



# Bronxville Adult School



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## Spring 2010 Course Catalog



# 67th Program

March 8 – June 14, 2010

## THE BRONXVILLE ADULT SCHOOL, INC.

a non-profit educational institution chartered by the New York State Board of Regents

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### A LETTER FROM OUR CHAIRMAN

Dear Friends,

When you receive this catalog, we may still be in the depths of winter, but in fact, spring will actually be just around the corner! The Bronxville Adult School proudly presents a variety of exciting new offerings, perennial favorites and “second-chance” listings of previously sold-out trips.

One of the highlights of our spring semester is an evening presentation by Fawaz Gerges on “The United States and the World of Islam.” Dr. Gerges, well known to many in Bronxville, is a professor of Middle Eastern Politics and International Relations at the London School of Economics and holds the Christian Johnson Chair in Middle Eastern Studies and International Affairs at Sarah Lawrence College. We urge you to register early for what promises to be an exciting, informative and up-to-the-minute look at the current situation in the Middle East.

Also new this spring are a backstage tour of the Metropolitan Opera; a defense course in bridge; two new restaurant samplers; 20th century Middle Eastern history; an introduction to women’s studies; belly dancing; tennis lessons on the Village courts; stamping and paper crafting; and en plein air painting.

So put down the snow shovel, get out your calendar and get ready to stimulate your mind and body and broaden your horizons. You may register for courses by phone using Visa or MasterCard, or through the mail. We encourage you to register promptly, since we will have to cancel classes with enrollment too low to cover our expenses. We look forward to welcoming both new and returning students from Bronxville and the surrounding communities we serve.

Now more than ever, we would also greatly appreciate your tax-deductible contributions to help us continue our long tradition of community service.

See you in school!

Sincerely,  
Juli Jackson, Chairman

### BOARD OF TRUSTEES

<b>Chairman:</b>	<b>Juli Jackson</b>
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<b>Executive Director:</b>	Marjorie MacAllister
<b>Registrar:</b>	Sheila Landsberg

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### MISSION STATEMENT

The Bronxville Adult School is a not-for-profit organization incorporated in 1957 and chartered by the New York State Board of Regents. Recognizing the importance of life-long learning, the Bronxville Adult School offers all adults of Bronxville and surrounding communities the opportunity for personal growth through life-enhancing skills and provides cultural, intellectual and recreational stimulation at a nominal cost.

### CONTACT INFORMATION

**The Bronxville Adult School**  
**bronxvilleadultschool.org**  
**adultschool@bronxvilleschool.org**  
**(914) 793-4435**  
**P.O. Box 334, Bronxville NY 10708**  
**Office Hours: 9:00 am – 12:00 pm Monday – Friday**

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# Trips\* and One-Time Classes at a Glance

## MARCH

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Monday, March 8	Ole, Ole! (Spanish cooking)
Tuesday, March 9	Food and Wine Pairing at Underhills Crossing CPR/AED
Thursday, March 11	Voiceovers Pad Thai
Monday, March 15	Celebrate Spring (seasonal cooking) Build Your Own Website
Thursday, March 18	Organizing Your Home or Office
Tuesday, March 23	The United States and Islam: a New Beginning?
Wednesday, March 24	Spring Floral Arrangement & Hand-Tied Bouquet
Thursday, March 25	TOUR of GRAND CENTRAL & CAMPBELL APARTMENT, LUNCH at METRAZUR Power Memory Workout

## APRIL

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Monday, April 5	Julia Child's Boeuf Bourguignon
Wednesday, April 7	THE REFORMED CHURCH of BRONXVILLE STAINED-GLASS WINDOWS
Thursday, April 8	Preserving Family Assets
Monday, April 12	Julia Child's Blanquette de Veau
Tuesday, April 13	American Heart Association First Aid Class
Wednesday, April 14	BACKSTAGE TOUR of the METROPOLITAN OPERA and LUNCH at 'WICHCRAFT
Thursday, April 15	Just Fish
Friday, April 16	Just Fish ⚙️
Monday, April 19	Julia Child's Sole Meuniere
Tuesday, April 20	Perennials: Old Reliables with Some New Twists
Thursday, April 22	Most-Asked-for Salmon Recipe
Monday, April 26	Julia Child's Crepes Sucrees
Tuesday, April 27	Build Your Own Website
Thursday, April 29	GRACIE MANSION CONSERVANCY TOUR & TEA

## MAY

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Wednesday, May 5	OPEN the DOORS to BROOKLYN
Thursday, May 6	Bountiful Buffet
Friday, May 7	Bountiful Buffet ⚙️
Tuesday, May 11	Soft Shell Crabs at Eastchester Fish Gourmet Restaurant
Monday, May 24	Spring Bird Walk ⚙️
Wednesday, May 26	Spring Bird Walk ⚙️ (rain date)

\* Trips appear in capital letters

⚙️ Denotes daytime class

## TRIPS

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### TOUR of GRAND CENTRAL & CAMPBELL APARTMENT, LUNCH at CHARLIE PALMER'S METRAZUR

*(repeating our sold-out fall trip)*

Join us for a private walking tour of Grand Central Terminal, reliving its colorful history from the original 1800's Grand Central Depot through its dramatic restoration in the 1990's to its transformation into a popular destination for dining, shopping, gourmet food and public events. We will also visit the exquisite Cambell Apartment. Our three-course luncheon will be at Zagat-rated Charlie Palmer's Metrazur on the East Balcony of Grand Central. Take Metro-North with us or meet in Grand Central. Details supplied after registration. ***Walking, standing and stairs involved.***

**Thursday, March 25 10:00 am – 3:00 pm \$70**

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### THE REFORMED CHURCH of BRONXVILLE STAINED-GLASS WINDOWS

*(repeating our sold-out fall program)*

Have you seen the stained-glass windows of Notre Dame in Paris? Or the Cathedrals in Chartres or Reims? There's no need to travel "across the pond" because the stained-glass windows of the Reformed Church are truly spectacular! Designed by Charles J. Connick of Boston, the noted stained-glass window artist, who also created the windows of St. Patrick's Cathedral and St. John the Divine in NYC, the windows are hand-blown from "pot-metal" glass and have a jewel-like brilliance. You will be hosted by an experienced tour guide as you marvel at this remarkable treasure of Bronxville. Hear the history of the windows and learn how stained-glass is made. It's a treat not to be missed! ***Seating is available in Church pews.***

**Wednesday, April 7 11:00 am – 12:30 pm \$20**

**Meet at the office of the Reformed Church, 180 Pondfield Road**

*Cindy Tether recently retired from IBM after more than 27 years and is an active member of The Reformed Church of Bronxville. She delights in the beauty of the stained-glass windows and, by popular request, loves sharing her knowledge of the windows.*

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### BACKSTAGE TOUR of the METROPOLITAN OPERA and LUNCH at 'WICHCRAFT

Join us behind-the-scenes of the world's greatest opera house and see the Met as never before. Visit the stars' dressing rooms and go three stories underground to rehearsal rooms where world-class productions first take shape. From the majestic auditorium and stage complex to the backstage shops where mammoth sets and ornate costumes are crafted, you'll see it all on this unforgettable 90-minute tour. We will enjoy a delicious boxed lunch before the tour at chef Tom Colicchio's acclaimed 'wichcraft Cafe in the newly-opened David Rubinstein Atrium. Take Metro North with us or meet at 'wichcraft. Details supplied after registration. ***Tour involves considerable walking, standing and stairs.***

**Wednesday, April 14 11:00 am – 6:00 pm \$65**

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### GRACIE MANSION CONSERVANCY TOUR & TEA

Treat yourself to a tour and lovely tea (the tea is available only for groups – not individual visitors), and take in the astounding collection of American-made furniture treasures at this gracious Federal-style mansion. One of the oldest surviving wood structures in Manhattan and a member of the Historic House Trust, Gracie Mansion has had many lives since being built in 1799 – country estate, ice-cream parlor, first home of the Museum of the City of New York and most famously, a residence for some of New York City's mayors starting with LaGuardia. Today it is the People's House, thanks to a gorgeous 2002 renovation by Hamptons-famous designer, Jamie Drake. ***Some walking, standing and stairs involved.***

