

SCHOOL ADMINISTRATION

Ralph P. Ferrie, *Superintendent of Schools*
Mara Bollettieri, Psy.D., *Assistant Superintendent for Human Resources*
Jeffrey Carlson, *Assistant Superintendent for Business Services*
Cheryl Pedisich, *Assistant Superintendent for Educational Services*

DISTRICT SCHOOLS

WARD MELVILLE HIGH SCHOOL
380 Old Town Road, E. Setauket

ARROWHEAD ELEMENTARY SCHOOL
62 Arrowhead Lane, E. Setauket

MINNESAUKE ELEMENTARY SCHOOL
21 Highgate Drive, E Setauket

W. S. MOUNT ELEMENTARY SCHOOL
50 Dean Lane, Stony Brook

NASSAKEAG ELEMENTARY SCHOOL
490 Pond Path, E. Setauket

SETAUKET ELEMENTARY SCHOOL
134 Main Street, E. Setauket

R. C. MURPHY JR. HIGH SCHOOL
351 Oxhead Road, Stony Brook

P. J. GELINAS JR HIGH SCHOOL
25 Mud Road, E Setauket

QUESTIONS ?

Contact Continuing Education
730-4389

COMMENTS AND/OR SUGGESTIONS?

The Continuing Education Program is committed to meeting the needs of the diverse population of the Three Village Central School District. We value you as a participant in the program and we work hard to make your learning experience a positive one. Your comments and suggestions are always welcome. Please write to Barbara McCahill, Director, Continuing Education Program or fax (730-4384) the CEP office. We welcome hearing from you.

Visit our improved website at
www.3villagecsd.k12.ny.us

GENERAL INFORMATION

OFFICE HOURS

Starting February 2, the CEP office will be staffed from 6:30 – 9:00 p.m., Monday through Thursday **whenever school is in session**. We are always closed on Fridays. Telephone 730-4389 available 24 hours. Responses to messages will be done as soon as possible.

PARKING

Parking is permitted in designated parking areas only. Handicapped parking is available at all facilities. **DO NOT PARK IN FIRE LANES.**

CLASS CANCELLATIONS

If it is necessary to cancel class because of inclement weather, announcements will be made over the local radio stations or posted on the district website: www.3villagecsd.k12.ny.us. Cancelled classes will be rescheduled.

GIFT CERTIFICATES: Give a Gift of Knowledge! Next time you have a special occasion to commemorate, consider giving a CEP Gift Certificate. Available in any denomination, certificates can be used toward all Continuing Education courses and/or trips.

NO SMOKING: Smoking is prohibited on school property.

HEALTH NOTICE: Some physical activities may not be suitable for you. The TVCSD relies on each registrant to seek medical advice as to his/her capacity to participate and will not be responsible for injuries, damages, or losses.

MISCELLANEOUS:

Please shut off your cell phone during class. If you must take a call, do so outside the classroom. Please refrain from wearing perfume or other fragrances, as many adults are allergic to them. Fire drills are held on a regular basis. Please take them seriously! Exit the building immediately and return only when instructed to do so. Enjoy the semester!

“Three Village Central School District admits eligible students to all programs and services without regard to sex, religion, race, color, national origin or handicap.

COURSE LISTING

559	ALEXANDER TECHNIQUE	Monday	550	GETTING PAID TO TALK: An Introduction to Professional Voice Overs.....	Thursday
559	ADV ALEXANDER TECHNIQUE: INTERMEDIATE.....	Monday	564	GOLF INJURY PREVENTION	Thursday
322	AMIGURUMI CROCHET	Tuesday	607A	GOLF–THE BASICS	Wednesday
604	AQUA FITNESS	Monday/Wednesday	607B	GOLF–THE BASICS	Wednesday
304	ART: ACRYLIC PAINTING–BEGINNERS/INTERMEDIATE	Thursday	607C	GOLF–THE BASICS	Wednesday
303	ART: WATERCOLOR PAINTING	Thursday	405	HEALTH: FIRST AID	Thursday
310	ART: OIL LANDSCAPES	Monday	403	HEALTH: ADULT CPR	Thursday
317	ART: PASTEL PORTRAITS	Tuesday	404	HEALTH: INFANT/CHILD CPR	Thursday
316	BRIDGE: SUPERVISED PLAY.....	Wednesday	401	HEALTH: REVEALING POSTURES.....	Tuesday
558	BUYING REAL ESTATE FORCLOSURES	Monday	551	INTRODUCTION TO HYPNOSIS.....	Thursday
611	CARDIO KICKBOXING.....	Thursday	407	INTRODUCTION TO SAILING	Wednesday
566	CAREER TRANSITIONS.....	Monday	315	JEWELRY DESIGN: BEAD MAKING.....	Monday
104	COMPUTERS: MICROSOFT POWER POINT.....	Wednesday	323	JEWELRY: TIME TO BEAD.....	Monday
103	COMPUTERS: MICROSOFT WORD	Wednesday	351	LANGUAGE: CHINESE	Tuesday
106	COMPUTERS: MICROSOFT EXCEL.....	Tuesday	408	MOTORCYCLING FOR BEGINNERS	Wednesday
565	CONTROLLING OSTEOPOROSIS.....	Wednesday	321	QUILTING: MACHINE–BEGINNERS.....	Tuesday
402	COOKING & BAKING WITH SPECIAL DIETS.....	Tuesday	555	REAL ESTATE: LICENSE RENEWAL	Wednesday/Monday
202	CREATIVE WRITING–THE WRITE PATH.....	Wednesday	556	REAL ESTATE: NYS SALES LICENSE	Tuesday/Thursday
150	CULINARY: CAKE & HORS D’OEUVRE DECORATING	Tuesday	153	REGIONAL CHINESE COOKING.....	Monday
151	CULINARY: CHIA POWER.....	Wednesday	314	SCRAPBOOKING FOR BEGINNERS	Tuesday
152	CULINARY: ANYWAY YOU CUT IT–BASIC KNIFE SKILLS....	Tuesday	603	SCUBA DIVING CERTIFICATION....A) Mondays B) Tuesdays C) Fridays	
506	DANCE: COUNTRY LINE WESTERN FOR COUPLES/PARTNERS..	Monday	610	SELF DEFENSE FOR MEN	Thursday
505	DANCE: COUNTRY LINE WESTERN–BEGINNERS	Thursday	609	SELF DEFENSE FOR WOMEN	Wednesday
503	DANCE: BALLROOM SOCIAL DANCING–BEGINNERS	Monday	601	SNORKELING.....	Tuesday/Thursday
504	DANCE: BALLROOM SOCIAL DANCING–INTERMEDIATE	Monday	300	STAINED GLASS–BEGINNERS.....	Thursday
500	DANCE: BELLY DANCING–BEGINNERS	Tuesday	318	STAINED GLASS–INTERMEDIATE.....	Thursday
101	DIGITAL PHOTOGRAPHY FOR BEGINNERS.....	Monday	308	UPHOLSTERY–ADVANCED.....	Wednesday
602	DISCOVER SCUBA	Thursday	307	UPHOLSTERY–BEGINNERS	Tuesday
600	PM EXERCISE: AEROBICS.....	Monday/Wednesday	606	VOLLEYBALL–BUMP, SET, SPIKE!.....	Monday
600	AFT EXERCISE: AEROBICS	Tuesday/Thursday	204	WATCHING AND DISCUSSING DOCUMENTARY FILMS	Tuesday
256	FINANCE: PAYING FOR COLLEGE– How to Navigate the Financial Aid Process	Wednesday	312	WILD PLANT IDENTIFICATION.....	Thursday
257	FINANCE: RETIREMENT PLANNING TODAY™.....	Thursday	306	WOODCARVING FOR THE BEGINNER/NOVICE	Wednesday
255	FINANCE: THE TRUTH ABOUT LIVING TRUSTS & WILLS....	Tuesday	305	WOODCARVING: ORNAMENT & FIGURE CARVING	Wednesday
406	FIVE ELEMENT ACUPUNCTURE.....	Thursday	154	WORLD OF COFFEE.....	Thursday
319	GARDENING BASICS.....	Tuesday	605	YOGA.....	Tuesday

REGISTRATION/INFORMATION

You must be registered in a course before attending. Enrollment is open to anyone 18 years or over. Registrations are processed in the order received.

EARLY BIRD REGISTRATION

MAIL IN

Starting at once, fill out a **separate** registration form (form may be duplicated) per person and mail with a **separate check** for **each course/trip**. Do not send cash. Please include **course number** and your **telephone number** on the check. Do not combine payments for multiple courses/trips. Fees are non-refundable. A \$15 fee will be charged for any returned check. You will NOT receive notification that the course/trip is running but will be called if a course/trip is cancelled due to low enrollment. Mail registration is best. Don't be disappointed. Register early! Mail your check or money order, made payable to **TVCSD**, and send to:

**Continuing Education Program
Three Village Central School District
c/o Ward Melville High School
380 Old Town Road, Rm. 113A
Setauket, NY 11733**

WALK IN

Come to the Continuing Education Office, Room 113A, SOUTH (Auditorium) Parking Lot at Ward Melville High School.
MONDAY / TUESDAY / WEDNESDAY / THURSDAY
Starting February 2 (Office closed Feb. 16-19)
6:30 p.m. – 8:30 p.m.

