

# **NEW** Exploring Asian Culture at Dragon and Crane Cultural Center

These classes are held at Dragon and Crane, 481 Route 202/Stoneleigh Avenue in Somers.

Sorry, no credit cards or phone registrations accepted for these classes.

Payment by check only, payable to Dragon and Crane; mail to Somers Lifelong Learning at Westchester Community College, AAB-123, 75 Grasslands Road, Valhalla, NY 10595.

Questions? Call 914-606-6839.

## Tai Chi

The ancient Chinese art of Tai Chi is often practiced for relaxation and longevity. The slowness and evenness of its continuous movement makes it an ideal form of exercise for men and women of all ages. Increase your strength and flexibility, improve your coordination and balance, and connect your mind and body. Beginners and those with limited experience welcome. Please wear loose, comfortable clothing and socks or flat shoes.

8 Wed., Jan. 28-Mar. 18, 7:45-9:15 pm, \$135. J Scattaretico. #WH-L026

## Mulan Fan

Mulan Fan is one of the Kung Fu martial art forms that combines beautiful Tai Chi movement and traditional dance movement. The form aims at the attainment of grace and balance, the promotion of physical and emotional health, and the development of internal force or energy flow, while providing a gentle system of exercise for promoting health and vitality. The benefits are not just physical; the meditative aspects of Mulan Fan and its emphasis on relaxed movement contribute to serenity of mind and clarity of thought. (Before starting any exercise program, it is recommended that you check with your physician).

6 Fri., Jan. 23-Mar. 6 (skip 2/20), 6:30-7:30 pm, \$100. J Scattaretico. #WH-L041

## **NEW** Chinese Chi Kung

Learn the health and longevity exercise secrets of the ancient Chinese. Come and enjoy a 4,000 year old method for wellness that combines both the breath and physical movements of the body to promote healing and restore energy balance. These gentle controlled movements are designed to facilitate and enhance the "life force" or "Chi" and are welcoming for anyone and everyone of all abilities.

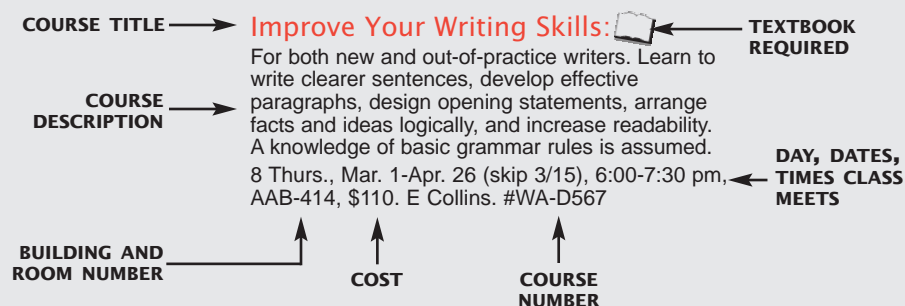
6 Mon., Jan. 26-Mar. 9 (skip 2/16), 6:30-7:30 pm, \$100. #WH-L286

## Chinese Cooking

Learn to cook authentic traditional and contemporary Chinese dishes and enjoy a three course dinner. Explore the uses of exotic Chinese ingredients, herbs, and spices combined with medleys of fresh vegetables, meat, and seafood. Prepare your own main course and side dish; appetizers will be prepared by the instructor. Each class will begin with easy step-by-step instructions for the evening's menu; then relax and enjoy dinner in a traditional setting listening to Chinese music.

1 Sat., Feb. 7, 6:30-9:00 pm, \$50. J Scattaretico. #WH-L042

## How to Read a Course Description...



(For updates, visit [www.sunywcc.edu/conted](http://www.sunywcc.edu/conted))

## Meet Our Faculty!

If you'd like to learn more about our Continuing Education faculty and course facilitators, please visit us online at [www.sunywcc.edu/CE/faculty](http://www.sunywcc.edu/CE/faculty)

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Non-credit classes in this brochure, unless otherwise noted, are intended for adult students (18+) only.  
See Key to Class Locations on page 62.

Questions? Email us at [continuinged@sunywcc.edu](mailto:continuinged@sunywcc.edu)

To register call 914-606-6830. Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)

# CAREER TRANSITIONS

## Exploring Careers in...

These workshops are **FREE**, but pre-registration is required.

### Culinary Arts, Food Services and Hospitality Management

At Mt. Vernon Center: 1 Thurs., Jan. 22, 5:00-7:00 pm, call 914-606-7200 to register. #MV-V194

### Health Careers

At Ossining Center: 1 Wed., Jan. 14, 6:00-7:00 pm, call 914-606-7400 to register. #OS-D140

### Certified Nursing Assistant

At Ossining Center: 6:00-7:00 pm, call 914-606-7400 to register.  
■ 1 Thurs., Jan. 22. #OS-D166 ■ 1 Thurs., Feb. 5. #OS-D167

### Surgical Technology

A 10-month program to prepare for becoming an integral part of the operating room team and assist surgeons and registered nurses during general and specialty surgeries. The classroom and laboratory components are held at the Ossining Extension Center; clinical externship takes place at an area hospital. Next class begins in Sept. 2009; call 914-606-7400 for application and admissions requirements.

At Ossining Center: 6:00-7:00 pm, call 914-606-7400 to register.  
1 Thurs., Apr. 23. #OS-D138 ■ 1 Thurs., May 21. #OS-D139

### Real Estate Salesperson

1 Wed., Jan. 7, 6:30-8:30 pm, LIB-G36.  
H Goldberg. #WJ-D322

### Real Estate Appraisal

1 Tues., Jan. 13, 6:30-8:00 pm, LIB-G36.  
D Zagaroli. #WJ-D906

## Tools for Professional Growth

### Women in Leadership

How is it that some women are wildly successful, while others, with the same relative education, experience, passion and goals for success, struggle? Find out what they do so differently and how you can tap into your leadership power. Part 1 is prerequisite for Part 2.

5 Thurs., 6:30-9:30 pm, ADM-B15, \$150. P Njapa-Minyard.

Part 1: Feb. 5-Mar. 12 (skip 3/5). #WJ-D877

Part 2: Mar. 26-Apr. 23. #WJ-D633

### **NEW** Baby Steps: The Path From Motherhood To Career

You've gone through playtime at home with your kids and now you're thinking about going back to work. Nervous about how to fill the "gap" on your resume, need to brush up on you're interviewing skills or update your cover letter? Uneasy about networking, promoting your strengths and improving on your weaknesses? If you have been out of the labor force for a while and are worried about "getting back into the swing of things," this workshop is for you!

1 Tues., Apr. 28, 7:00-9:00 pm, Room TBD, \$20 (+ textbook), D Lang. #WJ-D954

### Oral Presentation Skills for Business

Whether you are talking to prospects, customers, or vendors, how you speak is as important as what you say. This workshop will help give you tools to plan what you want to say and say it with conviction.

1 Tues., Mar. 10, 9:00-11:00 am, ADM-207, \$50. #XA-P928

### Get Employed ASAP: What You Don't Know Can Hinder You!

In times like these you need to know what to do to get employed. Learn why misinformation and insufficient information can hinder you. Also learn techniques and methods, including positive non-verbal communication skills to ensure you become a superior employment candidate. Whether you are unemployed, underemployed or just seeking to change careers, find new employment ASAP.