**Thursday, April 29 11:30 am – 5:00 pm \$140**

**Bus leaves from and returns to Bronxville Women's Club, 135 Midland Avenue**

## TRIPS

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### OPEN the DOORS to BROOKLYN: BUS and WALKING TOUR

*(repeating our sold-out fall trip)*

Discover the beauties of Brooklyn as popular tour leader **Justin Ferate** takes us to the choicest sites of America's "fourth largest city." Visit elegant Brooklyn Heights and experience the panoramic waterfront vistas of the Manhattan skyline. Then off to the trendy artists' neighborhood of DUMBO (Down Under the the Manhattan Bridge Overpass) with a stop at the famous Jacques Torres Chocolates. Take in the magnificent houses of Prospect Park designed by Vaux and Olmstead. For contrast, stroll along the oceanfront boardwalk and under the elevated trains of Brighton Beach for some of the best food shopping in the metropolitan area as we take in the largest Russian community in the United States. We'll enjoy an authentic Ukrainian lunch at Café Glechik (rated best food in Brighton Beach by *New York Magazine*). **Substantial walking is involved.**

**Wednesday, May 5    7:45 am – 5:00 pm    \$150**

**Bus leaves from and returns to Bronxville Women's Club, 135 Midland Avenue**

## BRIDGE

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### PLAY of the HAND

This sequel to our advanced beginner class covers all aspects of declarer play, including Developing Tricks through Promotion, Length and the Finesse; Eliminating Losers using the Ruff and the Discard; Watching out for Entries; Watching out for Opponents; Managing the Trump Suit and Putting It All Together.

**10 Mondays: 7:00 – 8:30 pm    \$200**

**April 5 – June 14 (no class May 31)**

**Bronxville School Faculty Lounge**

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### BEGINNER PLUS

This course is for players who have taken beginning bridge or who have some experience. It covers Preemptive Opening Bids; Overcalls & Advances; Takeout Doubles; the Competitive Auction; and four of the most popular and widely-played conventions in bridge — the Stayman Convention; Jacoby Transfer Bids; Strong Opening Bids; and Slam Bidding. Students receive many opportunities to review in class and in practice games.

**10 Tuesdays: 9:05 – 10:35 am    \$200**

**March 9 – May 25 (no class March 16 and March 30)**

**Reformed Church Calvin Room**

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### DEFENSE CLASS

Defense is by far the most difficult part of bridge, but that doesn't mean that it's impossible to learn. More time at the table is spent on defense than on any other aspect of the game. Setting the contract is sometimes not enough; in match points you must restrict declarer to as few tricks as possible. In this course players will learn about the different defensive strategies, opening leads, signaling and figuring out the unseen hands. The course will include discussion with a focus on applying the concepts by playing preset hands.

**10 Tuesdays: 10:50 am – 12:35 pm    \$200**

**March 9 – May 25 (no class March 16 and March 30)**

**Reformed Church Calvin Room**

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### MODERN BRIDGE CONVENTIONS

Social and duplicate players will add a few gadgets to your bidding arsenal with this course. Learn and practice new conventions and treatments to fit into standard bidding methods. You will receive notes as well as a self-quiz to ensure that the concepts introduced are thoroughly understood and reinforced.

**10 Wednesdays: 9:30 – 11:00 am    \$200**

**March 24 – June 2 (no class March 31)**

**Reformed Church Calvin Room**

## BRIDGE

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### SUPERVISED PLAY

Don't play out your hand by instinct. This can be a very frustrating experience even if you make your contract. Play a hand with confidence! Understand guidelines for drawing trumps, finessing and establishing suits. Learn how to formulate a plan and how to execute it. We will play and analyze hands.

**10 Fridays: 9:30 – 11:15 am \$200**

**March 26 – June 4 (no class April 2)**

**Reformed Church Calvin Room**

*All bridge classes are taught by **Sylwia and Mike McNamara** – popular, well-known bridge professionals, ACBL accredited teachers, ACBL certified directors and accomplished tournament players.*

## CAREER • FINANCE

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### EFFECTIVE JOB SEARCH TECHNIQUES

Are you searching for a new job? Re-entering the work force and not sure where to start? Meet with an experienced career coach to get on the right track to find your next job or career. Learn how to build a competitive resume and market yourself, practice effective interview techniques and learn networking strategies. Take-home assignments will maximize your benefit from the classes.

**3 Tuesdays: 7:00 – 8:30 pm \$65**

**March 9, 23 and April 6**

**BHS Room B-208**

***Genevieve Chorhummel** has a MS from Northeastern University in Applied Educational Psychology and coaches job seekers to identify their skills and interests to conduct targeted job searches.*

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### YOU'RE on the AIR! HOW to MAKE IT in VOICE-OVERS

Voice-overs are hot today! You don't have to be an actor to get voice-over work. 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. Learn about the numerous opportunities, the income potential and how to have a demo produced. You'll step up to the microphone, do some practice recording and hear the results.

**Thursday, March 11 7:00 – 9:00 pm \$45**

**BHS Room A-102**

***Rob Sciglimpaglia** is a successful voice-over artist whose clients include PBS, TGI Friday, AMD, Reebok and the Marines.*

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### PRESERVING FAMILY ASSETS

#### (By Avoiding Estate Taxes and Nursing Home Costs)

Learn how to maintain control over your assets. Topics covered, most of which are relevant regardless of your net worth, include the effect of recent changes in the law on estate and asset protection planning, how virtually unlimited amounts of assets can be passed to children free of estate tax and how senior citizens can protect their homes and other assets from future nursing home costs. An easy-to-understand explanation of how trusts can be used to legally eliminate estate taxes will also be included.

**Thursday, April 8 7:00 – 9:00 pm \$45**

**BHS Room B-202**

***Neil Lubarsky, Esq.** has twenty-eight years of experience practicing law and is a Harvard-trained attorney with an office in Purchase, New York. He practices in the areas of estate planning, elder law and securities arbitration.*

# COMPUTERS

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## GENTLE PRE-INTRODUCTION to COMPUTER

**Alison Larkin**

This two-night class removes anxiety for people who have never used a computer mouse before. It provides a good foundation for Introduction to Computer. Become familiar with the computer and learn to use the mouse to click on icons to perform simple tasks. Acquire the confidence and skills to continue your computer education. **Very limited registration.**

**Tuesday, March 9 and Thursday, March 11 7:00 – 9:00 pm \$75**  
**Elementary Computer Lab D-207**

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## BASIC PHOTOSHOP CS4

**Lisa Maxwell**

Gain control of your images, edit and improve, composite and prepare them for printing and posting on the web. Photoshop is useful to open and organize images, set up workspaces and preferences, use navigation and tools, work on color correction, image size and resolution, crop and straighten images, make selections, do basic retouching and work with layers. Also useful for outputting, creating PDF's and web galleries and saving and optimizing images for the web.

**5 Wednesdays: 7:00 – 9:00 pm \$200**  
**March 10 – April 14 (no class March 31)**  
**Elementary Computer Lab D-207**

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## BUILD YOUR OWN WEBSITE

**Mark G. Young**

This one-night intensive course is designed for people who want to build a website without having to buy complicated software or read detailed manuals. We'll cover the basics of selecting a website design, choosing a domain name, and we'll make sure your website is up and running by the end of the evening. We will also cover how you can maintain and expand the website yourself. **This class sold out last semester; register early to avoid disappointment.**

**Choice of 2 Dates: 7:00 – 10:00 pm \$45**  
**Monday, March 15**

Or

**Tuesday, April 27**  
**Elementary Computer Lab D-207**

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## INTRODUCTION to COMPUTERS

**Computer Staff**

This very basic course begins with two nights of instruction to get you familiar with the computer and what it can do for you. It includes a two-night overview of MS Word and two nights on Internet and email. A textbook is extra. **Limited registration.**

**3 Tuesdays and 3 Thursdays 7:00 – 9:00 pm \$215**  
**March 16 – April 8 (no class March 30 and April 1)**  
**Elementary Computer Lab D-207**

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## MS EXCEL LEVEL I

**Claudia Boyle**

Learn to create and format worksheets. The class includes discussion and exercises based on worksheets, formulas and functions. We will work with data in two formats: numbers and lists. Some knowledge of Windows is required. A textbook is extra.