Our staff will be available to answer your questions and process your registration.

LATE REGISTRATION

Starts **Monday, March 9**
An additional \$3 registration fee will be assessed for late registrants. Instructors cannot register you. Please come to the CEP Office, Rm 113A, WMHS, to process your registration.

FEES

Registration fees are noted as part of each course description. Additional materials fees are noted and collected by the instructor.

Course fees are charged as follows:

RESIDENT ADULTS UNDER 60 and **Employees of the School District** pay the total (“Res.”) amount.

RESIDENT SENIOR CITIZENS (60+) upon presentation of proof of residency and age card pay one-half the stated course fee, plus any materials fee, unless otherwise indicated.

NONRESIDENTS (including senior citizens) pay the “Non-Res.” fee as noted in each course description. **NO DISCOUNTS.**

REFUNDS

Fees will be refunded for classes that are canceled due to insufficient registration. Your registration fee guarantees you a space and is the key to our decision to run the course/trip. **No fees will be refunded for any other circumstances.**

CONFIRMATIONS / CANCELLATIONS

The CEP Office does not mail confirmations for classes or trips. If the class/trip you have signed up for is changed or canceled, you will be notified. **PLEASE ASSUME YOU ARE ACCEPTED IN A CLASS/TRIP UNLESS YOU ARE NOTIFIED. NO LETTER OF ACCEPTANCE WILL BE MAILED TO YOU. If you do not hear from us, attend the class/trip as scheduled in this brochure.** Always feel free to call us at 730-4389 to verify your status. The Continuing Education Program makes the decision to offer each course based on advanced registration. A course is canceled if there is insufficient enrollment. To avoid disappointment, **register early!**

CLASSES NOT IN SESSION

February 18, 19, 20, 21
March 25 (Ward Melville only)
April 6, 7, 8, 9, 13
May 25

See your class listing for any additional dates.

Remember: On the above nights, the CEP Office is closed as well.

MONDAY

101 DIGITAL PHOTOGRAPHY FOR BEGINNERS

Geoffrey Cheshire

7-9 p.m.

Melville 121

Designed for those new to Digital Photography. Lessons will show you how easy it is to get the most out of the digital process. You'll learn key terms and concepts needed to help capture great photos with your digital camera. You will combine the digital side with the creative side while learning exposure and composition techniques. The goal is to show you how to reach your creative potential using today's technology. Five sessions: 4/20, 27, 5/04, 11, 18
Fee: Res. \$49; Non-Res. \$57

153 REGIONAL CHINESE COOKING

Ron Kerner

7-8:30 p.m.

Melville 136

Learn how to cook the regional cuisines of China. Steaming, stir-frying and sand pot cooking will be among the styles used. Cooking will be by demonstration and limited participation. You will also learn about woks, cooking implements and Chinese ingredients. By the end of the course you will be able to prepare an authentic Chinese dinner for yourself, family and friends. Eight sessions: 3/16, 23, 30, 4/20, 27, 5/04, 11, 18
Fee: Res. \$54; Non-Res. \$62

310 ART: OIL LANDSCAPES

Michael Parisi

7-9 p.m.

Melville 113

Explore the characteristics of oil painting while acquiring an understanding of landscape composition. Please bring a drawing pad and pencil as well as a canvas board approximate size 16X20 to the first session. You will be given a list of supplies to be purchased by the instructor on the first night. Six sessions: 4/27, 5/04, 11, 18, 6/01
Fee: Res. \$49; Non-Res. \$57

315 JEWELRY DESIGN: BEAD MAKING

Jacqueline Parante

7-9 p.m.

Murphy 304

Learn the basics of making a handmade jewelry set. No experience is needed to make a beautiful necklace, bracelet, earrings and ankle bracelet. \$20 payable to teacher at first class covers your basic tool box. Additional materials fee depends upon beads selected. Four sessions: 3/02, 16, 30 4/20
Fee: Res. \$39; Non-Res. \$47

323 JEWELRY: TIME TO BEAD

Jacqueline Parante

7-9 p.m.

Murphy 304

This class is designed for students who know the basic techniques of making jewelry. New advanced designs will be taught throughout the course. Class members are encouraged to share ideas and designs. Come to class prepared with tools & wire to make necklaces, earrings and ankle bracelets. Material fee of \$10 for wire, crimp heads, crimp tubes and locks will be payable to instructor at the first class. Beads & tools will be available each week for an additional cost. Five sessions: 4/27, 5/04, 11, 18
Fee: Res. \$39; Non-Res. \$47

503 DANCE: BALLROOM SOCIAL DANCING—Beginners

Edwin & Faith Holmquist

8-9:30 p.m.

Murphy JHS Gym

Designed for those who have never danced, as well as for those who "get by" on the dance floor but would enjoy the pleasure of dancing correctly. Learn the basic steps while having fun—Fox Trot, Waltz, Lindy (Swing) and Merengue. Social dancing is for fun-loving people of all ages. Bring a partner and enjoy an evening of music, dance and companionship. Wear sneakers. Couples only. Eight sessions: 3/02, 16, 30, 4/20, 27, 5/04, 11, 18
Fee: Res. \$94; Non-Res. \$102 (per couple)

504 DANCE: BALLROOM SOCIAL DANCING—Interm

Edwin & Faith Holmquist

6:30-8 p.m.

Murphy JHS Gym

For those who have completed at least two sessions in Beginning Ballroom dancing and want to go beyond the basic level. More advanced steps in the basic dances and the more difficult dances like Peabody, Quickstep, Mambo, and Samba will be taught. Emphasis on correct dance form and technique will be stressed. Wear sneakers. Couples only. Eight Sessions: 3/02, 16, 30, 4/20, 27, 5/04, 11, 18
Fee: Res. \$94; Non-Res. \$102 (per couple)

506 DANCE: COUNTRY LINE WESTERN FOR COUPLES/PARTNERS

Ellen Cheesman & Martin White

7-8:30 p.m.

Setauket Mini Gym

Country Western dancing includes a variety of dance styles and rhythms. The dance floor is organized into couple/partner dances along with line, swing, 2-step and cha cha. This class will be an introduction to the Couple/Partner dances that coincide with the line dances. Eight sessions: 3/16, 30, 4/20, 27, 5/11, 18, 6/01, 08
Fee: Res. \$94; Non-Res. \$102 (per couple)

555 REAL ESTATE: LICENSE RENEWAL

Long Island Real Estate Training

6-10:30 p.m.

Melville 128

Unless exempt, all real estate licensees must complete 22 ½ hours of Continuing Education every two years to renew their Salesperson's or Broker's license. This course fulfills the education requirements set forth by the NY Dept of State for Real Estate Brokers & Salespersons seeking to renew their license. This course reveals the timeliest income producing opportunities and risk reduction strategies for today's real estate professionals. You will learn innovative techniques to attract new clients and increase earnings. Uncover creative strategies for real estate professionals with limited work schedules. Topics include: Buying listing and selling foreclosures, negotiating "short sales," the latest NYS disclosure and human rights requirements, 1031 tax free exchanges for your investor clients, new rules for incorporating real estate businesses and new financing strategies. No final exam is given but licensees must attend 90% of class time to satisfy NYS renewal laws. Registrants should make check payable to LI Real Estate Training. Minimum enrollment: 20. **Class meets TWO times a week (Monday and Wednesday)** Five sessions: 4/15, 20, 22, 27, 29
Fee: \$225 No Discount

558 BUYING REAL ESTATE FORECLOSURES

Melissa Kollen-Rice

6-10 p.m.

Melville 126

The Author of the bestselling book "Buying Real Estate Foreclosures" (McGraw-Hill, 2008) shows you the step-by step procedures for finding incredible foreclosure bargains and purchasing them safely and sanely from delinquent homeowners, banks and government agencies and at auctions. Includes: pitfalls to avoid, hidden costs, current foreclosure lists, financing techniques and much, much, more. *Optional Seminar Manual \$20 will be collected by instructor on the evening of the course. One session: 4/20
Fee: \$59 No Discount

559 ALEXANDER TECHNIQUE

Robert Bradley

7-8:30 p.m.

Melville Teachers Cafeteria

It's hard to change what you are not aware of. The Alexander Technique is a unique approach to addressing a vast range of physical difficulties. It is a process-oriented education where you "learn how to learn" or fine tune an existing skill. Using the principles of the technique, rediscover an ease and freedom of movement that can be applied to all activities in life, like yoga, exercise, playing an instrument, sitting, standing, walking, jogging, seeing and hearing. Wear comfortable, loose-fitting clothing. Six sessions: 4/20, 27, 5/04, 11, 18, 6/01
Fee: Res. \$49; Non-Res. \$54

559ADV Alexander Technique: Intermediate

Robert Bradley

7-8:30 p.m.

Melville Teachers Cafeteria

(See course description #559) This class is for people who have some experience with the techniques. New skills will build on experience from the previous class. Wear comfortable, loose-fitting clothing. Four sessions: 3/02, 16, 23, 30
Fee Res. \$29; Non-Res. \$37

566 CAREER TRANSITIONS

Maria Gorecki

7-9 p.m.