3 Sat., Apr. 18-May 2, 11:00 am-1:00 pm, Room TBD, \$60. C Holman. #WJ-D754

### Make That Conversation Count

You've got one chance to make that important professional or personal connection work. How can you present the best "you"? Using her video clips and articles, an award-winning TV personality and journalist will demonstrate sure-fire strategies for acing interviews, networking events, cocktail parties and more.

2 Sat., Mar. 21 & 28, 10:00 am-12:00 noon, Room TBD, \$60. A Kurtz. #WJ-D774

### Market Yourself: For Shy People

Looking for another job or starting your own business? Devise coping strategies and discover ways to market yourself despite shyness.

2 Mon., Mar. 2 & 9, 7:00-9:30 pm, Room TBD, \$50. C Edwards. #WJ-D782

### Dining Etiquette

Learn proper etiquette and feel comfortable being in a business or social dining setting—casual or formal. Identify proper basic eating techniques, and host/hostess and guest etiquette. Gain the knowledge, self-confidence and skills needed for successful professional and social interactions when dining out.

5 Wed., Jan. 21-Feb. 18, 6:00-8:00 pm, Room TBD, \$95 (+ \$15 materials fee, payable to instructor). M Mattei. #WJ-D617

#### ROOM ASSIGNMENTS

For classes held at the Valhalla campus, the building/room location is indicated for your class. If ADM-207 is the listed location, you can obtain the correct assignment 48 hours prior to the course's start by visiting our web site at [www.sunywcc.edu/CE](http://www.sunywcc.edu/CE) and clicking on "room assignments," or by calling us at 914-606-6830 (choose option 1).

## Options for New Careers

### **NEW** Start a Home-Based Medical Transcription Business

Demand for medical transcriptionists is soaring! Make money part-time or full-time. If you want to choose your own hours, have a business at home, find clients easily and make great money, this class will get you started. Any questions? Contact Deborah directly at info@medtranscription.com.

1 Thurs., Mar. 12, 6:30-9:30 pm, Room TBD, \$40 (+ \$20 workbook fee, payable to instructor). D Burns. #WJ-D964

### **NEW** Start, Run and Stop Your Business

This course gives a general legal overview of how to start, operate and terminate your corporation. It covers tax and formation issues, shareholders, directors and officers' responsibilities, dealing with employees, vendors and merchants, record-keeping requirements, dissolution and termination. In a few sessions, learn the essential basics of law necessary for any person starting or running a small or mid-size business.

5 Thurs., Jan. 22-Feb.19, 6:00-8:00 pm,ADM-B15, \$100. J Amir. #WJ-D896

### Marketing Your Services to Ethnically Diverse Populations

This interactive workshop will help market for-profit services as well as non-profit initiatives to ethnically diverse populations. Learn how to sell your products, ideas, and services to multicultural communities, estimated to be as many as 35 million people. Hard-to-find information on key ethnic marketing targets and media will be available free of charge.

2 Fri., Mar. 13 & 20, 9:00 am-2:00 pm, Room TBD, \$60. M Teverovsky. #WJ-D799

### Workshop for New CE Faculty

Find out how to become part of our Continuing Education faculty at Westchester Community College. Bring your resume and proposal or ideas for a non-credit class—all areas of interest welcome! Workshop is free, but please call to reserve your space.

1 Wed., Jan. 14, 6:00-7:30 pm,LIB-G36. FREE. #WJ-D397

### Get Started in Show Business

Most people think show business is all stars, glitter, fame and big money; however, it's really 90% business and 10% show. Learn how to get started with your own production company and tips on how to manage it. Obtain the secrets to success, endurance and overcoming your opposition. Designed for filmmakers, photographers, musicians and other artists. Some legal aspects will be discussed for the artist/entrepreneur.

1 W/Th, Apr. 29 & 30, 6:00-9:00 pm, Room TBD, \$75. R Carpenter. #WJ-D347

#### REGISTER EARLY

Please register at least one week prior to the course start date so your registration can be processed in a timely manner.

Decisions to offer or cancel courses are generally made 3-5 days prior to the start date. Don't be disappointed by registering too late.

### How to Become a Certified Hypnotist

For those wishing to train for a career as a hypnotist, or in a private professional practice. Learn how to gain the skills needed, find out about job opportunities and discover how to market yourself in this 3-hour information session.

1 Mon., May 4, 6:30-9:30 pm, Room TBD, \$20. J Abrahamsen. #WJ-D649

### Passion as a Career Path

What if you never have to work for money? What if you could be paid to play? This class is inspiring, fun and has practical application to anything you choose to be or do. Leave with a better understanding of yourself, a specific goal for your life, and an outline for actions needed to reach that goal. Bring a notebook to class.

4 Sat., Mar. 28-Apr. 25 (skip 4/11), 2:00-4:00 pm, Room TBD, \$75. P King. #WJ-D282

### Property Management and Investments

Learn successful property management, how to locate properties for purchase, and how to maximize cash returns and appreciation.

Topics covered include: investment types/analysis, rent collection, tenant selection, budgeting for repairs and capital improvements, landlord relations, legal protection, insurance, and taxes.

5 Wed., Mar. 25-Apr. 29 (skip 4/15), 6:00-9:00 pm, Room TBD, \$175. D Alvarez. #WJ-D737

### Become An Event/Party Planner

No special education or experience is necessary to break into this career and succeed. Learn to use tools of creativity to plan and complete an event. The goal of this experiential training is to learn the steps of organizing an event by following a plan and exhibiting self confidence.

10 T/Th, Jan. 20-Feb. 19, 6:00-8:00 pm, TEC-130, \$195. M Mattei. #WJ-D144

### You're On the Air: How to Make It in Voice-Overs!

Voice-overs are hot today. Learn about an exciting, new way to turn voice-overs into a thriving full- or part-time business. Get a personal evaluation of your voice at the end of the class!

1 Tues., Mar. 17, 7:00-9:00 pm, CLA-208, \$40. R Sciglimpaglia. #WJ-D132

### Pet Therapy/R.E.A.D: For Adults and Teens

If you have a pet that you think would be suitable for visiting nursing homes, hospitals, schools or libraries, your first step should be this informative workshop! View videos of dogs at work, hear about visits currently taking place, and get the information you need to decide if you want to become involved in the rewarding experience of Pet Therapy and R.E.A.D. (Reading Education Assistance Dogs). This is a wonderful idea for a bar/bat mitzvah project. No dogs at this workshop, please. Note: Parent must register and accompany child.

1 Sat., 10:00 am-12:00 noon, \$20 per person. J Audevard

Adults: Mar. 14, CLA-208. #WJ-D675

Children & Adults: Apr. 4, CLA-208. #WJ-D133

## Import/Export A to Z

Basic methods for importing or exporting goods, including how to deal with U.S. customs, foreign quota requirements, airlines and freight charges, letters of credit, banks, and everything you need to know to get the goods to your local distribution point.

2 Tues., Apr. 21 & 28, 7:00-9:00 pm, CLA-208, \$60. P. Batra. #WJ-D293

## Accounting & Bookkeeping for Beginners

An introduction to beginning accounting practices including transaction analysis, journal entries, general ledger, and financial statements. Bring a calculator to class. 2.0 CEUs.

10 Sat., Jan. 24-Apr. 4 (skip 3/21), 9:30-11:30 am, Room TBD, \$195 (+ textbook). R Balotti. #WJ-D001

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## Careers in Investigation

1 Thurs., 6:00-8:00 pm, Room TBD, \$30. B Daquino (from the Westchester County Detectives Assoc.)

**Background Investigations:** Learn how to obtain public, private and privileged information through federal, state and county freedom of information laws. Discuss fraudulent documents, identity theft, and freedom of information vs. the Patriot Act. Mar. 26. #WJ-D401

**Advanced Investigations:** An overview of interviewing/interrogation, surveillance, informants, and Internet investigations. Apr. 23. #WJ-D521

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## Careers in Hospitality & Food Services

These classes are held at the Mt. Vernon Center, 175 Gramatan Avenue. Call 914-606-7200 to register.