**2 Tuesdays and 2 Thursdays: 7:00 – 9:00 pm March 16 – 25 \$150**  
**Computer Lab C-212**

# COMPUTERS

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## MS WORD LEVEL 1

**Claudia Boyle**

Learn to create, edit and format documents useful for home and office. Correct your spelling and grammar as you type, use bullets, numbering, different fonts, font sizes, margins and more. A textbook is extra.

**2 Tuesdays and 2 Thursdays: 7:00 – 9:00 pm    April 13 – 22    \$150**  
**Elementary Computer Lab D-207**

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## BASIC InDESIGN CS4

**Lisa Maxwell**

Learn how to go beyond the limits of word processing applications to create great looking, unique, professional documents from simple letters to multi-page brochures. You can use InDesign to set up the workspace, create new documents and manage pages, work with text and text frames, import text, work with graphics and frames, import images, format characters and paragraphs, learn how to use color and export and print documents.

**5 Wednesdays: 7:00 – 9:00 pm    \$200**  
**April 21 – May 19**  
**Elementary Computer Lab D-207**

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## BUYING and SELLING on eBay

**Claudia Boyle**

Learn how eBay works, when to use it and when another method is better. Useful for beginners and for those who would like to learn about the latest developments in using eBay. We will cover the process of photographing and downloading pictures online, writing descriptions of your items and how the bidding process works.

**Monday, May 3 and Wednesday, May 5    7:00 – 8:30 pm    \$65**  
**Computer Lab C-212**

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## MS POWERPOINT

**Mary M. Mooney**

Learn how to create those visually compelling presentations you've admired at meetings or social gatherings. Use wizards and templates for a quick start on your own professional-looking presentations. Be ready for your next presentation or special event! A textbook is extra.

**Tuesday, May 11 and Thursday, May 13    7:00 – 9:00 pm    \$75**  
**Elementary Computer Lab D-207**

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## MS EXCEL LEVEL II

**Claudia Boyle**

A revamped five-night class for those with some basic knowledge of Excel. We will cover advanced functions, charts, diagrams and how to manage the screen using larger spreadsheets. A textbook is extra.

**3 Thursdays and 2 Tuesdays: 7:00 – 9:00 pm    May 13 – 27    \$200**  
**Computer Lab C-212**

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### ***Our Computer Staff:***

**Claudia Boyle** has been involved with computers for more than twenty years, teaching elementary after-school to college-level classes. This is her seventh year at Bronxville Adult School. In her spare time, Claudia reads user manuals.

**Karen DeMatteo** has taught practical computer classes for the Adult School for the past four years.

**Alison Larkin** is a local resident and former Bronxville School parent with a professional background in systems.

**Diane Luisi**, a local resident, has taught a variety of computer classes for the Adult School for the past four years.

## COMPUTERS

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*Lisa Maxwell* is an advertising and graphic design professional with over 25 years of experience. Lisa has also been teaching since 2002, at FIT and the Westchester Art Workshop. Lisa does private tutoring and has conducted seminars in affiliation with Vision Project, a not-for-profit organization based in Westchester County. **See [www.lisamax.com](http://www.lisamax.com).**

**Mary M. Mooney, M.B.A.**, Iona College, is an Adjunct Professor of Computer Information Systems at Concordia College with a background in corporate information technology and finance.

**Mark G. Young** is a writer, editor, teacher and PR professional.

## COOKING • FOOD • WINE

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**Register for one cooking class and receive \$5.00 off each additional cooking class!**

### TWO TERRIFIC RESTAURANT SAMPLERS:

#### **TOP CHEF'S TRADE SECRETS: Three-Course Food and Wine Pairing with Underhills Crossing and Parkway Liquor Store**

Owner **Steven Palm** and **Chef David Scott** of **Underhills Crossing Restaurant**, along with **Ed Dowd** of **Parkway Liquor Store**, will take you through the planning and execution of a delectable three-course food and wine pairing specifically created for your springtime table. **Chef Scott** will demonstrate the preparation of the appetizer, entrée and dessert, which you will enjoy along with the wines expertly chosen by **Ed Dowd** to complement the flavors of each seasonal course.

**Tuesday, March 9 7:30 – 9:00 pm \$50**  
**Underhills Crossing Restaurant, 74 ½ Pondfield Road**

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#### **SPRING BOUNTY: Soft Shell Crabs at Eastchester Fish Gourmet Restaurant**

If you love to order soft shells in restaurants, but are unsure about preparing them at home, fear no more. Owner **Rick Ross** and **Chef Arsenio Flores** of Eastchester Fish Gourmet Restaurant will demonstrate how it's done. This demonstration class includes a delicious lunch – soft shell crabs, of course! Also included: a \$10 gift certificate for the Eastchester Fish Gourmet retail store to get you started on your soft shell feast at home.

**Tuesday, May 11 12:00 – 1:30 pm \$50**  
**Eastchester Fish Gourmet Restaurant, 837 White Plains Road, Scarsdale**

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#### **HANDS-ON DINNER PARTIES at LINDA'S**

Come hungry and prepare to make and enjoy a great meal! These are participatory classes, and you will enjoy the fruits of your labor. Classes are held in **Chef Linda Sanchez's** professional kitchen; local address and directions supplied upon registration. **Limited enrollment.**

#### **OLE, OLE!**

Awaken your desire to discover Spain with all your senses. Tapas and paella are only the beginning of the rich culinary experience in store for you!

**Monday, March 8 7:00 – 10:00 pm \$55**

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#### **CELEBRATE SPRING**

All things bloom in spring and so will your culinary skills. A special preparation of filet mignon is the star of this elegant meal, which finishes with a dazzling dessert.

**Monday, March 15 7:00 – 10:00 pm \$55**

# COOKING • FOOD • WINE

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## PAD THAI

*Felicity Bhagwat*

We will make this healthy and delicious dish with tofu and vegetables, but you can make it at home with chicken or seafood. A versatile dish with delicate flavors, pad thai also makes an unusual side dish to accompany your warm weather grilled meats and fish. This class will involve some optional hands-on preparation. Leave room to savor the results!

**Thursday, March 11 7:00 – 9:00 pm \$45**

**BHS Home Ec Room B-114**

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## FABULOUS SOLO MEALS

*Toni Lydecker*

Learn how easy it is to cook just for you! You'll go home from the first class with the know-how to make gingery carrot and celery soup, risotto with shiitake mushrooms and peas, and a salmon packet with Sicilian flavors. In the second class, you will add three more great dishes to your serves-one repertoire: broccolini-tortellini soup, chicken saltimbocca and a salad of warm spinach, orzo and pistachios. Class includes tips on solo shopping and prep strategies from *Toni Lydecker*, author of *Serves One: Simple Meals to Savor on Your Own*. Cookbook included!

**2 Tuesdays: March 16 and April 6 7:00 – 8:30 pm \$100**

**BHS Home Ec Room B-114**

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## JULIA CHILD CLASSICS DE-MYSTIFIED

*David McCann*

Read the book? Seen the movie? Decided it would be fun to try one of Julia's classics after all of these years...and then freaked out at the complexity? Never fear... in this demonstration class, we'll de-stress, and de-mystify some of Mrs. Child's greatest hits. There are a few ingredients we might play with, since tastes have changed a bit since 1961. But one thing will never change (this is Julia Child, after all)...BUTTER! Come ready to enjoy samples of these classics.

## BOEUF BOURGUIGNON

Essentially a simple beef stew flavored with wine. But the results are anything but simple. And if, somehow, you have leftovers...the pasta sauce of which dreams are made.

**Monday, April 5 7:00 – 9:00 pm \$45**

**BHS Home Ec Room B-114**

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## BLANQUETTE de VEAU

We could also call this a simple stew, but this one possesses a real wow factor. Veal, pearl onions, mushrooms...all in a cream-enriched veloute. But again, easy as stew to make.

**Monday, April 12 7:00 – 9:00 pm \$45**

**BHS Home Ec Room B-114**

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## SOLE MEUNIERE

We're all a little afraid when it comes to cooking fish at home. But if you buy good fish, and cook it fast, there won't be any fishy smell in your house. And this elegant and delicious preparation couldn't be simpler.

**Monday, April 19 7:00 – 9:00 pm \$45**

**BHS Home Ec Room B-114**

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## CREPES SUCREES

We have all made pancakes...these are just a little thinner and more elegant. And when you make them at home, if you dip them in orange butter, and flame them in a little cognac...well, Suzette would be proud.