Melville 123

Concerned about possible career changes? Not sure of where to begin planning? Managing Career Transitions with confidence will help you navigate the waters with a clear direction. Take a work style instrument; learn about best choices that work for you and your knowledge/skills. Practice networking effectively. Use unexpected change as a motivator to move you forward to a new beginning that is best for you. Material fee \$20 includes workbook and instrument will be collected the first class by the instructor. Two sessions: 3/23, 30
Fee: Res. \$29; Non-Res. \$37

600PM EXERCISE: AEROBICS

Sue Mazeau

7-8 p.m.

Nassakeag Mini Gym

Improve your muscle tone, circulation and vitality—and enjoy it! Each session includes a warm-up, stretching, calisthenics and low-impact aerobics. Wear loose clothing, leotards or sweat suit and sneakers. A mat and towel are recommended. Bring your hand-held weights to improve your muscle strength and build strong bones. Class meets TWO times a week (Monday and Wednesday). Twenty sessions: 3/02, 04, 11, 16, 18, 23, 25, 30, 4/01, 15, 20, 22, 27, 29, 5/06, 11, 13, 20, 6/01, 03
Fee: Res. \$74; Non-Res. \$82

603 SCUBA DIVING CERTIFICATION

Chuck McCormick

6-10 p.m.

School of Fish, Swim & Scuba

Each session consists of four classes where you will learn how to SCUBA (Self-Contained Underwater Breathing Apparatus) dive and receive certification from the Professional Association of Diving Instructors (P.A.D.I.) This course consists of four 2-hour classroom sessions and four 2-hour pool sessions. Students are required to purchase a P.A.D.I. Multimedia Educational Kit (text, imperial dive tables, DVD, adventure log) for \$97.95, payable to instructor at first class meeting. Or, you can purchase the deluxe version. Bring your own mask, fins, and snorkel for pool instruction. Students are requested not to purchase this equipment until they have attended classroom Session #1. The instructor will provide all other necessary equipment to complete the pool instruction – air tank, regulator, gauges, and buoyancy jacket. Upon completion of this course, open- water dives may be arranged for you with us on our dive boat in the Long Island Sound. We can also help arrange for the certification to be made in a tropical location. This course will be held at School of Fish, Swim & Scuba, 572 25A, Rocky Point. Visit website for directions: www.swimkingscuba.com. Limit 6. Course is also available on Tuesdays and Fridays. Register for ONE of three sessions: A) 3/02,16,23,30 or B) 4/07 14,21,28 or C) 5/08,15,22,29
Fee: \$215 No Discount

606 VOLLEYBALL—BUMP, SET, SPIKE!

Ron Middleton

9-10:30 p.m.

Melville Gym

Have fun playing volleyball. For the first portion of the class receive instruction and drill in the basic skills and mechanics of the game. Then join your teammates and practice what you have learned as you enjoy exercising. All skill levels are invited to participate. Sneakers required. Eight sessions: 3/16, 23, 30, 4/20, 27, 5/04, 11, 18
Fee: Res. \$54; Non-Res. \$62

604 AQUA FITNESS

Susan McCormick

6-8 p.m. Monday and Wednesday

School of Fish, Swim & Scuba

A variety of water aerobics activities are being offered. Participants may attend **any combination of 8 classes**. After registering, a punch card will be mailed to your home. Present the card when you go to class. You do not need to register for a specific class. Just show up and get wet! Develop your overall physical fitness safely and effectively. The resistance of the water will challenge beginners and highly conditioned athletes alike. Students should wear water socks or water shoes in the pool.

Monday 6pm-7pm –Deep Water Aqua Fit. This workout provides you with a thorough aerobic and anaerobic workout as well as strengthening and stretching exercises. Water walking and running are incorporated into the workout. Flotation belts are available.

Monday 7pm-8pm Splash Dance This is a high energy program incorporating choreographed dance routines in the workout. Many music genres including Latin, contemporary, hip hop and swing make this a fun and energizing workout

Wednesday 7pm-8pm Cardio Aqua Fit. This is an interval training workout that alternates high and low intensity movement to improve your cardiovascular system while toning, sculpting, and strengthening your muscles. These courses will be held at School of Fish, Swim & Scuba, 572 25A, Rocky Point. Visit website for directions: www.swimkingscuba.com. Eight sessions: Any Mon or Wed 3/02 thru 5/18
Fee: \$100 No Discount

TUESDAY

106 COMPUTERS: MICROSOFT EXCEL

Stacey Hondropulos
7-9 p.m.

Melville 106

Want to learn how to create professional looking spreadsheets? This course provides an overview of Microsoft office Excel version 2003, with additional teachings in advanced techniques and tips. You will learn the basic concepts and skills necessary to create a standard worksheet, navigate in an existing worksheet, use built-in functions, and create worksheets using the capabilities of Excel. Class discussion will be easy to follow and customized to the needs of the class. Four sessions: 5/05, 12, 19, 26
Fee: Res. \$42; Non-Res. \$52

150 CULINARY: CAKE & HORS D'OEUVRE DECORATING

Kari Consenz
7-9:30 p.m.

Murphy 304

Learn the techniques of cake decorating, icing flowers, and borders. Use these techniques to create beautiful cakes for holidays and all occasions. Apply the same skills to dress up your hors d'oeuvres. Make ordinary foods such as cheese and crackers, stuffed celery and deviled eggs festive. A list of supplies needed for the first night of class will be mailed out after registration. A complete 55 piece decorating kit is available through the teacher at a discounted rate. Indicate on your registration if you are interested in purchasing one—approximate cost \$55. Limit 16. Six sessions: 3/ 31, 4/14, 21, 28, 5/05, 5/12
Fee: Res. \$54; Non-Res. \$62

152 CULINARY ANYWAY YOU CUT IT - BASIC KNIFE SKILLS

David Mucci
7-10 p.m.

Murphy 304

An introductory class in all aspects of cutting food for preparation, cooking and serving. Through demonstrations and hands on participation, students will learn about the tools and their uses while learning new skills. Students are encouraged to bring their own knives. A materials fee of \$5 will be collected at the beginning of the class. One session: 3/17
Fee: Res. \$15; Non-Res. \$23

204 WATCHING AND DISCUSSING DOCUMENTARY FILMS

Kenny Mann
7-9:30 p.m.

Melville Library

If you love documentary films, this course will give you the tools for more in-depth enjoyment of your favorite genre. What's real and what was reenacted? How did the filmmaker evoke mood and emotion? Were you moved to take action on any cause? How has new technology influenced documentary style and story telling? Who are the great documentary filmmakers of our time? We'll be watching 6 brilliant and distinctive documentary films, followed by informal discussion and analysis. Six sessions: 3/17, 24, 31, 4/14, 21, 28
Fee: Res.\$54; Non-Res. \$62

255 FINANCE: THE TRUTH ABOUT LIVING TRUSTS & WILLS

Linda Toga
7-9 p.m.

Melville 123

Despite the hype, living trusts are not for everyone. Find out if a living trust is right for you by learning the pros and cons of establishing a living trust. This course will help you make an informed decision about your estate planning needs by providing you with information about wills, living trusts, testamentary trusts, powers of attorney, healthcare proxies and living wills. Participants will gain a basic understanding of strategies to preserve their assets and to protect the inheritance of their loved ones. Other topics to be discussed include guardianship proceedings, long-term care insurance, the probate process and basic Medicaid planning. Two sessions: 3/24, 31
Fee: Res. \$29; Non-Res. \$37

307 UPHOLSTERY – BEGINNERS

Jerry Curreri
7:15-9:45 p.m.

Melville 114

Learn the art of upholstery as you give life to a piece of your own furniture. You will learn webbing, tying of springs and the differences among types of available padding. Bring your upholstered chair or small item to class. Do not take your chair apart at home! Projects must be taken home between sessions. If you prefer to make your own ottoman, chair or footstool from a kit, you may purchase it an additional cost. A \$78 fee for an upholstery tool kit is to be paid to the instructor at the first class. You will have the option of keeping the tool kit or return it at the last session for a \$45 refund. Limit 12. Eight sessions: 3/03, 10, 17, 24, 31, 4/14, 21, 28
Fee: Res. \$74; Non-Res. \$82

314 SCRAPBOOKING FOR BEGINNERS

Jacqueline Parante
7-9 p.m.

Murphy 304

Bring pictures of family vacations, weddings, birth of a baby, friends and learn the techniques of scraping pages into an album. Fancy scissors, stickers, glue, papers, trimmers and all other supplies to create a beautiful scrapbook will be provided. \$20 materials fee payable to instructor at first class. Three sessions: 5/26, 6/02, 09
Fee: Res. \$39; Non-Res. \$47

317 ART: PASTEL PORTRAITS

Laura Ricca
7-9 p.m.

Melville 114

Learn how to work with the medium Pastel and create realistic-looking portraits. Bring a photo to first class that you will work with. \$5 basic material fee for supplies is payable to instructor at first class or if you have the supplies, bring them with you. Four sessions: 3/10, 17, 24, 31
Fee: Res. \$39; Non-Res. \$47

319 GARDENING BASICS

Ken Rogers
7:30-9:30 p.m.

