[®] is a revolutionary new exercise system, that corrects your posture and movement habits. Used by professional athletes and chronic pain sufferers alike, this two hour seminar teaches the student self analysis and corrective exercises to improve posture, movement, and relieve the mechanical causes of a variety of muscle and joint pains. Taught by a board certified chiropractic orthopedist and certified Posturcise[®] trainers. Topics include corrective exercises to relieve back, neck, hip, knee, shoulder, TMJ pains and tension headaches, that are related to faulty posture and movement. *Please note that this class is not intended to diagnose or treat any medical condition, and clearance from your own physician to participate in an exercise class is strongly recommended.

**6092 - 1 TUESDAY, 7:00-9:00 P.M.,
Meets March 31**
Daly Elementary School, GYM, \$20

**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.

**6029 - 10 WEDNESDAYS, 8:00-10:00 P.M.,
Starts March 18**
Schreiber High School, Gymnasium, \$65

*Recognize the importance of
exercise. Sign up for a
class today!*

STEP WORKOUT

N Tina Mavrikos-Kual

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W This AFAA certified instructor will offer you a class format which includes a warm-up, plus step and vertical floor work. Cool-down and stretching will conclude the workout. Materials provided by students: mat, step and two weights.

**6068 - 8 WEDNESDAYS, 8:00-9:00 P.M.,
Starts March 25**
Daly Elementary School, APR, \$45

**TENNIS- All Levels
Port Washington Tennis Academy**

Students in the Wednesday class must be able to rally from the baseline. They will be coached in all aspects of the game including proper stroke production, match play techniques and strategy. The more advanced players will receive specific coaching in doubles, including actual play situations.

The Friday class is geared to beginners and those with little experience. We will focus on proper stroke production and the fundamentals of the game.

Priority to Port Washington Residents.

Some experience and better:

**6027 - 8 WEDNESDAYS, 1:00-3:00 P.M.,
\$165 Starts March 11**

Never played or very little experience:

**6032 - 8 FRIDAYS, 1:00-2:00 P.M.,
\$85 Starts March 13**

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 9**

Weber Middle School, All Purpose Room, \$95

**20-20-20
N Tina Mavrikos-Kual**

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W 20 Minutes of cardiovascular conditioning includes warmup and total body work out.

20 Minutes of free weights with the focus on upper and lower body toning and condi-

tioning.

20 Minutes of abdominals, stretching and cool down.

You will need to bring a mat and two sets of weights 5 lbs and 2 lbs.

**6058 - 8 THURSDAYS, 8:00-9:00 P.M.,
Starts March 19**

Weber Middle School, APR, \$45

YOGA

Alice Wieting

Yoga is an art of balance--balance of the body physically and balance of the body with the mind and spirit. Yoga creates a feeling of well-being..a feeling of "coming home" to yourself. 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, 7:00-8:30 P.M.,
Starts March 12**

Weber Middle School, Wrestling Room, \$75



BOOKTALK

**N
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Sari Schulman

W

If you have always wanted to be in a book discussion group but would appreciate a professional facilitator, this course is for you. Led by Sari Schulman, a Schreiber English teacher, the series will deal with women facing oppression by reading and talking about Zora Neale Hurston's *Their Eyes Were Watching God*, Laura Esquivel's *Like Water for Chocolate* and Khaled Hosseini's *A Thousand Splendid Suns*.

**6537 - 3 THURSDAYS, 7:30-9:00 P.M.,
Meets March 5, 19 and April 2**

Schreiber High School, Room 215, \$45

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.

Puppies should be 4 months (or as soon as vet permits) to one year.

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.

**Puppies: Sec. 1 (No dog the first day)
6106 - 7 SATURDAYS, 9:00-10:00 A.M.,
Starts April 25**

**Beginner: Sec. 2 (No dog the first day)
6107 - 7 SATURDAYS, 10:00-11:00 A.M.,**

Starts April 25

Intermediate: Sec.3 (Bring dog first day)

For those students who have already completed a Beginner's Dog Obedience class.

**6108 - 7 SATURDAYS, 11:00 A.M.-Noon,
Starts April 25**

Sousa Elem. School, All Purpose Room, \$85

ENZYMES: The Neglected Nutrients

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Dr. Jeff Rosenberg

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If you were told there is a group of nutrients that may help you to feel more energized, improve digestion, elimination, detoxification, strengthen the immune system, and support your diet and nutritional supplement program, would that interest you? Please join us for a discussion on the "neglected" nutrients: ENZYMES. This workshop will discuss the KEY roles enzymes play, why most ALL of us are deficient to some extent, the tremendous potential for healing from a great variety of health conditions, and some success strategies moving forward.

Come with an open mind and leave with a hopeful spirit.

**6506 - 1 WEDNESDAY, 7:00-8:30 P.M.,
Meets March 25**

Schreiber High School, Room 212, \$25

I HAVE A STORY TO TELL...Part II

N Writing the Scene.