**Monday, April 26 7:00 – 9:00 pm \$45**

**BHS Home Ec Room B-114**

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# COOKING • FOOD • WINE

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## MOST-ASKED-FOR SALMON RECIPE

**Sheila Landsberg**

Think light, elegant and easy! This Asian-inspired salmon is a perfect warm-weather meal you can prepare ahead. You will also learn to make the perfect sides: ginger jasmine rice and sautéed baby bok choy. Best of all, your hands-on prep time at home for all three is less than half an hour. Come hungry to this demonstration class.

**Thursday, April 22 7:00 – 8:30 pm \$45**

**BHS Home Ec Room B-114**

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## COOKING in NANCY'S KITCHEN

*These small demonstration classes (day and evening) are held at Chef Nancy Contessa's lovely local home. Details supplied after registration. Leave room to enjoy the food!*

### JUST FISH (*encore presentation of the twice-sold-out class!*)

Everyone knows that we should be eating more fish, but many of us are not comfortable preparing it at home. This class will have you stopping at the fish department of your favorite market on a regular basis.

**Thursday, April 15 7:00 – 8:30 pm \$50**

Or

**Friday, April 16 (same class) 11:00 am – 12:30 pm**

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## BOUNTIFUL BUFFET

A mostly make-ahead complete buffet for entertaining. Learn and enjoy flexible recipes that work well for small family gatherings or large special occasions such as graduations.

**Thursday, May 6 7:00 - 8:30 pm \$50**

Or

**Friday, May 7 (same class) 11:00 am – 12:30 pm**

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### *Our Chefs:*

**Felicity Bhagwat**, a former Bronxville resident for 25 years, has taught Viennese pastry, bread-making and languages for BAS. Originally from Austria, Felicity studied cooking abroad, developing a passion for multi-national cooking while living all around the world.

**Nancy Contessa's** long-time passion for cooking is well-known to all those who still use the 1997 Bronxville School Cookbook she helped to produce. Nancy's favorite place to be is in her kitchen cooking for family and friends.

**Sheila Landsberg**, a former Bronxville parent, enjoys cooking for family and friends with the freshest local and seasonal ingredients.

**Toni Lydecker** is a food journalist and cookbook author who lives in Irvington, New York. She has written on food and culinary travel for many magazines and online publications. Her most recent cookbook is **Seafood alla Siciliana: Recipes and Stories from a Living Tradition** (Lake Isle Press, 2009). To sample Toni's writings and recipes, visit [www.tonilydecker.com](http://www.tonilydecker.com).

**David McCann** is an actor, playwright, teacher, food writer and recipe developer whose recipes and articles have appeared in **Great American Home Cooking** and **Every Day with Rachel Ray**.

**Linda Sanchez** has been cooking since the age of eight - she learned from her grandmother, a professional chef. Linda also studied at the French Culinary Institute in New York, and she has been a caterer, cooking teacher and food writer. Some of her recipes are included in the **Westchester County Tricentennial Cookbook**. Linda travels extensively, always on the lookout for something new to incorporate into her cooking of the cuisines of the world.

## CURRENT EVENTS • HISTORY • READING

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### THE UNITED STATES and the WORLD of ISLAM: a NEW BEGINNING?

When the dust settled after World War II, the United States emerged as one of the two most powerful nations in the international system and, in the world of Islam, by far, one of the most respected great powers. America was seen as a progressive island in a sea of European reaction and colonialism. At that moment the dominant question was, "why do they like us so much?" not "why do they hate us so much?" What went wrong with America's relations with Muslim civil societies in the second part of the 20th century? Does the election of Obama represent a new beginning of relations between America and the world of Islam? What would it take to transform U.S. relations with Muslim societies? Or are there structural impediments to better relations? The lecture will situate American foreign policy within the context of domestic and regional politics, including oil and Israel, and the global system.

**Tuesday, March 23 7:00 – 8:30 pm \$20**  
**Reformed Church Edwards Room (enter through door at right rear of cloister)**

*Fawaz Gerges, a professor of Middle Eastern Politics and International Relations at the London School of Economics and Political Science, earned a doctorate from Oxford and has taught at institutions including Oxford, Harvard and Columbia. He holds the Christian Johnson Chair in Middle Eastern Studies and International Affairs at Sarah Lawrence College. Dr. Gerges is the author of several books, including the recently-acclaimed **Journey of the Jihadist: Inside Muslim Militancy** (Harcourt Press, 2007) and **The Far Enemy: Why Jihad Went Global** (Cambridge University Press, 2005). He has been the recipient of MacArthur, Fulbright and Carnegie Fellowships, and his articles and editorials have been widely published by leading newspapers and periodicals. He has appeared frequently on prominent shows on major US television networks and on Al Jazeera, and he was a senior ABC television news analyst from 2000 until 2007.*

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### INTRODUCTION to WOMEN'S STUDIES

*Habiba Boumlik, Ph.D.*

Are we born men/women or do we become one or the other? How much does biology affect culture? How is gender considered in different cultures? Are there universal traits of women's condition? Are women's roles, status and relationships with men biologically determined? The course analyzes anthropological literature on gender and explores various perspectives concerning women's lives from a cross-cultural standpoint. The focus is on four major themes: Religion; Body and Sexuality; Family and Work; Development and Global Perspectives.

**4 Wednesdays: 7:00 - 9:00 pm \$100**  
**March 10 - April 7 (no class March 31)**  
**BHS Room B-208**

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### 20th CENTURY MIDDLE EASTERN HISTORY

This sequel to our sold-out fall course explores the 20th-century history of the Middle East, concentrating on Egypt, Turkey, the Arabian peninsula, and Iran. The course will focus on the emergence of various expressions of nationalism in the early 20th century, the events of September 11 and their aftermath, Political Islam and the notion of Jihad.

**4 Wednesdays: 7:00 – 9:00 pm \$100**  
**April 14 – May 5 BHS Room B-208**

*Habiba Boumlik, Ph.D. is an adjunct professor in Social Sciences at SUNY Purchase and has been a guest professor in Modern Languages at Sarah Lawrence College and an adjunct professor in Humanities at Fordham University.*

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### MYSTERIOUS BOOKS

A continuing course on mystery fiction (newcomers welcome!). We will continue to concentrate primarily on women authors. Book list will be mailed before the first class.

**6 Thursdays: 7:00 – 9:00 pm \$120**  
**April 8 – May 20 (no class April 22) BHS Room A-207**

*Jean Geiger is a college administrator and former adjunct instructor at CUNY who might someday finish the mystery novel in her bottom drawer. Jean has taught at BAS since 1996.*

# DANCE

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## BALLROOM DANCE for BEGINNERS

Getting ready for an upcoming wedding or special social event? Learn the classic traveling dances: *waltz*, *foxtrot* and *American tango*. Men will learn strong lead, while women follow with ease and grace. Then onto the fun spot dances: *swing* and *hustle*. **Couples only!**

**8 Tuesdays: 7:15 – 8:15 pm** **\$195 per couple**  
**March 9 – May 11 (no class March 30 and April 20)**  
**Bronxville Elementary School North Playroom**

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## CHA CHA and MAMBO/SALSA SHINE CLASS

Learn the exciting and energetic shine steps! We'll start with a slower-paced short warm-up and move onto the fun. **No partnering!**

**8 Tuesdays: 8:30 – 9:30 pm** **\$145 per person**  
**March 9 – May 11 (no class March 30 and April 20)**  
**Bronxville Elementary North Playroom**

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## SWING DANCE

These two courses concentrate on the ever-popular *swing*, the exciting dance from the big band era. You will have fun learning the steps, style and technique of this energetic dance.

**New routines will be taught in both classes this spring to provide variety for those hooked on swing. Couples only!**

## SWING I

For beginners, advanced beginners and more-experienced dancers who prefer a *single-rhythm swing*.

**8 Thursdays: 7:15 – 8:15 pm** **\$195 per couple**  
**March 11 – May 13 (no class April 1 and April 22)**  
**Bronxville Elementary North Playroom**

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## SWING II

For intermediate/advanced dancers (prerequisite SWING I course or equivalent). Class will be taught in *triple-rhythm swing* along with more advanced rhythm steps (e.g. *8-count lindy* and *crazy legs*).