## Intro to the World of Culinary Arts, Food Service and Hospitality Management

Are you interested in the culinary arts and/or food service and hospitality management, but are unsure of your options? This class will expose you to the world of culinary arts. Topics to be covered include brief overviews of industry careers, business planning, kitchen safety and sanitation, and basic food techniques. Great for individuals transitioning into the food services industry.

6 Sat., Feb. 7-Mar. 14, 9:00 am-12:00 noon, \$200 (+ \$30 materials fee). E Handy. #MV-V195

**Careers in Food Services Open House**, see page 4.

## Starting a Restaurant or Catering Business

Interested in establishing a restaurant, catering service, or other food services business? Move from a feasibility study to a completed business plan. Learn the business aspects of the food services industry and restaurant start-ups.

6 Fri., Feb. 6-Mar. 13, 6:00-9:00 pm, \$210. E Handy. #MV-V126

## PROJECT TRANSITION

Do you need to support yourself and/or your family because you are divorced, widowed, or separated, your spouse is disabled or unemployed, or you are a single parent? ProjectTransition can help you gain skills that will allow you to re-enter the paid workforce. Intensive training programs are offered in the fall, winter, spring and summer, and include:

**Computer Skills** - Word, Excel, PowerPoint, File Management, Introduction to Outlook, and Internet Research. Must have H.S. Diploma or GED. Must type a minimum of 25 wpm.

**Job Search Skills** - Skills Assessment, Resume Development, Career Exploration, Interviewing, Mock Interviews, and Job Search Techniques.

***This training is free for those who meet eligibility requirements.***

For information and eligibility, call 914-606-6825, or email [marika.scotti@sunywcc.edu](mailto:marika.scotti@sunywcc.edu)  
Funding provided by the NYS Department of Labor Office of Workforce Development and Training and the NYS Office of Temporary and Disability Assistance.

*(See details of Project Transition's computer programs on page 27.)*

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## Westchester Community College Board of Trustees

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## Paralegal

From single practice law offices in Westchester and multi-partner law firms in New York City to in-house corporate legal departments throughout the country, paralegals are in **heavy demand**. Employment opportunities are “expected to grow much faster than the average of all occupations through the year 2014” (Department of Labor Statistics). For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu) or visit us online at [www.sunywcc.edu/paralegal](http://www.sunywcc.edu/paralegal).

The goal of our Paralegal Program is to provide students with substantive knowledge of the law, together with hands-on working experience, which will enable them to work ethically under the supervision of an attorney in the public or private sector. Students entering into the Paralegal Certificate Program must have obtained at least 60 college credits from an accredited institution, eighteen (18) hours of which must be in general education as defined by the American Bar Association.

### The Associate Degree in Paralegal (64 credits) and the Paralegal Certificate (30 credits)

The **Associate Degree** is for the first-time college student and combines general education and paralegal courses.

**The Certificate Program** offers only the paralegal courses and is available to students who have completed an associate or bachelor’s degree. Students in the Certificate program must complete 30 credits of paralegal study. Those courses can be completed in as few as two semesters but must be completed within three years.

Courses in Paralegal Studies are **ABA approved** and can be taken on a full- or part-time basis. Classes are offered on weekdays, in the evenings, and on Saturdays. Summer courses are also available.

#### There are five required courses and five electives:

##### Required courses:

Introduction to Paralegal Studies  
(prereq. for all other classes)  
Litigation  
Computer Appl. for the Law Office  
Legal Research and Writing  
Internship

##### Elective courses (choose five):

Elder Law  
Healthcare Law  
Immigration Law  
Medical Malpractice  
Criminal Law  
Partnership and Corp.  
Intellectual Property  
Family Law  
Real Property Law  
Estates, Wills, Trusts  
Torts and Investigations  
Contracts Administration

*Schedule options include an evening/weekend intensive program as well as daytime courses.*

## Join us for a Paralegal Open House

December 9 from 6:00-7:00 pm  
Admissions Conference Room, Administration Building Room 236

## Medical Billing and Coding Certificate

This 22-credit certificate is intended for those who wish to gain employment as billers, coders, and medical records technicians in insurance companies, hospitals, and doctors’ offices. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu), or go to our web site at [www.sunywcc.edu](http://www.sunywcc.edu).

#### There are seven required courses and one elective:

##### Required classes:

Medical Terminology (4 credits)  
Medical Office Administration (3 credits)  
Medical Coding/ICD9 (3 credits)  
(prereq.: Med. Term.)  
Medical Coding/CPT4 (3 credits)  
(prereq.: Medical Coding/ICD9.)  
Medical Billing and Information Management  
(3 credits)  
Business Communications (3 credits)  
Office Technologies Elective (3 credits)

##### Elective courses (choose one):

Keyboarding and Information Processing  
Word Processing Applications  
Advanced Word Processing Applications  
Integrated Office Applications  
Spreadsheet & Database Applications

## Entrepreneurship/Small Business Management

The certificate program for Entrepreneurship/Small Business Management is designed for individuals interested in starting or maintaining a small business. Completing this certificate will help the small business entrepreneur maximize the skills and abilities necessary to do business in our complex environment. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu)

### There are eight required courses for the certificate:

Business Organization and Management  
(3 credits)

Entrepreneurship (3 credits)

Business Law I (3 credits)

Business Communications (3 credits)

Marketing (3 credits)

Financial Accounting (4 credits)

Principles of Selling (3 credits)

Computer Information Systems (3 credits)

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## Telecommunications Technology

The Telecommunications Technology degree is designed to upgrade skills and to prepare students for a career in telecommunications – a crucial technology in the information age. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu). Courses being offered this semester are as follows:

Introduction to Telecommunications (#7326)

Mon. 6:00-9:30 pm

Voice/Telephone Communications (#7325)

Thurs. 6:00-9:30 pm

Voice /Data Cabling Basics (#7327)

Wed. 6:00-9:30 pm

*Note: This course maps to the Panduit Authorized Installer (PAI) Certification*

## CERTIFICATIONS & LICENSING

### Youth Sports New York

#### SUNY's Volunteer Parent-Coach Certification Program

Young people want a coach who uses fun drills and a game plan that includes them. Win or lose, they want to remember their playing days. Parents want an organized coach with knowledge, fairness, a safe approach, and a knack for healthy competition who helps their children develop. Join SUNY's training program, Youth Sports New York, a statewide network of coaches who will share their insights and best practices into the sport you love. Courses taught by SUNY certified facilitators; co-sponsored with the SUNY Youth Coaching Institute. Earn state-wide certification. For more information, visit [www.youthsportsny.org](http://www.youthsportsny.org).

1 Thurs., 6:30-9:30 pm, \$20. Phys Ed Bldg., Rm #4.

■ Sept. 18 #WJ-D838

■ Jan. 22. #WJ-D838

■ Feb. 19. #WJ-D666

■ Mar. 5. #WJ-D844

■ Mar. 19. #WJ-D970

■ Apr. 2. #WJ-D971

■ May 7. #WJ-D972

## Mentoring Supervisor Certificate Program

Co-sponsored by Westchester Community College  
and Big Brothers Big Sisters of Family Services of Westchester

The Mentoring Supervisor Certificate Program is designed for youth practitioners and social service professionals to assist their organizations in developing, implementing, expanding, or improving a mentoring program. The 32-hour course combines theory and research with the best practices and quality standards of the premier youth mentoring organization in the country: Big Brothers Big Sisters. Classes are taught by both Westchester Community College faculty and staff from BBBS of Family Services of Westchester.