Melville 126

Learn the basic principles of gardening such as placing a fifty-cent plant in a five-dollar hole! Topics include soils and their improvement, planting, pruning, watering, weed control, mulching, disease and pest control. By the end of the course you be on your way to having a beautiful, healthy garden. Seven sessions: 3/24, 31, 4/14, 21, 28, 5/05, 12
Fee: Res. \$54; Non-Res. \$62

321 QUILTING: MACHINE – BEGINNERS

Arlene Rogers
7:30-9:30 p.m.

Melville 136

Learn basic and essential techniques for precise piecing. You will also be taught template making and hand piecing (these are essential!) as well as speedy and accurate cutting and machine sewing methods. Instructions will be given for a lap-size quilt and a surprise project. Take notes for the first class. Join the exciting and friendly world of quilting! No experience necessary. Limit 15. Seven sessions: 3/17, 24, 31, 4/14, 21, 28, 5/05, 12
Fee: Res. \$54; Non-Res. \$62

322 AMIGURUMI CROCHET

Rosalie Hammarth
7-8:30 p.m.

Melville Teachers Cafeteria

“Amigurumi” is the Japanese art of crocheting small stuffed animals, critters and people in a spiral type of single crochet. Knowledge of basic crochet stitches including togs are necessary. The class will start with some simple patterns at first. These patterns are great for gifts and so much more... Kids call them “Pocket Pals”. For the first class please bring any solid color ww yarn, size G and H hooks, tapestry needle and size 6 or 9mm safety eyes or any solid doll eyes in that size, and a bag of polyester stuffing. Come join the fun! Each session will introduce new Amigurumi and by the end you will have many to choose from. Six sessions: 3/03, 10, 17, 24, 31, 4/14
Fee: Res. \$49; Non-Res. \$57

351 LANGUAGE: CHINESE

Xiao Ping Ha
7-9 p.m.

Melville 121

Ni hao! (Hello!) If you plan to do business in China, travel there for vacation, or just have a conversation with a Chinese friend, this course is right for you. The course will stress pronunciation and the understanding of simple, everyday spoken Mandarin as well as explore Chinese culture.. Eight sessions: 3/24, 31, 4/14,21,28, 5/05, 12, 19
Fee: Res. \$54; Non-Res. \$62

401 HEALTH: REVEALING POSTURES

Michael Horney, DC
7-8 p.m.

Melville 123

Do you suffer from headaches? Low back and leg pain? Shoulder problems? Are you constantly tired? This seminar is for you! You will learn what your posture says about your health. This is a hands-on seminar. Wear loose, comfortable clothing. One session: 6/09
Fee: Res. \$15; Non-Res. \$23

402 COOKING AND BAKING WITH SPECIAL DIETS

Nicole Bubolo
7-9 p.m.

Melville 123

Learn the basics of how to cook and bake delicious foods with dietary needs such as food allergies, celiac, lactose intolerance, diabetes, high cholesterol, vegetarian diets and others. This culinary focused lecture course with plenty of personal attention will include recipes, background information, resources, as well as recommendations for stocking your pantry and eating out strategies. These programs are recommended for everyone who has dietary restrictions, to show how easy it is to still be healthy within your own kitchen. In our community food choices that were once considered obscure are now mainstream. The reasons why people follow special diets range from medical, religious, allergies, food sensitivities and special diets. This course is great for them all. Two sessions: 4/21, 28
Fee: Res. \$29; Non-Res. \$37

500 DANCE: BELLY DANCING – BEGINNERS

Sasha Cootner
7:15-8:45 p.m.

Melville 125

Learn this beautiful and exotic form of dance with the foremost authority—“Sasha”. If you are 18-108 you will have loads of fun while toning up every muscle in your body. Get in touch with your inner self as you learn the graceful movements of the Middle East. Lose yourself in the music as you develop muscle coordination and a more positive self-image. Exercise was never this much fun. Wear comfortable exercise attire. Limit 18.
Four sessions: 3/24, 31, 4/14, 21
Fee: Res. \$29; Non-Res. \$37

601 SNORKELING

School of Fish, Swim & Scuba
7-9 p.m.

Chuck McCormick

This one session class will help you enjoy your next vacation even more by learning the proper techniques of snorkeling. Bring your own mask, fins, and a snorkel or use our equipment. This course will be conducted in our heated indoor salt-water pool at School of Fish, Swim & Scuba, 572 25A, Rocky Point. Visit website for more information and directions: www.schooloffisandscuba.com. Limit 8. One session: Register for one of the following dates – 3/03 or 5/12 or 6/23 also offered on Thurs. 4/23
Fee: \$45 No Discount

605 YOGA

Marcia Reass
7:15-8:30 p.m.

Mount Mini Gym

Release stress. Energize and relax with Yoga! Yoga is an ancient science widely used throughout the world. It includes simple, slow motion, stretching, twisting, balancing exercises, meditation and breathing techniques. Yoga is extremely helpful for people of all ages with back problems, asthma, arthritis, headaches and many other health concerns. This form of Yoga, Kripalu Yoga, emphasizes breathing, relaxation and self-acceptance. It also encourages modification of postures to meet individual needs. Anyone interested in achieving optimum health can learn these simple disciplines, establishing peace and calm within. Please bring a thick mat or blanket. Limit 50. Five sessions: 3/24, 31, 4/14, 21, 28
Fee: Res. \$29; Non-Res. \$37

556 REAL ESTATE: NYS SALES LICENSE

Long Island Real Estate Training
6:15-10:15 p.m.

Melville 128

This exciting course meets for 75 hours plus a 3-hour final. This is the 75-hour NYS-approved course. Participants must attend 80% of the course hours and pass the in-class final exam with a grade of 70% or better in order to qualify for participation in the Real Estate Salesperson's exam offered at any NY Department of State exam site. Course will include the following topics: Licensing law, contract law, leases, financing strategies, evaluating and appraising real estate, deeds, environmental issues, and closing and closing costs. This course is also open to students not applying for a license but who are seeking general real estate knowledge for buying/selling their own homes. Textbooks will be distributed at the first class meeting for a cost of \$45 to be collected by the instructor. Registrants should make check payable to LI Real Estate Training. Minimum enrollment: 20. Twenty-two sessions: 3/10, 12, 17, 19, 24, 26, 31, 4/02, 14, 16, 21, 23, 28, 30, 5/5, 5/07, 12, 14, 19, 21
Fee: \$299 No Discount **Class meets TWO times a week (Tuesday and Thursday).**

600AFT EXERCISE: AEROBICS

5:15-6:15 p.m.

Setauket Mini Gym

Improve your muscle tone, circulation and vitality—and enjoy it! Each session includes a warm-up, stretching, calisthenics and low-impact aerobics. Wear loose clothing, leotards or sweat suit and sneakers. A mat and towel are recommended. Bring your hand-held weights to improve your muscle strength and build strong bones. **Class meets TWO times a week (Tuesday and Thursday)** Twenty sessions: 3/03, 05, 10, 12, 17, 19, 24, 26, 31, 4/02, 14, 16, 21, 23, 28, 5/05, 07, 12, 14, 21
Fee: Res. \$74; Non-Res. \$82

WEDNESDAY

103 COMPUTERS: MICROSOFT WORD

Stacey Hondropulos

7-9 p.m.

Melville 106

Discover how you can use Microsoft Word to design professional looking material. Explore all of Word's design elements and ready-made templates. Become an experienced Word user. Lessons will be easy to follow and customized to the needs of the class. Familiarity with the keyboard and mouse is preferred. Limit 20

Four sessions: 3/04, 11, 18, 4/01

Fee: Res. \$44; Non-Res. \$52

104 COMPUTERS: MICROSOFT POWER POINT

Stacey Hondropulos

7-9 p.m.

Melville 106

Dynamic computer-based presentations are a key tool for individuals who want to influence others in a coordinated, convincing manner. PowerPoint is the most popular software for creating and delivering versatile, user-friendly, content-rich presentations. Learn to input and format text; use slide templates to automate the process; insert pictures and clip art to personalize slides; add dramatic sound effects and slide transitions; create/include non-viewable notes to guide the presenter; and print. Class discussion will include the do's and don'ts of well-constructed presentations. Four sessions: 4/15, 22, 29, 5/06
Fee: Res. \$44; Non-Res. \$52

151 CULINARY: CHIA POWER

Margaret Conover, Ph.D.

7-8:30 p.m.

Melville 136

Discover the seeds that could change the world. This important crop of the Aztecs is both healthy and delicious, and lots of fun to grow. Yet, few Americans know that it's not only edible but highly nutritious. You will make some simple recipes to sample and will take home some seeds to sprout. What is this amazing plant? Ch-ch-check it out! This workshop is appropriate for adults and for family groups with children ages 8 and older. Limit 2 children per adult. One session: 3/11
Fee: Res. \$15; Non-Res. \$23 (per family)

202 CREATIVE WRITING – THE WRITE PATH

Anne Kelly-Edmunds

7-9 p.m.