**8 Thursdays: 8:30 – 9:30 pm** **\$195 per couple**  
**March 11 – May 13 (no class April 1 and April 22)**  
**Bronxville Elementary North Playroom**

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## BALLROOM DANCE: 2-Night Crash Course!

These two two-hour sessions are especially helpful for busy brides- and grooms-to-be, families and wedding party members. We will cover the *waltz* and *foxtrot*; two short routines will also be taught. **Couples only!**

**Tuesday and Thursday, May 25 and 27 7:15 – 9:15 pm** **\$100 per couple**  
**Bronxville Elementary North Playroom**

### **Dance Instructor for all courses:**

**Carol Sundquist** has taught for more than 20 years in schools including the Sandra Cameron Dance Center in NYC. Her background includes all forms of ballroom dance. An associate member of the Society of Stage Directors and Choreographers (SSDC), Carol has taught at BAS since 2003.

# FITNESS • TENNIS • GOLF • PADDLE TENNIS

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*Register for one fitness class and receive \$10 off each additional fitness class.*

## BELLY DANCING

Are you bored with your work-out? Come de-stress and have fun in this class that embraces all shapes and sizes. Originally used to help women in labor, belly-dancing is a total body, cardio work-out designed to leave you fit, flexible, toned and on the path to a healthy lifestyle. Wear loose-fitting clothing and prepare to start feeling good about yourself!

**8 Thursdays: 9:30 – 10:30 am** **\$175**

**March 11 – May 6 (no class April 1)**

**Studio B Dance Center, 375 White Plains Road, Scarsdale**

*Shayna is a professional belly dancer and instructor with more than ten years' experience. She teaches popular adult classes for all ages and populations. See [www.shaynassolution.com](http://www.shaynassolution.com) for more information.*

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## ZUMBALATES

An invigorating combination of Zumba, a dance-based cardiovascular class, and Pilates, a stretching, core-conditioning class. There will be sixty minutes of dancing, fun and calorie-burning, and to make the workout more complete, thirty minutes of stretching exercises for the spine and core muscles of our bodies. Flexible dance shoes or sneakers and aerobic clothing are recommended; bring a bottle of water.

**10 Mondays: 7:30 – 8:30 pm for Zumba only** **\$200**

Or

**7:30 – 9:00 pm for Zumba and Pilates** **\$250**

**March 8 – May 17 (no class March 29)**

**Bronxville Elementary South Playroom**

*Heidy Pashinin has more than eight years of experience as a fitness instructor and a background in dance, Pilates and yoga. Currently teaching at a popular local popular sports club, Heidi is dedicated to making the choreography of her dance classes/workouts exciting, fun and fresh. Her enthusiasm and energy are contagious!*

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## YOGA

*Mary Beltran*

Yoga is often described as the ultimate exercise. It is a workout that stretches, tones and relaxes. Benefits are gained at every level. Come discover why so many students enjoy these classes. Wear comfortable clothing (no perfume or scented soap, please) and bring a mat or blanket to class.

### YOGA BEGINNING AM

**10 Fridays: 10:30 – 11:30 am** **\$200**

**March 12 – May 21 (no class April 2)**

Or

**10 Tuesdays: 10:30 – 11:30 am** **NEW!** **\$200**

**March 9 – May 18 (no class March 30)**

**Bronxville Women's Club, 135 Midland Avenue**

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### YOGA BEGINNING PM

**10 Thursdays: 7:30 – 8:30 pm** **\$200**

**March 11 – May 20 (no class April 1)**

**Bronxville Elementary School South Playroom**

# FITNESS • TENNIS • GOLF • PADDLE TENNIS

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## YOGA INTERMEDIATE AM

10 Fridays: 9:30 – 10:30 am

\$200

March 12 – May 21 (no class April 2)

Bronxville Women's Club, 135 Midland Avenue

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## YOGA INTERMEDIATE PM

10 Mondays: 7:00 – 8:00 pm

\$200

March 8 – May 17 (no class March 29)

Bronxville Elementary School North Playroom

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## PILATES

*Mary Beltran*

Tone and strengthen the core of your body in the class that everyone raves about. Pilates is a terrific abdominal workout. Wear comfortable clothes (no perfume or scented soap, please) and bring an exercise mat and small towel.

### PILATES AM

10 Tuesdays: 9:30 – 10:30 am

\$200

March 9 – May 18 (no class March 30)

Bronxville Women's Club, 135 Midland Avenue

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### PILATES PM

10 Wednesdays: 7:30 – 8:30 pm

\$200

March 10 – May 19 (no class March 31)

Bronxville Elementary School South Playroom

*Mary Beltran, LMT, RYT, is a registered Yoga teacher certified in Kripalu Yoga with over 5,000 hours of experience, a certified Feldenkrais® practitioner, and a certified Pilates and breathing-work teacher. She is also a licensed massage therapist and is certified by the American Council for Exercise as a personal trainer and group instructor.*

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## TAI CHI

Tai Chi is a gentle exercise program using slow movements, meditation and deep breathing to enhance physical health and emotional well-being. Benefits of Tai Chi can include lower blood pressure, enhanced circulation and improved concentration. Wear comfortable clothing.

10 Wednesdays: 7:30 – 8:30 pm

\$200

March 10 – May 19 (no class March 31)

Bronxville Elementary School North Playroom

*Master Domingo Colon, Director of the Tai Chi School of Westchester, has over 42 years of Tai Chi experience and is the author of **Senior's Tai Chi Workout** and **Teaching Tai Chi to Special Populations**.*

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## TENNIS LESSONS at BRONXVILLE VILLAGE TENNIS COURTS

A great opportunity to get out on the court and work on your skills, have fun and meet other people interested in playing. Everyone is welcome. Please wear appropriate tennis wear (white not required) and sneakers (no black soles) and bring your own racket. Tennis balls provided.

*Free clinics will be held on Saturday, April 10 for those interested in trying a lesson before registering. Absolute Beginners: 1:00 pm – 2:00 pm; Advanced Beginners: 2:00 – 3:00 (rain date Sunday, April 11). Demo rackets will be available for this lesson only.*

**Absolute Beginners – Choice of 4 Days/Times: \$80**

6 Mondays: 9:00 am – 10:00 am

April 19 – May 24

6 Wednesdays: 10:00 am – 11:00 am

April 21 – May 26

6 Wednesdays: 6:00 pm – 7:00 pm

April 21 – May 26

6 Saturdays: 1:00 pm – 2:00 pm

April 24 – June 5 (no class May 29)

# FITNESS • TENNIS • GOLF • PADDLE TENNIS

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**Advanced Beginners – Choice of 3 Days/Times: \$80**

6 Mondays: 10:00 am – 11:00 am      April 19 – May 24

6 Wednesdays: 10:00 am – 11:00 am      April 21 – May 26

6 Sundays: 1:00 pm – 2:00 pm      April 25 – June 14 (no class May 9 or 30)

Bronxville Village Tennis Courts, Garden Avenue

*Mike Virgilio is a popular tennis instructor who has taught tennis for the Village of Bronxville for more than 25 years.*

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## GOLF LESSONS at LAKE ISLE

We will address every aspect of the game from rules and etiquette to short games and full swing. This class is great for meeting others who are interested in working on their game and having fun. In the Beginning Ladies' Group, we will work on skills together as a group to overcome the intimidation that can come with beginning golf. We will go on the course to get you adjusted to the culture of being there. **Meet at Lake Isle Country Club Pro Shop.**

**Beginning Ladies (limited to 7 students):**

5 Sundays: 6:15 – 7:30 pm      \$195

April 11 – May 16 (no class May 9)

Or

5 Tuesdays: 6:15 – 7:30 pm

April 13 – May 11

**Intermediate Men & Ladies (limited to 6 students):**

5 Sundays: 4:45 – 6:00 pm      \$195

April 11 – May 16 (no class May 9)

**Intensive Beginning Ladies (limited to 3 students):**

6 Thursdays: 9:00 – 11:00 am      \$300

March 11 – April 15

**Intensive Mixed Intermediate (limited to 3 students):**

6 Thursdays: 11:30 am – 1:00 pm      \$300

March 11 – April 15

Lake Isle Country Club, 660 White Plains Road, Eastchester

*Kevin Chin has been a teaching professional at Lake Isle Country Club for the past eight years. He is a TGS certified instructor who has passed the PGA Playing Ability Test. He has also produced and been featured in instructional golf videos for Westchester County public access television. Visit [www.kevinchingolf.com](http://www.kevinchingolf.com).*