Organizations that will find this program valuable include: faith based organizations, schools and universities, hospitals, residential treatment facilities, mental health agencies, social service organizations, and others.

Program starts in January. Tuition \$200. Classes held both at the college's Valhalla campus and at White Plains BBBS.

Call 914-606-6830 (press 1) to request an application. Application materials and course schedule are also available online at: [www.sunywcc.edu/ce](http://www.sunywcc.edu/ce); click on Mentoring Supervisor Certification.

For further information, contact Sarah Fowler-Rogers at [sarah.fowler-rogers@sunywcc.edu](mailto:sarah.fowler-rogers@sunywcc.edu) or Thomas Mitchell at [tmitchell@fsw.org](mailto:tmitchell@fsw.org)

## Home Inspection Training

Offered in partnership with American Home Inspectors Training (AHIT), we now offer training to prepare for a career in Home Inspection. Get ready to both start and operate your own successful home inspection business or to be a significant contributor in an established company. For those new to the field, our classroom-based training program gets you started. For those already established and looking for professional development opportunities, our online classes make it easy!

### Classroom-Based Training Program

Our hands-on program will show you how to succeed as a professional home inspector. The courses and field training provide you with a step-by-step process to execute a complete professional home inspection and produce a professional home inspection report. Additionally, the classroom courses provide information on how to start, market and build your own business. Perform actual inspections with our instructors. Curriculum approved by NYS. Next class runs Feb. 23-Mar. 2. Field training begins Mar. 16-20.

For additional course information on the home inspection licensing training program and how to register, visit [www.ahit.com/affiliates/sunywcc](http://www.ahit.com/affiliates/sunywcc) or contact American Home Inspectors Training Institute, N19 W24075 Riverwood Dr., Waukesha, WI 53188. Phone: 1-800-441-9411; Fax: 262-754-3748.

### Online Professional Development

#### An Introduction to Green Building

An in-depth overview of what green building is, including materials and systems the home inspector may see in the next 1-3 years. Learn how renewable energy and resources technologies will change the way homes use renewable energy. Explore energy efficiency and what the home inspector can do to assist homeowners and home buyers in making informed decisions on future renovations. Federal tax incentives and resources are reviewed.

#### New Construction: The Ins and Outs of Building and Inspecting New Homes and Understanding the Code

Improve your understanding of the components and systems of a residential structure. Learn the basics of the building process—from the planning stages through getting a C-of-O, as well as gain a fuller understanding of the code and how it is applied. Intended for seasoned inspectors wanting to expand their business offerings or for inspectors wanting to expand their code knowledge.

#### Choose from these additional online classes!

Report Writing for Risk Reduction

Marketing: Start Your Home Inspection Career Off Right!

Marketing: Get Into the Heads of Successful Realtors

Marketing: How to Be a Top Performing Home Inspector

Marketing: Marketing Solutions to Help Grow Your Home Inspection Career

Marketing: Relationship Selling Helps You Build Your Business Fast

**For further information on the courses and how to register, visit [www.ahit.com/affiliates/sunywcc](http://www.ahit.com/affiliates/sunywcc)**

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#### Pool Operators Safety

For both professional pool operators (complies with NYS Sanitary Code requirements) and homeowners with private pools. Topics include: water chemistry, filtration, disinfection systems, whirlpool operations safety, and liability. Offered in cooperation with UYMCA and Westchester County Dept. of Health.

5 Wed., Mar. 25-Apr. 22, 4:00-6:15 pm, ADM-B15, \$175. F Guido. #WJ-D927

#### Certified Coding Associate (CCA) Prep

Intended to assist the new coding practitioner in preparing for the national certification examination, which measures coding competency and offers credibility to your coding proficiency. This course will give you the opportunity to evaluate and strengthen your skills in preparation for the exam. Bring both coding manuals and required text to class. Approved for 9.0 CEUs from AHIMA.

3 Sat., Jan. 31-Feb. 14, 9:00 am-12:00 noon, Room TBD, \$95 (+ textbook). S Herzberg. #WJ-D168

#### Grade D-Water Distribution Operator

Approved 15-hour program is the required course for operators seeking a Grade D Certification. Course covers basic hydraulics, operator math, cross connection control, distribution system O&M (leak detection), pipes & joints, valves and other miscellaneous tools and operations. Also covers emergency planning, work zones and trench and job-site safety and water main installation and repair, maps and records.

5 Mon., Mar. 23-Apr. 20, 6:30-9:30 pm, Room TBD, \$150. J Wines. #WJ-D002

#### School Violence Prevention and Intervention Workshop

New York State approved coursework for educators, hospital personnel, social workers and others who work with children.

\$45, D Acquino.

At Ossining Center: 1 Sat., Mar. 28, 10:00 am-12:00 noon. #OS-D107

At Valhalla Campus: 1 Thurs., Jan. 29, 6:00-8:00 pm, LIB-G36. #WJ-D129

## Child Abuse Seminar

New York State approved coursework for educators and healthcare professionals. If already licensed, bring license to class.

1 Sat., 9:00 am-12:00 noon, \$60. C Booth.

At Valhalla Campus: Mar. 28, TEC-139C.

#WJ-D296

At Ossining Center: May 2. #OS-D016

## Ornamentals & Turf Pesticide – Certification: Core & Category 3A

Prepare for the NYSDEC Pesticide Certification exam in Category 3: Ornamentals and Turf. The NYS DEC requires 100% attendance at all classes to receive a certificate of course completion, which is necessary to take the NYSDEC certification exams. Required texts are available at Cornell Cooperative Extension, 914-946-3005.

11 M/W, Feb. 2-Mar. 9, 7:00-10:00 pm, Room TBD, \$295 (+ textbooks: Core and Category 3A manuals). #WJ-D029

## “Servsafe” Food Service Sanitation & Safety

Available at Valhalla campus, at Mt. Vernon and Ossining Extension Centers, and at Port Chester Middle School. Mandatory for anyone who handles and/or distributes food. English and Spanish sections available. Prepare for the Dept. of Health Food Protection Certificate exam. Call 914-606-6830 (press 1) for schedule and registration form. Also, meets State Agriculture and Markets education requirements for food purveyors.

Fee is \$205 + \$8 registration fee (+ \$89.20 for textbook).

## Tobacco Sales Training

NYS Department of Health approved coursework designed to prevent the sale of tobacco products to minors. For owners and employees of establishments licensed to sell tobacco; participation is encouraged by a penalty-reduction incentive, which allows for reduced penalty in case of violation.

Certification valid for three-year period. Call 914-606-6830 (press 1) for schedule and to register.

Fee is \$55.

## Pet First Aid

Learn to protect both pet owners and their pets from further harm, injury or suffering during emergencies by using prompt, effective actions and care. American Red Cross approved. Must bring book to class.

1 Sun., Mar. 8, 9:00 am-1:00 pm, CLA-103, \$45 (+ \$16.95 for book/DVD; order from [www.shopstaywell.com](http://www.shopstaywell.com) - Dog First Aid [#657780] or Cat First Aid [#657781]; or pick up at the college bookstore). B Bischoff. #WJ-D691

### ROOM ASSIGNMENTS

For classes held at the Valhalla campus, the building/room location is indicated for your class. If ADM-207 is the listed location, you can obtain the correct assignment 48 hours prior to the course's start by visiting our web site at [www.sunywcc.edu/CE](http://www.sunywcc.edu/CE) and clicking on “room assignments,” or by calling us at 914-606-6830 (choose option 1).