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Marian Chervis

Strongly-written scenes help writers create the illusion that events in a story are happening in real time. These sessions will help writers develop scenes to strengthen their work. Focus will be on character development, motivation, sensory details and plot elements. The previous course is not necessarily a prerequisite.

**6774 - 3 TUESDAYS, 7:00-9:00 P.M.,
Starts May 5**

Schreiber High School, Room 115, \$40

THE COMPLETE COURSE OF NEWBORN CARE

Elissa Rubin, MD

This course is designed to help expectant parents feel much more confident and prepared for their newborn's arrival. You will discuss all the topics associated with a newborn with a Board Certified Pediatrician. Topics including how to pick a pediatrician, feeding, skin care, and basics needs will be covered. She will tell you the scoop on what you really need to purchase and what is a waste of money. The recommendations of the American Academy of Pediatrics will also be covered. Come with all your questions and concerns and leave anxiety free.

**6609 - 1 WEDNESDAY, 7:00-9:00 P.M.,
Meets March 25**

Schreiber High School, Room 217, \$15

STITCHERY

BASIC SEWING AND DRESS- MAKING

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Ferosa Plotkin

Learn the skills you need to create clothing for yourself or others and complete a simple stylish garment. Students will learn how to measure, cut and sew properly. You will learn how to measure your body and make a pattern or how to adjust an "Easy" pattern that you will purchase. Students will be given a supply list at the first class.

Express your creative fashion sense, learn a practical skill and save money at the same time!
3132 - 6 THURSDAYS, 7:30-9:00 P.M.,

Starts March 19

Weber Middle School, Room 217, \$65

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 (knitting worsted).

3026 - 8 TUESDAYS, 7:00-9:00 P.M.,

Starts March 24

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 23

Weber Middle School, Tchr. Cafeteria, \$95

Other Creative Courses to Enjoy...

*Creative Computing, Digital Cameras,
Basic Beading, Potter's Wheel, Drawing,
Watercolor, Art in Floral Design, Piano.*

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

THE COMMUNITY

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 \$85 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, email us at info@parentresource.org 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, audiocassette and monthly support meetings. Call 516 938-0080 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, painting, aerobics, sewing) 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

Sue Lucatorto, Director

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

Open 5 days a week, 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, 9:00 A.M.-4:00 P.M.,
St. Stephen's Church Parish Hall,
9 Carlton Avenue, Port Washington

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
We will send you an application.

The Continuing Education Program is always looking for qualified instructors in new subject areas. 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.

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.

NEW COURSE OFFERINGS

Anti-Aging Therapy-Part two
Basic Beading-AM
Basic Potter's Wheel-Fridays
Basics of Bonds
Book Talk
Career Development
Delicious, Healthy Cooking from
Campagnia, Italia
Digital Cameras I - Choosing Your Camera
Digital Camera: Understanding Your Camera
Discovering Your Way to a More Simple
and Integrated Life
Do It Yourself Home Repairs- Electrics
Don't Let the Economy Stall Your Dreams-
Creative Solutions for Today's Challenges
Dream Dinners-Dinner Assembly Store
Enzymes: The Neglected Nutrients
From Garden to Table - Vegetable Gardening
Getting Organized Financially
Gluten Free Cuisine - The Basics II
How to save Money - Using Your Computer
for Smart Shopping
I Have a Story to Tell - Part II
Investing Safe and Sound
Photoshop Elements
Posturcise-Muscle and Joint Pain Relief
Rose Gardening Basics
Single Parents: Navigating the Bumps in the
Road
Spring/Summer Salads
Step Workout
Sullivan's Quay
Thanee Thai
The Magic in You
20-20-20
What Should I Do with My Money?
Window Explorer: File and Folder

ONE SESSION COURSES

Basics of Bonds
Bistro Toulouse
Breakfast on the Bay Harbor Tour
Create Your Dream Home...the Easy Way!
Digital Cameras - Choosing Your Camera
Digital Camera - Understanding Your Camera
Dream Dinners
Enzymes: The Neglected Nutrients
Finn Mac Cool's Restaurant
Elder Law and Estate Planning
From Garden to Table - Vegetable Gardening
Getting Organized Financially
Gluten-Free Cuisine-The Basics II
India Garden Bar and Grill
Investing Safe and Sound
La Motta's at its Best
Main 415 Restaurant
Main Street Bakery
Mark of Excellence
NYS Partnership for Long Term Care
Posturcize - Muscle and Joint Pain Relief
Protecting the Future for Special Needs
Children
Rose Gardening Basics
Single Parents: Navigating the Bumps in the
Road
Spring/Summer Salads
Sullivan's Quay
Tava Restaurant and Bar
Thanee Thai
The Art of Korean Cuisine
The Best of Japanese Cooking
The Complete Course of Newborn Care
The Grill Room at Harbor Links
The Healthy Chef- totally cookies!
The Mediterranean Menu
The Pillars of a Balanced Life
Wake Up Your Garden This Spring
Waterview Restaurant
What Should I Do with My Money?
You're On the Air (Voice-Overs)

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