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## PADDLE TENNIS

These four lessons offered by the Village Paddle Committee are perfect for beginners and those who have played a little and would like to brush up on their skills. Paddle is a life-long sport appropriate for all ages. A Village paddle permit is not required for students registering for this class. Paddle balls will be provided; courts will be lighted if weather conditions require. **Please indicate on your registration form if you will need to borrow a racket for the class.**

4 Mondays: 7:00 – 8:30 pm      March 1 – March 22      \$50

Village Paddle Courts, Paxton Avenue

*Sugar Genereaux is a member of the Village Paddle Committee, a paddle teacher and a long-time paddle player.*

# HEALTH • SAFETY

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## HEART SAVER CPR/AED

*Karen Sheer*

This class provides instruction in adult, child and infant CPR, teaching you how to recognize breathing difficulty and cardiac arrest and how to provide immediate care. We demonstrate using the AED (automatic electronic defibrillator) to restart the heart while awaiting professional care. We also cover choking rescue of adults, children and infants. The class includes significant practice as well as a DVD-based teaching component. Students will receive a two-year certification by the American Heart Association and a practice workbook and CD.

**Tuesday, March 9                      7:00 – 10:00 pm                      \$65**  
**Bronxville Elementary South Playroom**

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## AMERICAN HEART ASSOCIATION FIRST AID CLASS

Appropriate for all ages, this class teaches basic first aid steps to make the student comfortable responding to such emergencies as: cuts, sprains, internal and external bleeding, shock, stroke, fainting, diabetic reactions, seizures, heart emergencies, and a variety of outdoor incidents. We will practice basic personal safety precautions, bandaging, splinting and other simple steps to take while awaiting professional help. The certification card is valid for three years, and the workbook and CD included in the tuition provide a valuable review. The class is useful for Girl Scouts, Boy Scouts and leaders.

**Tuesday, April 13    7:00 – 10:00 pm                      \$65**  
**Bronxville Elementary South Playroom**

*Karen Sheer, a NY State Emergency Medical Technician, has been an active officer in the Scarsdale Volunteer Ambulance Corps for 25 years. She has managed the Public Access Defibrillation Program at Citigroup U.S. and has taught CPR and First Aid for many community groups.*

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## POWER MEMORY WORKOUT

Do you forget names or what you read? Boost your brain with these practical tips to develop better memory habits. Understand how you learn, how memory changes as we get older, and discover life-style factors that can improve your recall ability.

**Thursday, March 25    7:00 – 8:30 pm                      \$45**  
**BHS Room B-202**

*Margaret Sewell, Ph.D. is an Assistant Clinical Professor of Psychiatry at Mt. Sinai School of Medicine. She specializes in the neuropsychological evaluation of children, adults and geriatric patients. Dr. Sewell also offers psychotherapy to adults. She maintains offices in Nyack, NY and New York City.*

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## DEFENSIVE DRIVING

Save money on your auto insurance bills. Save your license. Most importantly, learn techniques that can save your life. This award-winning two-part class removes up to four points from your driver's record and reduces your liability and collision insurance by 10% for three years. The class may be taken every eighteen months for point reduction.

**Choice of Course Dates:    7:00 – 10:00 pm                      \$55**  
**Wednesday and Thursday, March 24 and 25**

**Or**

**Wednesday and Thursday, April 21 and 22**  
**BHS Room A-102**

*Driver Improvement Programs is a member of the National Safety Council and has received the Council's Best Performance Award for defensive driving courses eleven times.*

## HOBBIES • LEISURE

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### STAMPING and PAPER CRAFTING

It's not just cards! Create a variety of beautiful small gift items from marble, ceramic and high-quality, heavy stock paper, as well as exquisite cards. Class projects will include tumbled marble coasters, stamped coffee mugs, candles, wine gift bags with matching cards and a pack of note cards. You will learn techniques including stamping, marbling, embossing, layering images, folding and die-cutting to punch out designs. All materials are prepared for you so that class time is spent on technique. Please see [www.sisterslinkedbyink.com](http://www.sisterslinkedbyink.com) for pictures. All materials included.

**8 Thursdays 7:00 – 9:00 pm** **\$200**  
**March 11 – May 6 (no class April 1)**  
**BHS Room B-106**

*Sharon Abrams has more than nine years of experience in stamping and related skills. She is a partner in [sisterslinkedbyink.com](http://sisterslinkedbyink.com), and her specialty is handmade memory books. She also creates invitations, shadowboxes, ornaments and a wide variety of other items for her clients.*

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### FRAMING, MATTING and GLASS: TIPS FROM A PRO

Discover the different types of frames, mattes and glass that can be used to show your art at its best. You will be amazed at the variety of creative options. See what is involved in the framing process and why it can sometimes be so costly. You can bring a piece to the third session for an evaluation and learn what type of work it is – oil, watercolor, etching or engraving – so you can decide if it is worth framing. An artist will be working in oils in the studio.

**3 Mondays: April 12 – 26 7:30 – 9:00 pm** **\$75**  
**Fine Arts Gallery, 99 Pondfield Road**

*Florence Restivo Kooluris has been a resident of Bronxville for over 30 years and the owner of The Fine Arts Gallery for more than 20 years. A Fine and Commercial Art major and graduate with honors from the Pan-American Art School of New York City, she is a former Senior Graphic Designer for Bristol-Myers Squibb pharmaceutical company.*

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### QUILTING...COZY and WARM

If you have ever admired the visual, sentimental or artistic value of a quilt and have wanted to make your own, this class is for you. You will make a 36" by 36" Basket Weave quilt during the course and acquire the skills to produce other quilts on your own, some in as little as a few hours! Supply list provided upon registration.

**6 Wednesdays: 7:00 – 8:30 pm** **\$120**  
**March 10 – April 28 (no class March 24 and March 31)**  
**BHS Home Ec Room B-114**

*Kristine DesMarais has quilted more than half her life – she started as a teenager. Her works include wall hangings, bedspreads and countless baby quilts. She machine and hand quilts.*

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### VIENNESE OPERETTAS and CULTURE

Immerse yourself in the culture of Vienna by enjoying its magnificent operettas! This innovative course will feature DVD and CD clips from a selection of operettas to familiarize you with the work of Viennese composers. Professional singer and educator **Aina Holtz-Lagor** will create "wordwalls" in German, using words from the operettas and connecting them to modern day Vienna. She will also share art and poetry pertaining to the operettas and discuss Viennese history, art and architecture, both in the heyday of the operettas and today. *A great way to prepare for your trip to Vienna!*

**4 Thursdays: 7:00 – 8:30 pm** **\$95**  
**March 11 – April 8 (no class April 2)**  
**BHS Room B-204**

*Aina Holtz-Lagor has a Bachelor's degree in classical singing from Munich, Germany and a Master's in Arts and Media Management from Salzburg and Linz, Austria. She performed in Vienna as a coloratura soprano for more than ten years. She is currently the Associate Director of Arts in Education at ArtsWestchester in White Plains.*

## HOBBIES • LEISURE

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### GUITAR for BEGINNERS

Learn the fundamentals of playing the guitar including strumming, picking and forming chords. Even if you do not read music, you will learn to play your favorite songs by the end of this 8-week course. This course will not work without making a commitment to practice regularly. **Before signing up for this course, make sure you can set aside the time to practice at least two hours every week! You will need to bring your own guitar. Very limited enrollment.**

**8 Tuesdays: 7:30 – 9:00 pm     \$200**

**March 9 – May 4 (no class March 30)**

**BHS Room A-209**

*Irwin Finger is a professional singer/songwriter/guitarist with 40 years' teaching experience. In the 70's and 80's he wrote many famous jingles, including "Ban de Soleil for the St. Tropez Tan." Currently, his time is split between teaching and performing. See [www.irwinfinger.com](http://www.irwinfinger.com).*

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### MAH JONGG

Discover this fascinating, rummy-like game played with tiles rather than cards. The game originated in China and dates back to the time of Confucius. The object is to be the first to assemble combinations of tiles into specific patterns that make up a hand. Practice, skill and luck all come into play. This unique "Game of a Thousand Intelligences" is simultaneously relaxing, social and challenging.