## Continuing Education for Funeral Directors

These workshops are held at the Ossining Center in the Arcadian Shopping Center on Rte. 9 in Ossining. Call 914-606-7400 to register. All workshops: 1 Thurs., \$80. Rev. J Fraser.

### Special Considerations In Funerals & High Profile Funerals

This course focuses on the individual needs of grieving families including anonymous loss, the tragic death, and the high-profile funeral. Approved for 2.0 CEUs.

Apr. 2, 1:00-3:00 pm. #OS-D102

### Perspectives on Death and an Overview of Christian Funerals

Designed to assist the funeral director in recognizing his/her role in shaping attitudes on death and gaining greater insight into Christian rituals. Approved for 2.0 CEUs.

Apr. 2, 3:30-5:30 pm. #OS-D106

### The Funeral Director as an Effective Communicator

Focuses on the basic skills that lead to effective communication, specifically interacting with the bereaved, staff communication, and public speaking in the workplace. Approved for 2.0 CEUs.

Apr. 16, 1:00-3:00 pm. #OS-D105

### Professional Ethics and Public Relations

Designed to assist the funeral director in raising his/her self-awareness as a competent, professional member of the community. Approved for 2.0 CEUs.

Apr. 16, 3:30-5:30 pm. #OS-D103

#### Two money-saving options:

Register for both the Special Considerations and Death Perspectives courses for only \$135; use #OS-D150 to register for this two-course package.

Register for both the Effective Communicator and Professional Ethics courses for only \$135; use #OS-D049 to register for this two-course package.

## Infection Control Seminar

Approved for 3.0 CEUs. See description on p. 14.

## Meet Our Faculty!

If you'd like to learn more about our Continuing Education faculty and course facilitators, please visit us online at [www.sunywcc.edu/CE/faculty](http://www.sunywcc.edu/CE/faculty)

## Construction Trades, Crafts and Apprentice Training

Westchester Community College and Construction Training Centers of New York State, the educational affiliate of Associated Builders and Contractors Empire State Chapter, offer NCCER nationally accredited construction craft training programs that meet NYS DOL apprentice guidelines. Tuition includes books (where applicable), and fee.

**Classes may also be held on some Saturdays.**

### Electrical 1 (EL29210)

Topics include: Orientation to the trade, electrical safety, intro to electrical circuits, electrical theory, intro to the National Electrical Code, device boxes, hand bending, raceways and fittings, conductors and cables, basic electrical construction drawings, residential electric services and electrical test equipment (118.5 hrs).

M/W, Jan. 21-May 13, 5:30-9:30 pm,  
TEC-131, \$1858 (includes books & fees).  
#XA-P377

### Plumber/Pipefitter/ Steamfitter 1A (PL29210)

Topics include: Intro to the plumbing profession, plumbing safety, plumbing tools, intro to plumbing math and drawings, plastic pipe and fittings, copper pipe and fittings, cast-iron pipe and fittings, carbon steel pipe and fittings, corrugated stainless steel tubing, fixtures and faucets, intro to drain, waste, and vent (DWV) systems and intro to water distribution systems (128.5 hrs).

T/Th, Jan. 20-May 19, 6:00-10:00 pm,  
T: TEC-115M / Th: TEC-115, \$2337  
(includes books & fee). #XA-P384

### Plumber/Pipefitter/ Steamfitter 2B (PL2922B)

Topics include: Intro to electricity, installing water heaters, fuel gas systems, servicing of fixtures, valves, and faucets, heat pumps, basic hydraulic and pneumatic systems and air distribution systems. Fall 2008 book will be used; new students will need to purchase separately (116 hrs).

T/Th, Jan. 20-May 19, 6:00-10:00 pm,  
TEC-101, \$2053 (fee included). #XA-P385

### Plumber/Pipefitter/ Steamfitter 3B (PL2923B)

Topics include: Sewage pumps and sump pumps, corrosive-resistant waste piping, compressed air, electricity in HVAC systems, HVAC controls, steam systems and commercial heating & cooling systems. Fall 2008 book will be used; new students will need to purchase separately (116 hrs).

M/W, Jan. 21-May 20, 5:30-10:00 pm,  
TEC-115M (M), TEC-118 (W), \$2053 (fee included). #XA-P386

### **NEW** HVAC (HV292)

Call 914-606-6618 for course schedule and costs. #XA-P790

### **NEW** Introductory Skills for the Crew Leader (PM29210)

Basic leadership skills are required to supervise personnel. This program discusses principles of project planning, scheduling, estimating, management and presents several case studies for student participation (16 hrs).

2 Sat., Jan. 27 & Feb. 7, 8:00 am-5:00 pm,  
TEC-131, \$346 (includes books & fees).  
#XA-P686

### **NEW** Estimating and Cost Control (EC292)

Emphasizes the importance of accurate estimating and summarizes the estimating process and the steps in developing an estimate. Defines the purpose of a cost control methodology, explains how to perform simple cost analysis, and covers the project manager's role in controlling cost and tracking rework cost (15 hrs).

2 Sat., Feb. 14 & 28, 8:00 am-5:00 pm,  
TEC-131, \$311 (includes books & fees).  
#XA-P784

### **NEW** Issues and Resolutions (IR292)

Learn to resolve project related problems. Describes the key elements of successful negotiations and negotiating techniques. Discusses how to recognize nonverbal signals, use negotiating tools, and apply conflict resolution strategies. Identifies symptoms and barriers to solving project related problems and applying problem-solving techniques, brainstorming, and identifying root cause consequences (15 hrs).

2 Sat., Mar. 14 & 28, 8:00 am-5:00 pm,  
TEC-131, \$311 (includes books & fees).  
#XA-P789

**For more information, call Ann Rubenzahl, Assistant Dean at 914-606-6618  
or email [ann.rubenzahl@sunywcc.edu](mailto:ann.rubenzahl@sunywcc.edu)**

### REGISTER EARLY

Please register at least one week prior to the course start date so your registration can be processed in a timely manner. Decisions to offer or cancel courses are generally made 3-5 days prior to the start date. Don't be disappointed by registering too late.

# SKILLS FOR COLLEGE & WORK SUCCESS

NY/Westchester County Residency: All tuition rates in this section are resident rates. Call 914-606-6830 (press 1) for information. Non-residents are welcome, but pay a 150% non-resident surcharge in addition to the regular tuition.

## Spelling 101

Are you embarrassed by misspelling and a poor vocabulary? Learn the phonetic and syllable-based rules that lead to better spelling. Learn word roots and apply new words in communicating. Recommended for anyone who wants to improve spelling skills.

4 Sat., Jan. 24-Feb. 14, 10:30 am-12:00 noon, CLA-204, \$55. S Fraley. #WA-D214

## Learning Strategies and Study Skills

Thinking of returning to school or the workforce? Or simply want to improve your ability to learn more effectively? Empower yourself by improving your study skills and boosting your confidence. Topics include: organization and time management, textbook reading, note taking and highlighting, memory techniques, reducing test taking anxiety, and test taking strategies.