Melville 125

Are you ready to take the next, or even the first, step on your journey as a writer? Do you need a jump start to get your creativity revved up? Are you longing to begin your memoir or autobiography? Yes? Then, come join your fellow writers for a six-week course of inspiring writing exercises, group discussion and gentle feedback. Bring a notebook and a pen. The instructor has held positions as a magazine editor, feature writer and public relations specialist. She currently teaches creative writing and offers guidance on "The Write Path".
Six sessions: 3/18, 4/01, 15, 22, 29

Fee: Res. \$54; Non-Res. \$62

256 FINANCE: PAYING FOR COLLEGE HOW TO NAVIGATE THE FINANCIAL AID PROCESS

Bian Glickman

7-9 p.m.

Melville 123

Unravel the secrets to help you through the financial aid process to make college more affordable. Is your savings program harming or helping you? How do you shelter assets? What is the most cost-effective way to finance a college education? Why do some families with similar income and assets qualify for more aid than others? If you don't know the answers to these questions and you want to really be prepared to send your children to college and retire, this is a must attend workshop. One session: 3/18
Fee: Res. \$15; Non-Res. \$23

305 WOODCARVING: ORNAMENT & FIGURE CARVING

John Crawford

4:30-6:30 p.m.

Melville 113

Learn the fundamentals of face carving: Eyes, ears, nose and hair. Put them all together and create a head figure or ornament. Instructions will include painting techniques. A \$15 materials fee, payable to instructor at the first class, for initial blanks, use of sharpening equipment, paints and brushes. Additional projects are available. This class is designed for students who have intermediate / advanced carving skills. Limit 14.
Eight sessions: 3/18, 4/01, 15, 22, 29, 5/06, 13, 20

Fee: Res. \$54; Non-Res. \$62

306 WOODCARVING FOR THE BEGINNER/NOVICE

John Crawford

7-9 p.m.

Melville 113

This course is for the person who has never carved but always wanted to learn, as well as for those who have done some carving but feel the need to review. Learn the basic fundamentals of woodcarving or add to what you already know to make you a better carver. A \$15 materials fee, payable to instructor at first class, for initial blanks, use of sharpening equipment, paints, and brushes. Limit 12. Eight sessions: 3/18, 4/01, 15, 22, 29, 5/06, 13, 20
Fee: Res. \$54; Non-Res. \$62

308 UPHOLSTERY – ADVANCED

Jerry Curreri

7:15-9:45 p.m.

Melville 114

This class is for the more advanced student who has previously done upholstery or has taken Course # 307. Learn to work on larger pieces such as sofas, chairs, and love seats. Take your basic skills a step further and enhance your work by learning the art of tufting and channeling. Your item must be brought to each class meeting. There is no storage space. Limit 12. Eight sessions: 3/04, 11, 18, 4/01, 15, 22, 29, 5/06
Fee: Res. \$74; Non-Res. \$82

316 BRIDGE: SUPERVISED PLAY

Mark Shaiman

7-9 p.m.

Melville Teachers Cafeteria

This course is intended for those with an intermediate knowledge of bidding and declarer play. Each class will begin with a short lesson, followed by supervised play in which the instructor will analyze how each hand can be maximized. A \$20 book fee will be collected by the instructor at the first class. Eight sessions: 3/04, 11, 18, 4/01, 15, 22, 29, 5/06
Fee: Res. \$54; Non-Res. \$62

407 INTRODUCTION TO SAILING

Gary Krieger

7-9 p.m.

Melville 126

The beginning sailor will start sailing right by learning the basics of sailing. Topics to be covered: points of sail, maneuvers of tacking, jibing and sail trim. Participants will learn basic knots, navigation, rules of the road and docking techniques. This course follows the US Sailing Instruction for basic keelboat certification. \$20 material fee will be collected by the instructor at the first class. Six sessions: 3/11, 18, 4/01, 15, 22, 29

Fee: Res. \$54; Non-Res. \$62

408 MOTORCYCLING FOR BEGINNERS

Manna Cali

7-9:30 p.m.

Melville 123

Your motorcycling adventure starts with this course which introduces the prospective rider to the sport of motorcycling. Topics to be covered will include: types of motorcycles, styles of riding, riding gear, training, safety, preparing for the learner's permit test and road test. Dept. of Motor Vehicle study guides will be provided, as well as hand-out with resources and links. One session: 4/01

Fee: Res. \$15; Non-Res. \$23

565 CONTROLLING OSTEOPOROSIS

Ronald Sacks

7:30-9:00 p.m.

Melville 121

Bones naturally become thinner and weaker with age. Osteoporosis, or bone loss, is most common in women over 50. This can result in pain, limited movement and loss of independence. Regardless of your age, there are lifestyle choices you can make to reduce your risk factors. Become informed as to what you can do to prevent it and if you already have it, how you can live comfortably and safely. One session: 4/01

Fee: Res. \$15; Non-Res. \$23

607A GOLF – The Basics

James Standard, P.G.A.

12 Noon – 1 p.m.

Island Green Golf Center, Selden

Don't learn golf in a gym. Join this class and learn golf swing fundamentals, putting, chipping, full shots, ball control and golf rules and etiquette. Weekly sessions comprise a step-by-step approach for building a consistent swing, hands-on instruction, explanation of fundamentals and demonstrations by the golf pro. Classes will be held at Island Green Golf Center in Selden on Middle Country Road. A \$10 fee will be collected each session for a bucket of golf balls. If you have your own clubs, bring them. Limit 15. Five sessions: 3/04, 11, 18, 25, 4/01
Fee: \$55 No Discount

607B GOLF – The Basics

James Stodard, P.G.A.

6-7 p.m.

Island Green Golf Center, Selden

See course description 607A Wednesday. Limit 15.

607C GOLF – The Basics

7-8 p.m.

Island Green Golf Center, Selden

James Standard, P.G.A.

See course description 607A Wednesday. Limit 15.

609 SELF DEFENSE FOR WOMEN

Christopher McKenna & Ryan McKenna

8-9 pm

Shaolin Self Defense Center

Become empowered by learning the self-defense skills that can successfully repel an attacker. This program is designed to teach effective and easy-to-learn martial arts techniques to heighten awareness, foster assertiveness, and to develop the strategies you need to avoid a confrontation or to manipulate a potentially dangerous situation in your favor. Classes will be held at the Shaolin Self Defense Center at 430-8 N. Country Rd., St. James. Visit their website at www.ShaolinKempo.com for directions or call 631-617-5148. Four sessions: 4/15, 22, 29, 5/06
Fee: Res. \$29; Non-Res. \$37

THURSDAY

154 WORLD OF COFFEE

David Mucci

7-9:30 p.m.

Murphy 304

Most of us start our day with a cup of coffee and have a hard time getting through the rest of the day without at least one more. Learn how coffee makes its way from bean to cup. We will take a learning journey that begins in the growing regions and ends in a cup of one of the world's most popular beverages. Along the way we'll discuss the history, the politics and the phenomena of coffee from antiquity to the present day. There will also be a review of all the drinks that your local café produces, with recipes to use at home. A \$5 materials fee, payable to the instructor, covers the tastings as well as refreshments. This class is recommended for adults as there will be coffee tastings (no decaf here!) One session: 4/2

Fee: Res. \$15; Non-Res. \$23

257 FINANCE: RETIREMENT PLANNING TODAY™**S. Joseph DiSalvo****7-9:30 p.m.**

It takes more than money to live a “rich life.” This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. In just three entertaining and informative sessions, you will learn what they didn’t teach you in school. Discover 5 strategies to manage investment risks, 11 ways you may save money on this year’s taxes, important questions to ask before buying insurance coverage, how to invest in and take money out of your company’s retirement plan, as well as determine the savings you need to retire today or in the future. A 235-page illustrated textbook costing \$20 and payable to instructor at the first class is included. Couples may attend together for a single registration fee. Three sessions: 3/12, 19, 26
 Fee: \$33 No Discount

Melville 123**300 STAINED GLASS-BEGINNERS****Alice Klein****7:30-9:30 p.m.**

Love stained glass art pieces? Wish you could make one? Now you can experience the joy and self-satisfaction of creating your own stained glass projects. Learn the basics, including glass cutting, foiling, soldering with an introduction to a variety of tools. A materials fee of \$85 to be paid to the instructor at the first class for the supplies (pattern shears, running pliers, solder, soldering iron, foil, pistol grip glass cutter, steel wheel cutter with ball tip, protective gloves, grozing pliers, burnishing tool). Students will need to purchase glass of their own choice at local suppliers who’s addresses will be provided to students. Students will be able to choose their own pattern from four possibilities. All other supplies will be provided by the instructor. Remember, once you have your initial supplies, additional project costs are minimal. Eight sessions: 3/26, 4/02, 16, 23, 30, 5/07, 14, 21
 Fee: Res. \$54; Non-Res. \$62

Melville 114**303 ART: WATERCOLOR PAINTING****Leni Friedland****7-9 p.m.**

Explore different watercolor techniques as you become familiar with the “tools of the trade”. Class time will include demonstrations and direction for different styles of painting, including landscapes, floral and abstract. Materials needed for first class are: Arches watercolor paper 140 lb. cold press pad (not block), or single sheet (22” x 30” can be cut to sizes needed) Brushes: Round #4 and/or #6, Flat wash brush (not mop) 1” or 2”, Royal Langnickle soft-grip \$2.99 ea. Blonde hair or red hair (no bristle or black hair). Palette with wells and mixing area or plastic white plates, 2 containers for water, paper towels, pencil, eraser, ruler and masking tape 1”. Paints: Cool Red – Alizarin Crimson; Warm Red – Cadmium Red; Cobalt Blue, Ultramarine Blue. Five sessions: 5/07, 14, 21, 28, 6/04
 Fee: Res. \$49; Non-Res. \$57