**6 Thursdays: 7:00 – 9:00 pm     \$100**

**March 11 – April 22 (no class April 1)**

**Bronxville School Faculty Lounge**

*Rose Asprea, a member of the National Mah Jongg League, is an experienced instructor who teaches both individual and group lessons. Although Rose has been playing Mah Jongg for over 25 years, her passion for the game is still growing.*

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### POSITIONAL CHESS

Players who have taken Beginning Chess or who play regularly will investigate positional elements including pawn structure, outposts, play on files, bishop vs. knight and strong and weak squares. Recommended reading: *The Giants of Strategy* ©2007 by Neil McDonald (Everyman Chess).

**8 Tuesdays: 7:00 – 9:00 pm     \$150**

**March 9 – May 4 (no class March 30)**

**BHS Room B-111**

*Joe DeMauro is a Correspondence Chess Grandmaster who has played First Board for the United States Team in the Correspondence Chess Olympiad.*

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### GO WILD in YOUR BACKYARD

Learn to approach your environment as a naturalist and discover your "backyard" all over again, whether you live in a house or an apartment. We will consider the different types of backyards and study the living things, ecosystem and natural cycles – seen and unseen – around us. Explore the reasons we go outdoors and reflect on the work of authors and poets who focus on our natural inclination to seek the outdoors. Classes will involve inside and outside activities and stimulating discussions and assignments. You will learn the importance of your backyard as a link to the rest of the world.

**3 Fridays: 10:00 – 11:30 am     \$75**

**March 19 – April 9 (no class April 2)**

**Greenburgh Nature Center, 99 Dromore Road, Scarsdale**

*Mary Anne Young is an ecologist specializing in the interaction of people and nature in urban and suburban environments. Her career has spanned both government and academic institutions. She has written and lectured on a variety of natural history topics.*

## HOBBIES • LEISURE

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### SPRING BIRD-SPOTTING WALK

Enjoy a stroll around Bronxville Lake with our birding guide in our annual rite of spring. This walk is carefully scheduled to enjoy the greatest number of spring birds. Learn to identify them by sight and song. You will find yourself watching and listening for them for the rest of the season!

*Bring binoculars if you have them.*

**Monday, May 24 (rain date Wednesday, May 26) 9:00 – 11:00 am \$25**  
**Bronxville Lake – entrance at the Bronxville end of Lake Avenue**

*Bird Walk Guide **Sandy Morrissey** is a member of Bronx River – Sound Shore Audubon Society. She has been an avid bird-watcher for more than 30 years.*

## HOME • GARDEN

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### ORGANIZING YOUR HOME or OFFICE

Are you overwhelmed by mountains of papers, messy closets and unmanageable files? Disorganization leads to stress, frustration and chaos in your life. We will address problems of procrastination, time management, and the difference between organizing and “tidying up.” You will be taught practical skills and techniques to get and stay organized in your home and office to enjoy a clutter-free life.

**Thursday, March 18 7:00 – 9:00 pm BHS Room B-202 \$45**

***Carmella Sirico** is a member of the National Association of Professional Organizers.*

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### SPRING BASKET FLORAL ARRANGEMENT and HAND-TIED BOUQUET

It may only be March, but we guarantee it will feel like spring in full bloom! Create a dazzling basket of spring blooms and a hand-tied bouquet. You will learn to work with oasis (floral foam) to get a professional look for your basket – a useful skill in creating arrangements all year long. A stunning array of seasonal flowers, heathers and grasses will be provided for us by floral designer **Bob Krause**. You will also create an exquisite hand-tied bouquet - a versatile presentation that can be as casual or formal as the occasion requires. Please bring floral shears, snippers or scissors.

**Wednesday, March 24 7:00 – 8:30 pm \$65**  
**BHS Art Room B-106**

***Bob Krause** has owned Mrs. Morgan's Flower Shop since 1990 and has been involved in the business for the past 35 years. Mrs. Morgan's has been in Bob's family since 1950 and has been making Bronxville beautiful since 1925.*

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### FENG SHUI: TRANSFORMING YOUR HOME

Ever feel really good when you walk into a new space? We experience this space as having good “Chi” or energy. Feng Shui manipulates “Chi” in a variety of ways. After being introduced to Feng Shui with a brief history, you will work with a compass to see how direction influences “Chi.” You will practice with a map called a Bagua, which describes rooms best used for master bedroom, baby's room or home office. Finally, you will learn how colors and objects can pick up your “Chi” and transform your space. There will be an opportunity for individual questions.

**2 Tuesdays: April 6 and 13 7:00 – 9:00 pm \$65**  
**BHS Room A-206**

***Mary Moross** is certified as a Feng Shui practitioner through the New England School of Feng Shui. Mary has completed a course of advanced study in China on Feng Shui and Oriental Philosophy from Central China (Huazhong) Normal University, Wuhan, P.R.C. Mary lectures and teaches Feng Shui for a number of colleges in the Northeast. She is an experienced artist and home furnishings designer with commercial and individual clients. See [www.neschoolfengshui.com](http://www.neschoolfengshui.com).*

# HOME • GARDEN

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## PERENNIALS: OLD RELIABLES with SOME NEW TWISTS

Add year-after-year interest with new and exciting perennials for both shade and sun gardens. This how-to class will discuss plant selection, design considerations, maintenance and color sequencing.

**Tuesday, April 20 7:00 – 9:00 pm \$45**  
**BHS Room B-204**

*Barbara J. Riccardi is the president and owner of Riccardi Landscape Design Inc. in Bronxville. Barbara loves to play in the dirt!*

## LANGUAGES

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*All language classes are continuing from fall/winter terms. New students with some experience are welcome.*

### ARABIC LANGUAGE and CULTURE

#### *Habiba Boumlik*

This continuation of our fall/winter class will strengthen your foundation in Arabic by providing you with the means to communicate orally and in writing. By the end of the 10-week class, you will be able to express more complex needs in Arabic and carry on a more sophisticated conversation involving your everyday life. You will be able to describe activities, objects, events and time-related concepts, and express likes, dislikes and preferences.

**10 Thursdays: 7:00 – 9:00 pm \$180**  
**March 11 – May 20 (no class April 1)**  
**BHS Room B-208**

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### FRENCH 1

#### *Jacqueline Considine*

A continuation of our fall/winter course in French conversation, which emphasizes realistic dialogues, culture and essentials for travel in French-speaking countries.

**10 Mondays: 7:00 – 8:30 pm \$180**  
**March 8 – May 17 (no class March 29)**  
**BHS Room B-112**

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### FRENCH 1 PLUS

#### *Jacqueline Considine*

A continuation of our fall/winter advanced-beginner French class. Newcomers with experience welcome.

**10 Tuesdays: 7:00 – 8:30 pm \$180**  
**March 9 – May 18 (no class March 30)**  
**BHS Room B-112**

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### FRENCH 2

#### *Nathalie Dunn*

In this continuation of our fall/winter course, you will improve your speaking and writing skills through study of more advanced grammar. You will develop better communication skills in simple, real-life situations. A textbook is extra.

**10 Thursdays: 7:00 – 8:30 pm \$180**  
**March 11 – May 20 (no class April 1)**  
**BHS Room B-112**

# LANGUAGES

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## GERMAN 1

### *Susanne Servin*

A continuation of our fall/winter German 1 class. Come learn more basics of language and culture in a friendly, conversational setting. In no time you will be ready for your next trip to Germany, Austria or Switzerland. A textbook is extra.

**10 Mondays: 7:30 – 9:00 pm**                      **\$180**  
**March 8 – May 17 (no class March 29)**        **BHS Room A-207**

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## GERMAN 2

### *Susanne Servin*

A continuation of our 10-week fall class. For students with a fairly good knowledge of the language. Our class often includes continuing students who love the German language and want to reinforce their skills. A textbook is extra.

**10 Tuesdays: 7:30 – 9:00 pm**                      **\$180**  
**March 9 – May 18 (no class March 30)**        **BHS Room A-207**

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## ITALIAN 1

### *Almira Bubesi*

A continuation of our fall/winter class. Come learn more basics of pronunciation, grammar and idiomatic expressions in an atmosphere designed to develop your confidence to speak Italian.