4 Wed., Apr. 1-29 (skip 4/8), 7:00-9:00 pm, Room TBD, \$72. P Alexander. #WA-D582

## Improve Your Writing Skills

For both new and out-of-practice writers. Learn to write clearer sentences, develop effective paragraphs, design opening statements, arrange facts and ideas logically, and increase readability. A knowledge of basic grammar rules is assumed.

6 Thurs., Jan. 22-Feb. 26, 6:00-8:00 pm, CLA-321, \$110. S Fraley. #WA-D567

## Building a Good Vocabulary

Learn new words, their spellings, pronunciations, definitions and how to use each correctly in a sentence. The importance of prefixes and suffixes in identifying a word will be explained. Bring a paperback dictionary to class.

6 Tues., Jan. 20-Feb. 24, 6:00-8:00 pm, CLA-208, \$110. S Fraley. #WA-D568

## Math 101

For those who want a math brush-up before tackling college-level math classes. This refresher class covers skills in basic math through algebra.

8 Wed., Jan. 21-Mar. 11, 7:00-9:00 pm, TEC-140, \$148. #WA-D569

## Master Time Management Skills

Learn to prioritize, organize, and carry out tasks in a timely manner.

3 Wed., Feb. 4-18, 6:30-9:30 pm, Room TBD, \$83. P Alexander. #WA-D571

## Test-Taking Made Easy

Good test-taking skills will help you succeed, both in school and in life. Designed to help you master effective test-taking strategies to help reduce your anxiety and improve your performance. Includes isolating key words, techniques for answering multiple choice questions, and organizing your essays.

3 Wed., Feb. 4-18, 6:30-9:30 pm, ADM-B15, \$83. P Alexander. #WA-D089

## Study Skills for Adults

Designed to improve your ability to read, study, learn, and succeed in college and other situations. Individual and group instruction in reading comprehension, note taking, and study skills.

5 Tues., Apr. 7-May 5, 6:30-8:30 pm, Room TBD, \$93. P Alexander. #WA-D093

## Spelling & Grammar Workshop

Improve your spelling skills through phonics, syllabification, and the study of prefixes, suffixes, and roots. Grammar instruction includes parts of speech, sentence structure, and punctuation. The focus is on correcting the most common errors. For native English speakers only.

10 Mon., Jan. 26-Apr. 6 (skip 3/16), 7:00-9:00 pm, Room TBD, \$186 (+ textbook). S Fraley. #WA-D139

## For Job Success

### **NEW** Introduction to Multicultural Consumer Marketing

The class will provide an overview of and the business case for multicultural marketing, with a discussion on Hispanic, African American, Asian American, Women, GLBT and Urban Mindset (youth) markets.

4 Sat., Jan. 24-Feb. 14, 9:00 am-12:00 noon, Room TBD, \$125. J P James. #WJ-D723

### **NEW** Developing Your Public Speaking Voice

The ability to effectively deliver presentations is a critical factor in job success. In this course you will develop the skills to overcome the fears of public speaking, utilize your voice to persuade, and adapt your speaking skills to leave a lasting impression on every audience, large or small.

2 Sat., Feb. 21 & 28, 8:30 am-2:00 pm, Room TBD, \$100. L B Pauline. #WJ-D074

### **NEW** Organizational Strategies for Educators

Tutors, teachers and administrators – learn organizational and time management strategies for preparing lesson plans, creating filing systems, arranging classrooms and analyzing assessment results to minimize distractions within classrooms and maximize instructional time.

2 Wed., Mar. 25 & Apr. 1, 6:30-8:30 pm, Room TBD, \$45. L Motta. #WJ-D653

## Influence and Persuasion

Communication principles used by major advertising and PR professionals are adaptable to personal relations. Discover how humor, music, sex and nonverbal elements are used, as well as the truth behind subliminal advertising. Includes workshop and focus group sessions on understanding international influences and developing persuasive ideas. Taught by a 24-year veteran of the Young & Rubicam advertising agency.

6 Mon., Mar. 2-Apr. 6, 7:30-9:00 pm, Room TBD, \$95. S Hecker. #WJ-D511

## Resolving Conflicts Across the Cultures

The course offers strategies and conflict resolution skills for handling conflicts across cultures. Recommended for employees of non-profits working with foreign-born population; customer service professionals, and bi-cultural families and internationally adoptive parents.

2 Fri., Feb. 27 & Mar. 6, 9:00 am-1:00 pm, Room TBD, \$75. M Teverovsky. #WJ-D795

## Time Management: Get A Life!

We're all allocated the same 24 hours in a day; how we utilize our time is a balancing act! Are you feeling overwhelmed with your daily routine? Regardless of the demands on your life, there are proven techniques to alleviate stress and become more efficient. Learn to establish priorities, identify "time robbers" and develop an action plan.

1 Sat., Apr. 11, 9:00 am-1:00 pm, ADM-B15, \$45. H Cuevas Zakhar. #WJ-D269

## Adios a La Vida Loca: Estudio de Tiempo (Get A Life: Time Management)

Todos tenemos 24 horas cada día. Lo que nos distingue es el modo que utilizamos esas horas. Algunos aprovechamos bien el tiempo y otros parecemos malabaristas. Esta agobiado con su rutina diaria? No es posible hacerlo todo! Aunque tenga muchas obligaciones en su vida, hay técnicas comprobadas para aliviar el estrés y ser más eficiente. Aprenda a establecer prioridades, identifique "los roba tiempos" y desarrolle un plan de acción realista.

1 Sat., Apr. 4, 9:00 am-1:00 pm, Salon sera anunciado, \$45. H Cuevas Zakhar. #WJ-D804

## Achieving Breakthrough Results: Key Principals and Tools

Learn principals and tools for achieving breakthrough results, from excelling as a returning student to accelerating business performance. The instructor brings his experience as a management consultant, tri-athlete, and firefighter.

4 Sat., Jan. 31-Feb. 21, 9:00-11:00 am, Room TBD, \$80 (+ textbook). A Mancino. #WJ-D871

## For the College Bound

Success in college is largely the result of motivation, planning and application of various skills. This series of courses provides college bound students with skills for success.

### Get Money for College

Learn strategies to help you begin saving for college at any age! Useful information will be given regarding the federal financial aid program, educational savings vehicles, and how you can accumulate free monies toward college savings. Flash drive required to store College Savings Action Plan.

4 Mon., Jan. 26-Feb. 23 (skip 2/16), 6:30-9:30 pm, Room TBD, \$125. J Shinault. #WJ-D788

### The Academic Toolbox

This interactive course will assist you in creating an "academic toolbox" that will help you methodically prepare for the college admission process. The course is designed to jump-start students in the college search process through self-discovery and strategically equipping them with useful tools to help make the process easier to manage.

5 Sat., Jan. 31-Mar. 7 (skip 2/21), 10:00 am-2:00 pm, Room TBD, \$175, J Shinault. #WJ-D686

### Navigate the Admissions Maze

You can become your child's best advocate during the college admission process. Gain insight regarding the nuances in today's admissions processes. Learn strategies and tips that will provide you with knowledge and practical application to be a supportive team member of your child's college search.

2 Mon., Mar. 2 & 9, 6:30-9:30 pm, Room TBD, \$60. J Shinault. #WJ-D624

### Making a Successful Transition to College

Learn what it takes to make a successful college transition both academically and socially. Understand the nuts and bolts of higher education by learning important terminology, structures and cultures of the higher education environment. Students will learn strategies that will help enhance their college experience from day one.

2 Mon., Mar. 23 & 30, 6:30-9:30 pm, Room TBD, \$65 (+ textbook). J Shinault. #WJ-D681

### Study Skills & Academic Management for College Success

Build the strong foundation of academic success by learning proven methods and study skills strategies. Examine your own personal study behaviors and learn how to enhance or improve them.