Melville 113**304 ART: ACRYLIC PAINTING – BEGINNERS/INTERM****Leni Friedland****7-9 p.m.**

Learn how to get different effects with this water-based medium. Acrylics can be fast drying or by using extending mediums, acrylics can be glazed like the finest oil paints. Class instruction will be individualized to meet student needs. Demonstrations will help students understand the techniques needed to achieve satisfaction with their finished paintings. Materials needs for class: Paints—any brand except bottled craft paints –Alizarin Crimson (cool red), Cadmium Red (warm red), Cobalt Blue, Ultra-marine Blue, Thalo Blue (red or green shade), Sap Green and/or Bookers Green, Cadmium Yellow Medium, Cadmium Orange Medium, Burnt Sienna, Yellow Ochre, Titanium White, Matte finish blending gel medium, and any other color you like. Canvas support 11’x14’ or 16’x20’ (stretched or board), one 2” bristle brush flat, one 6” round synthetic brush (Royal Langnickle Soft Grips is a good, inexpensive brush—golden or red hair), one ½ Angular bristle or synthetic brush, one #2 round brush for detail work, pallet easel either standing or table top, container for water, paper towels, apron (acrylics do stain!), newspapers for tables. Five sessions: 3/26, 4/02, 16, 23, 30
 Fee: Res. \$49; Non-Res. \$57

Melville 113**312 WILD PLANT IDENTIFICATION****Margaret Conover, Ph.D.****9 a.m. – 2 p.m.**

Learn the basics of plant identification. Learn to recognize plant families and to use plant identification books. Make a Herbarium—a permanent wild flower collection. Learn the names of the most common wild plants growing around us. Meet at Stony Brook University. Directions will be emailed/mailed to you prior to class. Class will be rescheduled if it rains. Three sessions: 5/14, 21, 28
 Fee: Res. \$29; Non-Res. \$37

Stony Brook University**318 STAINED GLASS – INTERMEDIATE****Alice Klein****6:30-8:30 p.m.**

Have you completed course #300—Stained Glass for Beginners? Do you have experience working with stained glass? Are you now looking to continue to expand your stained glass skills? Then this is the class for you. Bring in your current project; start a NEW one. Get expert advice and tips to make your project special. Instructor can provide patterns for making boxes, panels, holiday sun catchers, garden stakes, mirrors, etc. Returnee students should purchase a rheostat and, if they choose, grozing pliers. Students will need to purchase glass and other supplies on their own at a local retail supplier. Now the fun begins! Eight sessions: 3/26, 4/02, 16, 23, 30, 5/07, 14, 21
 Fee: Res. \$54; Non-Res. \$62

Melville 114**403 HEALTH: ADULT CPR****Joe Foti & Mike Ryan – First Aid Depot****7-10 p.m.**

This course is ideally suited for business people, adult care workers, families living with adults at risk, PTA groups, and first aid teams. Topics covered will include: How to recognize an emergency; Assessing the conscious and unconscious victim; Adult CPR; Heart Disease Prevention; Rescue breathing; Choking emergencies; and much more. Students who complete the course will receive an American Red Cross Adult CPR card valid for 1-year. All materials, including textbook, will be provided. Wear comfortable clothing. Minimum 10. One session: 4/16
 Fee: \$39 No Discount

Melville 126**404 HEALTH: INFANT/CHILD CPR****Joe Foti & Mike Ryan – First Aid Depot****7-10 p.m.**

Ideally suited for baby sitters, parents, PTA groups, child care workers, first aid teams. Topics covered include: How to recognize an emergency; Assessing the conscious and unconscious victim; Infant & Child CPR; rescue breathing; Choking emergencies; and much more. Students who complete the course will receive an American Red Cross Infant & Child CPR card valid for 1-year. All materials, including textbook, will be provided. Wear comfortable clothing. Minimum 10. One session: 4/23
 Fee: \$39 No Discount

Melville 126**405 HEALTH: FIRST AID****Joe Foti & Mike Ryan – First Aid Depot****7-10 p.m.**

Ideally suited for business people, group leaders, adult and child care workers, first aid team, and social clubs. Topics covered include: How to recognize an emergency; Assessing the conscious and unconscious victim; Bleeding control/bandaging; Blood borne pathogens; Burns, Fractures/splinting; Sudden illness; Shock; Environmental emergencies and much more. Students who complete the course will receive an American Red Cross First Aid card valid for 3 years. All materials, including textbook, will be provided. Wear comfortable clothing. Minimum 10. One session: 4/30
 Fee: \$39 No Discount

Melville 126**406 FIVE ELEMENT ACUPUNCTURE****Karen Giles****7-9 p.m.**

Have you ever wondered about acupuncture and whether it could help you? This healing modality has been practiced for over 2,000 years and relies on the body’s natural healing ability. Class participants will learn about this medicine, its history and various styles practiced. Participants will learn how their specific emotional and or physical health concerns can be improved through the Five Element philosophy. We will explore the gifts of nature’s elements and how they are represented in body, mind and spirit. Daily practices and lifestyle changes will be discussed to help participants move through the seasons, and life, more smoothly. No Needles will be used in this session. One session: 3/26
 Fee: Res. \$15; Non-Res. \$23

Melville Teachers Cafeteria**505 DANCE: COUNTRY LINE WESTERN – Beginners****Ellen Cheesman & Martin White****7-8:30 p.m.**

Join us for an evening of fun while improving your physical, mental and social health. No partner or experience is necessary. Just put on your dancing boots and add a little zest to your life! Eight sessions: 3/12, 19, 4/02, 16, 23, 30, 5/07, 14
 Fee: Res. \$54; Non-Res. \$62

Nassakeag Mini Gym**550 GETTING PAID TO TALK: AN INTRO. TO PROFESSIONAL VOICE OVERS****Creataive Voices****7-9:30 p.m**

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producers! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. One session: 5/28
 Fee: \$15 No Discount

Melville 125**551 INTRODUCTION TO HYPNOSIS****Michael Horney, DC****7-8 p.m.**

Learn what hypnosis is and isn’t. Explore how hypnosis can help you in your everyday life. Experience a hypnosis session. One session: 5/21
 Fee: Res. \$15; Non-Res. \$23

Melville 123**564 GOLF INJURY PREVENTION****Ronald Sacks****7:30-9 p.m.**

Modern golfers are aware that their most important piece of golf equipment is their body. The good NEWS! Participants will learn how a simple off-season conditioning program will not only eliminate many of the root causes of golf related injuries but will dramatically improve your performance as well. Nutritional, environmental, and physical barriers will also be shared. Our golf –specific- flexibility, strength and balance exam is tailored to both the beginning and experienced golfer. Two sessions: 3/05, 12
 Fee: Res. \$15; Non-Res. \$23

Melville 121**602 DISCOVER SCUBA****Chuck McCormick****7-10 p.m.**

In this ONE session class, a certified P.A.D.I. (Professional Association of Scuba Instructors) instructor will teach you the skills needed to SCUBA dive in a confined water setting. All equipment will be provided for the class. Students may bring their won mask, fins, and snorkel if they so desire. Upon completion of the class, an optional dive may be scheduled with your instructor in the Long Island Sound. This course will be held at School of Fish, Swim & Scuba, 572 25A, Rocky Point. Visit website for directions: www.swimkingscuba.com. Limit 6. One session: Register for only one 3/12 or 4/16 or 5/14 or 6/18
 Fee: \$60 No Discount

School of Fish, Swim & Scuba**610 SELF DEFENSE FOR MEN****Christopher McKenna & Ryan McKenna****8-9 p.m.**

Learn to defuse a physical confrontation or to successfully respond in a variety of self-defense scenarios. The art of Shaolin Kempo Karate is a comprehensive fighting system which relies on the application of linear, angular and circular striking combined with defensive motions and the manipulation of an opponent’s upper and lower body masses, both from the standing position and the ground. Students will begin each class with an intense cardiovascular and strength training workout and progress through our white belt curriculum. Classes will be held at the Shaolin Self Defense Center at 430-8 N. Country Rd., St. James. Visit their website at www.ShaolinKempo.com for directions or call 631-617-5148. Four sessions: 4/16, 23, 30, 5/07
 Fee: Res. \$29; Non-Res. \$37

Shaolin Self Defense Center**611 CARDIO KICKBOXING****Gail Boos****7-8 p.m.**

Participants will engage in a full body workout combining resistance exercises with punches, kicks, high cardio routines and intervals of weight training. The weight training will include upper body toning and back routines. Light and medium weights will be required according to each individual’s fitness level (3, 5 or 8 lbs). Dress comfortably and wear appropriate sneakers. Those with medical histories are required to check with their physicians. Twelve sessions: 3/05, 12, 19, 26, 4/02, 16, 23, 5/7, 14, 21, 28, 6/04
 Fee: Res. \$54; Non-Res. \$62

Setauket Mini Gym

SPRING TENNIS

Introduction to Tennis for Beginners Made Easy & Fun

Simple methods presented by highly trained professionals will help you learn quickly in an enjoyable way. Under the direction of the Setauket Tennis & Fitness, students are offered five group lessons at an **affordable** cost. Lessons are conducted on indoor clay courts at the Setauket Tennis & Fitness, 5 S. Jersey Avenue in Setauket. Enrollment is limited to 6 students per class. In order to serve as many people in our community, participants are limited to one session per indoor tennis season. Sessions held are based on enrollment.