**10 Mondays: 7:30 – 9:00 pm**                      **\$180**  
**March 8 – May 17 (no class March 29)**        **BHS Room B-202**

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## ITALIAN INTERMEDIATE

### *Almira Bubesi*

A continuation of our fall/winter class. For students who have completed a beginner course or have basic knowledge of the language. Pronunciation and grammar will continue to be taught but the emphasis is more conversational.

**10 Wednesdays: 7:30 – 9:00 pm**                      **\$180**  
**March 10 – May 19 (no class March 31)**        **BHS Room B-202**

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## SPANISH 1

### *Michele Celestino*

In this continuation of our fall/winter introductory course in Spanish, we will examine additional basic grammar in the context of everyday situations. A conversational approach will reinforce essential vocabulary and useful phrases. A textbook is extra.

**8 Tuesdays: 7:30 – 9:00 pm**                      **\$145**  
**March 9 – May 4 (no class March 30)**        **BHS Room B-204**

### *Our Language Faculty:*

*Habiba Boumlik, Ph.D.* is an adjunct professor in Social Sciences at SUNY Purchase and has been a guest professor in Modern Languages at Sarah Lawrence College and an adjunct professor in Humanities at Fordham University.

*Almira Bubesi*, a native Italian speaker, teaches Italian at the Thornton-Donovan School.

*Michele Celestino* has taught French and Spanish in middle and high schools and has been teaching at the Bronxville Adult School for more than eight years.

*Jacqueline Considine* is a teacher, a native of France and local resident.

*Nathalie Dunn*, Paris native and popular private tutor, joins us for her fifth year.

*Susanne Servin*, a native of Vienna, is a cross-cultural consultant for German-speaking countries.

# PERSONAL DEVELOPMENT

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## MINDFULNESS: PHILOSOPHY and MEDITATION PRACTICE

This basic course explores the philosophy of Mindfulness, the ancient Buddhist practice of waking the mind, and offers practice meditations to get you started on this practical approach to more effective, thoughtful and healthy living. Learn to become more focused on the present moment in order to reduce the negative effects of stress and cultivate balance, acceptance and a fuller experience of your present life. Other benefits include improved interpersonal relationships and increased effectiveness. Mindfulness primer *Wherever You Go There You Are* by Jon Kabot-Zinn will be recommended reading. **Very limited enrollment.**

**4 Wednesdays: 10:30 am – 12:00 pm** **\$115**

**March 24 – April 21 (no class March 31)**

**Christian Science Reading Room, Garden Avenue (corner of Tanglewylde)**

*Jennifer Warren, CSW, is a psychotherapist in private practice in Scarsdale and Manhattan specializing in the treatment of stress, anxiety and relationship issues. She received her CSW from Columbia University and was a staff member at the Payne Whitney and Westchester Divisions of New York Presbyterian Hospital.*

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## A FOUNDATION IN MEDITATION

Anyone can meditate. In this class you will receive grounding in the four fundamentals of meditation: posture, breath, mind and mantra. Meditation students of all levels will enjoy the myriad benefits of immersion in these simple, powerful techniques for attaining inner calm.

**Very limited enrollment.**

**5 Thursdays: 6:00 – 7:00 pm (first session ends at 7:30 pm)** **\$135**

**March 11 – April 15 (no class April 1)**

**Christ Church Crispell Lounge, 17 Sagamore Road**

*Mary Reilly Nichols began the study of meditation in 1976, and spent five years in meditation ashrams both in India and the United States. She has taught yoga, meditation, stress management and visualization since 1982.*

# STUDIO ART

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## EN PLEIN AIR PAINTING

*Jessica Cioffoletti*

Spend some afternoons outside in the pleasant spring season observing Bronxville's natural beauty and painting the landscape around you. Learn the basics of strong composition, color, scale and perspective in the changing light of day. The first class meets on the front lawn of the Bronxville School, and we will walk to a nearby location. Details and supply list will be provided prior to the first class.

**4 Saturdays: 1:30 – 3:30 pm** **May 1 – May 22** **\$80**

**Meet on front lawn of Bronxville School**

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## SILK SCARF PAINTING WORKSHOP

*Jessica Cioffoletti*

Learn the luminous art of silk painting and create the perfect addition to any outfit – an elegant scarf! Sketch a pattern or work from a template to design your scarf and receive instruction on the basic techniques of this exceptional medium. There is nothing to buy: all materials are provided for you. Tuition includes a materials fee of \$40.

**4 Tuesdays: 7:00 – 9:00 pm** **March 9, 16, April 6, 13** **\$120**

**BHS Room B-106**

# STUDIO ART

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## DRAWING with COLORED PENCILS

**Bonnie Cotnoir**

Discover the potential of this exciting and enjoyable medium. Whether you are an oil painter, watercolorist, pastel artist or work in another medium, learning colored pencil techniques will enhance and inspire your work. This is a fundamentals or open level class - all are welcome. Supply list provided upon registration.

**6 Tuesdays: 7:00 – 9:00 pm**                      **\$120**

**April 6 – May 11**  
**BHS Room B-106**

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## OIL PAINTING for the BEGINNER

**Joe Fama**

This continuation of our fall and winter course continues to develop the basic skills needed to produce a successful painting. The goal is assist each of you in developing your own style as an artist. Homework assignments will be given to help maximize your progress. Newcomers with comparable experience welcome; a supply list for new students will be provided upon registration.

**10 Thursdays: 7:00 – 9:00 pm**                      **\$200**

**March 11 – June 10** (no class **April 1, April 22, April 29 and May 6**)  
**BHS Room C-316**

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## ACRYLICS and OILS for ADVANCED BEGINNERS

**Joe Fama**

An exciting opportunity for those with some experience to continue to develop skills and styles in painting still-lives and landscapes. You will utilize principles followed by the masters for hundreds of years. A supply list for new students with appropriate experience will be provided upon registration.

**10 Wednesdays: 7:00 – 9:00 pm**                      **\$200**

**March 10 – June 9** (no class **March 31, April 21, April 28 and May 5**)  
**BHS Room C-316**

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## WATERCOLORS

**Jean Liggio**

Beginner and advanced students alike will profit from this technique class. Students will be guided through each phase of creating a finished work of art. Subjects will include florals, still-lives and landscapes. A supply list for new students will be provided upon registration.

**10 Mondays: 7:00 – 9:00 pm**                      **\$200**

**March 8 – June 14** (no class **March 29, April 19, April 26 and May 3**)  
**BHS Room C-316**

Or

**10 Tuesdays: 7:00 – 9:00 pm**                      **\$200**

**March 9 – June 8** (no class **March 30, April 20, April 27 and May 4**)  
**BHS Room C-316**

### **Our Art Faculty:**

**Jessica Cioffoletti** is an artist, arts administrator and arts educator who currently teaches oil painting and drawing privately and at Concordia College's Art at Concordia program. Jessica holds a B.A. from SUNY Albany and an M.S. in Studio Art from the College of New Rochelle.

**Bonnie Cotnoir** is an experienced teacher who has won numerous awards for her work. Please see [www.artandflowersny.com](http://www.artandflowersny.com) for more information about Bonnie's work.

**Joseph Fama**, an award-winning artist, often captures inspiration from scenes in nature and from history. His "Western Collection," detailed oil paintings of the Old West, has been widely exhibited. He has been an advertising agency art director, a designer for Christopher Radko and an adjunct art professor at Westchester Community College. See [www.josephfama.com](http://www.josephfama.com).

**Jean Vincenza Liggio** is listed in *Who's Who of American Women*. A long-time teacher, she has received more than 250 awards and has staged numerous exhibitions of her work throughout the NY metropolitan area.



# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Please list additional courses on reverse side or on separate sheet

*I wish to make a tax-deductible donation* \$ \_\_\_\_\_

*I would like to purchase a gift certificate for* \_\_\_\_\_ *in the amount of* \$ \_\_\_\_\_

## Payment Options:

**Total** \$ \_\_\_\_\_

To pay by check, make it payable to Bronxville Adult School

To pay by credit card, complete this section

Visa  MasterCard

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

Print name as it appears on card \_\_\_\_\_

Bronxville Adult School • P.O. Box 334 • Bronxville, NY 10708



# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

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Bronxville Adult School • P.O. Box 334 • Bronxville, NY 10708

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For information: (914) 793-4435



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