3 Mon., Apr. 13-27, 6:30-9:30 pm, Room TBD, \$95. J Shinault. #WJ-D582

# TEST PREP

## Nursing Exam Review

For those planning to take competitive entrance exams for nursing programs nationwide. Topics include test-taking skills, basic math review (decimals, fractions, and percentages), human biology review, basic chemical formulas and interactions. Taught by college faculty.

3 Sat., Jan. 10-24, 9:00 am-4:00 pm, Room TBD, \$215. #WJ-D944

## GED Exam Prep

Prepare for the NYS high school equivalency examination. Includes instruction in all exam content areas as well as test-taking skills. You must have an 8th grade reading level and be at least 19 years of age to take the exam.

20 M/W, Jan. 21-Apr. 6 (skip 3/16 & 18), 6:30-8:30 pm, LIB-G36, \$290 (+ textbook). F Martin & R Berrios. #WA-D570

## **NEW** GED Preparation: Math in Spanish (GED Matematica en Espanol)

Prepárese para el examen de Mathematica del GED en Español. Muchos ejemplos serán resultados durante las clases. Se les dará tareas a los estudiantes para practicar en casa.

10 T/Th, Feb. 3-Mar. 5, 6:30-8:30 pm, ADM-B15 \$140 (+ textbook). R Berrios. #WJ-D273

## Notary Public Exam Prep

Prepare for the NYS test. Topics include how to avoid conflicts of interest, maintain professional ethics, charge proper fees, and minimize legal liability.

6:30-9:00 pm, \$45, Room TBD.

■ 1 Wed., Mar. 4. #WJ-D409

■ 1 Mon., May 6. #WJ-D567

## Test Prep: Teacher Assistant/Paraprofessional Certification Exam

The NYS certification exam for teacher assistants/paraprofessionals (NYSATAS) assesses your reading, writing, and basic math skills. Brush up in these areas and get information on the upcoming exam. For more info on the NYS Teaching Assistant Certification, visit [www.highered.nysed.gov](http://www.highered.nysed.gov)

Register for either or both of these review classes.

## Develop Your Test-Taking Skills

Designed to help you master effective test-taking strategies to help reduce your anxiety and improve your performance. Includes isolating key words, techniques for answering multiple choice questions and review of reading and writing skills. Includes information on registering for the exam.

2 Tues., Mar. 3 & 10, 6:00-9:00 pm, CLA-208, \$60. P Alexander. #WA-D135

## Basic Math Skills Review

This foundation course will include a review of the basic math skills needed for success in a variety of settings. Topics covered include percentages and decimals, basic calculations, and basic graphing and charting.

2 Tues., Mar. 24 & 31, 6:00-9:00 pm, LIB-G36 \$60. #WA-D499

# FOR HEALTHCARE PROFESSIONALS

All of the following classes, unless otherwise noted, are held at the Ossining Extension Center, 22 Rockledge Ave. in the Arcadian Shopping Center. Call 914-606-7400 for more information and to register for classes in this section.

## Infection Control Seminar

New York State approved coursework for practicing MDs, physician's assistants, dentists, dental hygienists, RNs, LPNs, optometrists, funeral directors and podiatrists. \$60.

1 Sat., Jan. 10, 9:30 am-12:30 pm. #OS-D037

## Infection Control for Phlebotomy Students

Prerequisite for students entering Phlebotomy. Designed for entry-level healthcare professionals and includes key infection control concepts and regulations surrounding infection control practices in New York State.

1 Tues., 6:00-10:00 pm. \$60.

■ Jan. 13. #OS-D036

■ Jan. 20. #OS-D034

## CPR For the Professional Rescuer

This course is designed for healthcare professionals and anyone who is interested in a comprehensive CPR class that includes one- and two-person rescue techniques for infants, children, and adults, and use of the AED. In order to participate, you must have a pocket face mask, available at the Campus Bookstore or through the American Red Cross.

\$80 (+ \$15 materials fee, payable to instructor). J Lederman.

**At Ossining Center:**

■ 1 Fri., May 15, 1:00-9:00 pm. #OS-D098

■ 1 Sat., May 16, 9:00 am-5:00 pm. #OS-D099

**At Valhalla Campus:** 1 Sat., Apr. 25, 9:00 am-5:00 pm. #WJ-D272

## Patient Care Technician

Patient Care Technicians are multi-skilled healthcare workers who are much in demand! Complete the following courses at Westchester Community College and apply to earn a Patient Care Technician Certificate\*:

- Infection Control for Phlebotomy Students
- Certified Nursing Assistant Program
- Phlebotomy I and II
- CPR-Adults
- ECG

\*Requires completion of the Patient Care Technician application and submission of appropriate documentation.

Completion of the following three classes (Phlebotomy, Phlebotomy II, and ECG) earns a Certificate of Completion and, through satisfying the required number of instructional hours, allows the student to legally draw blood in NYS. Textbooks are required for these classes and are available at the Campus Bookstore in Valhalla.

### Phlebotomy I

Introduces basic concepts of the procedures used for obtaining blood from veins and capillaries. The use of appropriate equipment and types of blood tubes will be explained.

Prerequisite: Infection Control for Phlebotomy Students. Bring a bag lunch.

9:00 am-3:00 pm, \$240. J Greene.

- 3 Fri., Jan. 23, 30, & Feb. 6. #OS-D154
- 3 Sat., Jan. 24, Feb. 31 & Feb. 7. #OS-D020
- 3 Sun., Jan. 25, Feb. 1 & Feb. 8. #OS-D054

### Phlebotomy II

Gain more practice and in-depth knowledge of obtaining blood from veins and capillaries, including special procedures. Prerequisite:

Infection Control for Phlebotomy Students and Phlebotomy. Upon successful completion of Phlebotomy I and II, students are eligible to take the Certified Phlebotomy Tech Examination offered by the National Health Career Association; additional fee for exam. Bring a bag lunch.

9:00 am-3:00 pm, \$240. J Greene.

- 3 Fri., Feb. 20, 27 & Mar. 6. #OS-D156
- 3 Sat., Feb. 21, 28 & Mar. 7. #OS-D022
- 3 Sun., Feb. 22, Mar. 1 & 8. #OS-D055

### Certified Nursing Assistant

New York State approved training for nursing assistants. Prepare for employment in hospitals and nursing homes. 120-hour course includes classroom work and clinical experiences at a local nursing home.

Application to program and a personal interview are required before registration; application due date is Feb. 18. Call 914-606-7400 for more information and an application.

\$1,125 (+ textbook/workbook).

- M/W/Th, Mar. 2-May 22, 5:30-9:30 pm.
- M/W/Th, Mar. 3-May 22; 9:30 am-2:00 pm.

### Basic Medical Spanish

A course specifically for medical personnel and health care workers. The classes are focused on developing students' oral abilities to use language for interviewing patients, with the opportunity to complete basic levels of the medical interview. Call 914-606-6830 to register for this class.

At Portchester: 8 Tues., Mar. 10-May 5 (skip 3/17), 6:30-8:30 pm, \$120. Y Coupey. #PC-P010

### Electrocardiography (ECG)

Introduction to the techniques necessary to perform a twelve-lead electrocardiogram, troubleshoot technical problems, and identify normal and common abnormal rates.

Prerequisite: Infection Control for Phlebotomy Students. Upon successful course completion, students are eligible to take the Certified ECG Tech Examination offered by the National Healthcareer Association; additional fee for exam. Bring a bag lunch.