Tuesday --12 Noon – 1 p.m.

Session #TU1 3/ 3, 10,17,24,31
Session #TU2 3/ 14, 21, 28: 5/ 5, 12

Thursday -- 11:30 a.m. – 12:30 p.m.

Session #TH3 3/ 5, 12, 19, 26; 4/ 2
Session #TH4 4/ 16, 23, 30: 5/7, 14

Friday -- 12 Noon - 1 p.m.

Session #F5 3/ 6, 13, 20, 27: 4/ 3
Session #F6 4/ 16, 23, 30: 5/6, 14

Friday -- 7:30 – 8:30 p.m.

Session #F7 3/ 6, 13, 20, 27: 4/ 3
Session #F8 4/ 16, 23, 30: 5/6, 14

FEE: \$129. NO DISCOUNT

DEFENSIVE DRIVING

Driver Improvement

7-10 p.m., Melville 123

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 New York State requires that principal drivers receive a 10% discount on automobile insurance for liability premiums, collision, and no fault for 3 full years. In addition, successful completion of the course will cause the NYS Dept of Motor Vehicles to deduct 4 points from your driver records. This course may now be taken once every 18 months for point reduction. Upon completion, a certificate will be mailed to you, which can be presented to your insurance company. The course is a 6-hour course and meets on two separate evenings.

REGISTER ONLINE at <http://www.driver-improvement.com> OR

CALL Driver Improvement Program at **800-734-7883**.

Have materials faxed or mailed to you.

Do NOT use the printed registration form for Defensive Driving classes.

#A	Monday/Wednesday	March 16 & 18
#B	Wednesday/Thursday	April 22-23
#C	Tuesday/Wednesday	May 12-13
#D	Monday/Tuesday	June 1-2

FEE: \$45. NO DISCOUNT

Spring 2009 Trips

Three Village Central School District Continuing Education Program 631-730-4389

Join the Continuing Education Program on the following exciting trips. All trips include deluxe motor coach transportation, admission fees, taxes, gratuities and are chaperoned by your personal CEP staff member. Enrollment is limited and will be taken on a first come, first served basis. Weekday trips leave from the Full Gospel Christian Center located at 415 Old Town Rd, just one traffic light south of Ward Melville High School. Park in the northeast lot. Weekend trips leave from Ward Melville High School's south parking lot (traffic light entrance), 380 Old Town Rd, E Setauket.

For the safety and concern of all our participants as well as staff, Continuing Education reserves the right to alter time schedules, make itinerary changes, and adjust offerings due to unforeseen circumstances.

Please complete a separate check and registration form for each trip. Checks are payable to: TVCSD.

Fees are non-refundable unless a trip is cancelled due to insufficient enrollment or if it was already filled when your registration was received.

Mail to: Continuing Education Program
c/o Ward Melville High School, Rm 113A
380 Old Town Road, East Setauket, NY 11733

TRIP #1 Philadelphia Flower Show

Wednesday, March 4

Bella Italia is the inspiration for this year's **Philadelphia Flower Show**. "From the exotic paradise of the Italian Riviera and Lake Region in the North to Italy's sunny retreats to the South, the Flower Show will embrace Italy in breathtaking displays." Leisurely stroll through representations of the famed flower fields of San Remo, the sparkling canals of Venice and fashionable runways of Milan. Enjoy the formal gardens of ancient Rome, scenes of the Tuscan countryside and the art of Florence. This year's Show will offer the most innovative ideas and trends in floral and garden design to inspire your gardening efforts. Over 150 vendors offer plants, cut flowers and gardening tools and accessories. Lunch is NOT included. There are food courts and restaurants for you to enjoy.

Leave Full Gospel Christian Center 7:00 a.m. / return approximately 7:30 pm

\$74

TRIP #2 NBC Studio Tour and Rockefeller Center

Wednesday, April 15

NBC Studio Tour -An NBC Page will be your guide to the world of the Peacock Network. Your Guide will share with you some of the network's early radio days, sound effect techniques and NBC's transition into television. After learning about NBC's past, you will have the opportunity to visit some of NBC's most famous studios. After the tour you will have time to have lunch on your own or go to "The Top of the Rock" for a 360° magnificent panoramic view of NYC.

Leave full Gospel Christian Center 8:30 a.m. / Return by 7:00 p.m

\$50

TRIP #3 New York City on Your Own

Wednesday, April 15

Enjoy NYC on your own. Plan your own itinerary. Meet a friend for lunch, take in show or enjoy Central Park. Pick up and drop off Rockefeller Center Area

Leave Full Gospel Christian Center at 8:30 a.m. and return by 7:00 p.m.

\$30

TRIP #4 The Bronx Botanical Garden and Arthur Ave.

Tuesday, May 19th

The Glory of Dutch Bulbs: A Legacy of 400 Years

"In celebration of the 400th anniversary of Henry Hudson's arrival in New York, *The Bronx Botanical Garden* brings a touch of Holland to the Bronx with a Dutch bulb flower show." Enjoy the relaxing narrated Tram Tour that offers an overview of the garden and its history. You will have some time to visit the Garden Shop before traveling to Arthur Ave. Here you can enjoy lunch on your own and explore the local shops for fresh baked bread, pastries, and cheeses before returning home.

Leave Full Gospel Christian Center at 8:00 a.m. and return by 7:00 p.m.

\$56

SPRING 2009 TRIP REGISTRATION FORM

Name: _____ Phone # _____

Address: _____

Trip# _____ Trip Name _____

of seats _____ x Cost _____ Total Enclosed _____

Mail Registration Forms

Fill out registration forms and mail to:

CONTINUING EDUCATION PROGRAM
Three Village Central School District
Rm 113A, Ward Melville High School
380 Old Town Road, Setauket, NY 11733

A Separate check and form is required for each course or trip.
Make check payable to TVCSD

WANTED: New Faculty

The Continuing Education Program is seeking qualified instructors in new subject areas. If you are an expert on a topic not in our catalog, you are invited to apply for a teaching position. 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 clearly and enthusiastically to adults. For an application call (631) 730-4389. Deadline for the Fall CEP catalog is April 1.

Instructors are not permitted to use their courses for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the class setting and the course curriculum.

TVCSD CONTINUING EDUCATION **** SPRING 2009

Name _____ Phone# _____
Address _____ Town _____
Course/Trip# _____ Title _____
____ TVCSD Resident
____ Senior Citizen TVCSD Resident (attach ID)
____ Non TVCSD Resident

Total Enclosed _____

A Separate Check and Form is required for each course or trip.

TVCSD CONTINUING EDUCATION **** SPRING 2009

Name _____ Phone# _____
Address _____ Town _____
Course/Trip# _____ Title _____
____ TVCSD Resident
____ Senior Citizen TVCSD Resident (attach ID)
____ Non TVCSD Resident

Total Enclosed _____

Instructor Bios

Nicole BUBOLO began working with food out of a personal need for healthy, healing, and delicious food. Now after over 10 years apprenticing with various professional bakers, chocolatiers, and chefs; plus completing a variety of specialty professional courses, Nicole shares her expertise with others. She lectures on special dietary needs, works as an in-home personal cook/baker, coordinates fundraisers with food themes, and is a Culinary Instructor at the Culinary Arts Center at New York Institute of Technology, Central Islip, N.Y.

Gail BOOS is a certified Personal Trainer, ISSA, (International Sports and Science Association), and IFTA Certified (International Fitness Training Association). She has experience teaching kickboxing, Zumba, weight training and Pilates. Gail has been a personal trainer for individuals with physical limitations as well as medical limitations. With her experience and background she can motivate participants to bring their fitness level to a higher level than they ever could do by themselves.

Robert BRADLEY is a graduate of The American Center for the Alexander Technique. He has a private practice in the community and shares his knowledge with students at SUNY Stony Brook, Yoga for Life, and Om Strength and Serenity.

Manna CALI is the owner of a motorcycle driving school, which is licensed by the Department of Motor Vehicles. She has taught hundreds of beginners how to safely operate a motorcycle, as well as given advanced instruction to experienced riders. She loves to share her passion for riding, and strategies for safety, with new riders.

Ellen CHEESEMAN loves to dance and loves country western music. She has combined the two and enjoys sharing this country western dancing with her students.

Geoffrey CHESHIRE has been teaching photography since 1996, and has 12 years of classroom and hands on instruction. His extensive knowledge amplifies the experience of photography. Geoff brings a unique method of instruction to the class, giving the student solid results in understanding digital photography.

Margaret CONOVER, Ph.D. is a botanist and former museum director who teaches at the New York Botanical Garden. She serves as editor of the LI Botanical Society's newsletter and maintains a botany blog at www.chiativity.org.

Karin CONSENZ was educated in Europe and has been baking for more than 40 years. She enjoys sharing her cooking expertise and recipes.

John CRAWFORD has been carving for years. His specialty is holiday ornaments and little people. He is an officer and active member of the Long Island Woodcarving Guild as well as the Crawford-New England Woodcarvers.

Jerome CURRERI is a professional upholstery craftsman. The owner of his own decorator shop, he has spent more than thirty years developing his craft.

Joseph DISALVO has been a financial educator for more than fourteen years working with investors age 60+ to preserve their assets and increase their income as much as 30% Hundreds of investors have used his advice to wisely invest over \$30 million in order to help grow their assets and pay less income tax. Awarded the Chartered Financial Consultant (ChFC) designation by the American College, his workshops are easy to understand and gives people the tools to create a worry-free retirement. BA, SUNY Stony Brook.

Joseph FOTI, First Aid Depot, is a certified American Red Cross instructor. He teaches SFA and CPR in neighboring school districts. BA, Pace.

Leni FRIEDLAND is an award winning artist. She says that her art is created through her process of "creative exploration," and her three "C's" – Composition, Color, Creativity. You can view her work at "http://www.wcolor.net" and at her in-home gallery by appointment. BA, Dowling; MALS, SUNY Stony Brook.

Karen E. GILES is a New York State licensed acupuncturist practicing Five Element style acupuncture. Born and raised on Long Island, Karen earned a Master of Acupuncture degree from the first accredited acupuncture program in the US–Tai Sophia Institute in Laure, Maryland.

Brian GLICKMAN is a financial planner. His specialty is college financing.

Maria GORECKI is a learning consultant and career coach with 25 years experience in career development working with individuals, major corporations, government agencies, and schools. She specializes in helping people find the right career fit and developing the skills needed for success and growth. She has a MS in Education and a Bachelors Degree in Psychology. She is certified in administering and evaluating Career Assessment Instruments such as Myers Briggs and Strong.

Xiao Pin HA is fluent in both English and Mandarin Chinese and has degrees from Shanghai Fudan University in China as well as SUNY Stony Brook. Her expertise includes teaching Chinese at different age and experience levels.

Hammarth, Rosalie has been crocheting for over 40 years since her Great-grandmother taught her this wonderful craft...and she enjoys passing it on to new generations. Crocheting has become very popular again due to all the fine fibers available. Each year Rosalie is using the new fibers that come out as well as spun fibers from various spinning groups. She was an Event Coordinator for Michaels Crafts stores and planned many Yarn Events for them. Rosalie also has experience teaching in Adult Education programs. Welcome back Rosalie!

Faith & Edwin HOLMQUIST are former Harvest Moon Ball dancers and were finalists in all categories. They have danced and taught together for many years. Both are past presidents of the New York Society of Teachers of Dance, the oldest ballroom organization in the country. They teach master classes to other teachers and are very busy teaching dance around Long Island and in the Catskills.

Stacey HONDROPULOS is on the staff of the SUNY Stony Brook Research Foundation. She has a rich background of business and computers. MBA, Dowling.

Dr. Michael HORNEY is a NYS licensed chiropractor, practicing locally for over twenty-five years. He is also a registered member of the American Board of Hypnotherapy. DC, Los Angeles Chiropractic College.

Anne KELLY-EDMUNDS has worked as a magazine editor and feature writer as well as a community relations specialist. A two-time cancer survivor, she shares her passion for life by teaching creative writing. BA, SUNY Stony Brook.

Ron KERNER, Ph.D. has been cooking Chinese cuisine for more than 36 years and has appeared in Newsday. He has prepared a Chinese wedding banquet for 70 people and a Chinese dinner banquet for a delegation from China visiting a friend's company. When not cooking, he is a psychologist in private practice.

Alice KLEIN is a retired NYS certified teacher with a passion for crafts. She has lead and taught stained glass classes at SUNY Stony Brook's OLLI (Roundtable). MA, Queens College.

Melissa KOLLEN-RICE is an attorney, an instructor and a seminar leader with two decades of real estate experience. Her firm focuses on real estate and foreclosure services for buyers, sellers, landlords and investors. She is a member of the Suffolk County Bar Association, the NYS Bar Assn, the LI Board of Realtors and the National Assn of Realtors. She is the author of the bestseller **Buying Real Estate Foreclosures**.

Gary KRIEGER is a USCG Licensed Captain. Captain Krieger is the founder of Catch the Wind Sailing School, Inc. which specializes in providing sailing lessons in basic sailing, coastal cruising, navigation and intermediate and advanced boat handling. He has owned and operated sail boats from 22ft up to 45ft. Captain Krieger has thirty years of teaching experience.

Kenny MANN a noted journalist, radio broadcaster, author, and documentary filmmaker. She has published articles in countless newspapers and magazines both in the USA and in Germany. Her most recent documentary films are distributed by Documentary Educational Resources (DER). She has published several non-fiction books for younger readers and teaches various non-fiction seminars at LIU and other venues. Kenny also teaches documentary film at Manhattan's Digital Film Academy. She has a M.Sc.In Education, and Postgraduate Diploma in film and theater. www.wrafiikiproductions.com

Sue MAZEAU is a certified AFFA instructor. She has worked with people of all ages getting them in shape by starting and working with them in a regular exercise program. She is one of our favorite instructors!

Chuck MCCORMICK is a NYS certified science teacher and owner of a local dive shop. His passion for the marine environment has led him to become a scuba diver and underwater photographer. He has spent many years teaching scuba diving in Long Island waters. MS, Syracuse U.

Susan MCCORMICK is a NYS certified teacher and co-owner of a local dive shop with a true passion for physical fitness. She is the director of the PADI Seal Team, a unique scuba club for young children. MA, Amherst U.

Christopher MCKENNA is a NYS certified teacher and an avid sportsman. SDL, SUNY Stony Brook.

Ryan MCKENNA is a NYS certified teacher with over fourteen years of martial arts teaching experience. MS, CW Post.

Ron MIDDLETON is a NYS certified teacher who has been involved in Physical Education for over twenty five years. He has been an instructor in TVCSD's CEP for many years. MA, SUNY Stony Brook.

David MUCCI is a professional chef and former restaurant owner. Having been trained by a master chef, he has been a chef for Due Torri Restaurant, The Italian Landmark Restaurant, and was executive Chef at The Cold Spring Harbor Café. He was General Manager and Cooking School Coordinator for the Viking Culinary Arts Center, where he taught home cooks the fine art of cuisine and how to use proper techniques to improve their cooking skills. Additionally, he was manager for Starbucks for 8 years. His earliest memories of drinking coffee are from 4 years old. He has been known to go to extremes to have a good cup, including bringing a coffee press and coffee in his luggage while on vacation.

Jacqueline PARENTE is a NYS certified teacher. In her free time she enjoys scrapbooking her family portraits as well as working with beads to create masterpieces in jewels. MS, SUNY Stony Brook.

Michael PARISI is a local artist known for his work in pastels, charcoal and oils. He Graduated from the American Art School and is a member of the Portrait Society of America. His work has shown in numerous Long Island venues. He does commission art work as well as teaching private art lessons.

Marcia REASS has been a certified Kripalu yoga teacher for over twenty years. As a holistic health educator and mindfulness meditation teacher, she is an advocate of polarity practice–body/mind wellness.

Laura RICCA has focused her life on art. An art history major, she is a practicing artist who has won many awards for her art work. A member of the East End Art Council, her passion is Portrait and Life Drawing. BA, SUNY Stony Brook.

Arlene ROGERS has been quilting for many years. She finds the freedom of expression in this medium to be a thrilling experience and hopes to pass this on to her students. AA, Suffolk Community College.

Ken ROGERS is a certified Cornell Cooperative Extension Urban Horticulturist. He has been a backyard gardener for over thirty years and volunteers with the Central Park Conservancy. BS, SUNY Empire.

Michael RYAN, First Aid Depot, is a professional safety trainer with certifications in CPR, First Aid, Wellness and OSHA programs. A long-standing member of the Port Jefferson Ambulance Rescue crew, he is co-owner of First Aid Depot In Miller Place.

Ronald SACKS – Dr. Sacks is a local Chiropractor in practice since 1986. He has a passion for golf and is certified in Golf Injury and Prevention as well as in the development of fitness and conditioning programs for golfers, and all others, at all levels. He also possesses a Masters Degree in Psychology and is a firm believer in prevention as a key to an active lifestyle.

SASHA is a professional belly dancer who has performed all over New York. She owns her own dance studio.

Mark SHAIMAN enjoys sharing his knowledge of Bridge with others. He has taught all levels of Bridge for Continuing Education over the years.

Linda TOGA is a local lawyer who provides clients with creative solutions to their problems. Currently president and the co-chair of the Estate Planning & Elder Law Committee of the Suffolk County Women's Bar Association, she is also a member of the Surrogate's Court Committee, the Elder Law Committee, the Solo & Small Firm Practitioners Committee, and the Women & the Law Committee of the Suffolk County Bar Association. JD, Hofstra Law.

CONTINUING EDUCATION THREE VILLAGE CENTRAL SCHOOL DISTRICT

WALK IN • MAIL IN REGISTRATION INFORMATION:

Early walk-in registration ends March 5th
Mail-in registration: See forms on page 7

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