9:00 am-3:00 pm, \$240. J Greene.

- 3 Fri., Apr. 3, 10, & 17. #OS-D156
- 3 Sat., Apr. 4, 11, & 18. #OS-D022
- 3 Sun., Apr. 5, 12, & 19. #OS-D056

**Free Careers in Surgical Technology  
Open House**, see page 4.

**Free Careers in Nursing Assistant  
Open House**, see page 4.

### Spanish for Healthcare Professionals

10 Sat., Feb. 21-May 9 (skip 3/22 & 4/11), \$185 (+ textbook). A Grigorian

**Beginners:** 10:00 am-12:00 noon. #OS-D014

**Intermediate:** Prerequisite: basic Spanish communication skills. 12:00 noon-2:00 pm. #OS-D015

**Advanced:** Prerequisite: Intermediate Spanish communication skills. 2:00-4:00 pm. #OS-D017

## We Welcome New Program Ideas

Do you have an idea for a non-credit course or workshop? We'd like to hear from you! We're planning now for Summer & Fall 2009. Contact us at [continuing@sunywcc.edu](mailto:continuing@sunywcc.edu) to request a course proposal packet, or simply send us your proposal along with your resume. You can email it to us at [continuing@sunywcc.edu](mailto:continuing@sunywcc.edu), mail it to Andrea Morville, Assistant Dean, Westchester Community College, 75 Grasslands Rd., Valhalla, NY 10595, or fax it to 914-606-6526.



Textbook required.

Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)  
or call 914-606-7400

# CENTER FOR REAL ESTATE EDUCATION

All courses have been approved by the NYS Department of State. For further licensing and exam information, contact the New York Department of State at 518-474-4429 or visit [www.dos.state.ny.us/lcns/realestate/index.html](http://www.dos.state.ny.us/lcns/realestate/index.html)

## **NEW** Real Estate Property Management Certificate

Effective management in real estate enables property and facility managers, investors, appraisers and realtors to forecast building operation costs and services, establish budgets, reduce liability, maximize cash return and enhance appreciation. Course topics include both financial and hands-on aspects and will cover fundamentals of real estate management and appraisal, finance and cash flow; investment properties, rent collection, tenant selection and landlord/tenant relations, construction, environmental impacts, and real estate ownership. Course concentrations will be structured to residential and multi unit properties.

**Courses include:**

### Introduction to Real Estate Management

6 hrs. of CE pending approval  
2 Wed., Mar. 18 & Apr. 1, 6:00-9:00 pm,  
ADM-B15, \$125, D Alvarez. #WJ-D903

### Real Estate Investments

3.5 hrs. of CE pending approval  
1 Wed., Mar. 25, 6:00-9:30 pm,ADM-B15,  
\$70, D Alvarez. #WJ-D904

### Appraisal Principles and Procedures

6 hrs. of CE pending approval  
2 Wed., Apr. 8 & 22, 6:00-9:00 pm,ADM-B15  
\$125, D Zagoroli. #WJ-D919

### Property Management and Construction

4 hrs. of CE pending approval  
1 Wed., Apr. 29, 6:00-10:00 pm,ADM-B15,  
\$80, D Alvarez. #WJ-D913

#### **Attention, Sales, Brokers, and Appraisers:**

Complete this certificate and earn 19.5 hours of CE (approval pending), then complete your CE requirement by choosing one of the following options:

**Option 1 (for sales/brokers):** Take the required 3-hr. Fair Housing Course to reach 22.5 hours.

**Option 2 (for appraisers):** Take the 7-hr. USPAP and the 2-hr. USPAP Case Studies course to reach the required 28 hours of CE.

## Real Estate Licensing and Continuing Education Courses

All courses are approved by NYS Department of State, as meeting the educational requirements under Sections 176.3 and 176.4. Real Estate Appraisal Classes also qualify as CE for Salespeople and Brokers – see appraisal section below. For further licensing and exam information, call 518-474-4429 or visit [www.dos.state.ny.us/lcns/realestate/index.html](http://www.dos.state.ny.us/lcns/realestate/index.html)

**NOTE: NYS Department of State requires 90% attendance to sit for the Real Estate Sales exam and 100% attendance in all CE classes is required to earn CE credit. No partial CE hours can be awarded. Please bring license to first class.**

**Real Estate Career Open House**, see p. 4.

### Real Estate Salespersons

Meets the NEW 2008 NYS Department of State requirement: 75-hr. required course for salesperson's licensing exam.

20 T/Th, Jan. 20-Apr. 2 (skip 3/17 & 3/19),  
6:00-10:00 pm, AAB-416, \$575 (+ textbook).  
H Goldberg. #WJ-D790

### Real Estate Brokers

Prerequisite: Real Estate Salesperson course. Together with Salespersons Course, prepares you for the Brokers licensing exam.

16 T/Th, Apr. 14-June 11 (skip 5/12 & 14),  
7:00-10:00 pm, AAB-119, \$395  
(+ textbook). H Goldberg. #WJ-D812

### **NEW** 30-Hour Remedial Salespersons Course: Intensive

This course is required to qualify for licensure if you completed the Real Estate Sales course and did not obtain license prior to 7/1/08. Must bring proof of completion of 45-hour Salespersons course.

M/T/W/Th/F, Feb. 2-Feb. 6, 9:30 am-4:30 pm,  
Room TBD, \$275 (+ textbook). H Goldberg.  
#WJ-D099

**Required textbooks are available at Westchester Community College Bookstore unless otherwise noted. Phone 914-606-6475 or order online at [www.sunywcc.edu](http://www.sunywcc.edu).** 



**Earn 22.5 credits of CE by taking just 2 courses:  
Fair Housing plus one of the other 4 options below!**

**Fair Housing-7.5 CE's** 

New 2008 NYS Department of State requirement for all who renew their Real Estate Sales license on or after July 1, 2008; approved for 7.5 hrs. of CE for Salespersons and Brokers.

1 Wed., \$95 (+ textbook).  
H Goldberg.

■ Jan. 21, 9:30 am-5:30 pm, CLA-100. #WJ-D159

■ Apr. 1, 9:30 am-5:30 pm, LIB-G36. #WJ-D294

**Condominiums and Cooperatives**

Approved for 15 hrs. of CE for Salespersons and Brokers.

5 M/W, Feb. 11-25, 7:00-10:00 pm, M:AAB-413  
W:AAB119, \$175. H Goldberg. #WJ-D138

**Real Estate Closing**

Approved for 15 hrs. of CE for Salespersons and Brokers.

5 M/W, Mar. 2-16, 7:00-10:00 pm, Room  
TBD, \$175. H Goldberg. #WJ-D170

**Real Estate Financing**

Approved for 15 hrs. of CE for Salespersons and Brokers.

5 M/W, Mar. 23-Apr. 6, 7:00-10:00 pm,  
M:AAB413/W:AAB119 \$175. H Goldberg. #WJ-D791

**Property Management and Investments**

Learn successful property management, how to locate properties for purchase, and how to maximize cash returns and appreciation. Topics covered include: investment types/analysis, rent collection, tenant selection, budgeting for repairs and capital improvements, landlord relations, legal protection, insurance, and taxes. For the real estate professional as well as layperson. Approved for 15 hrs. of CE for Salespersons and Brokers.

5 Wed., Mar. 25-Apr. 29 (skip 4/15),  
6:00-9:00 pm, Room TBD, \$175. D Alvarez.  
#WJ-D737

**Fair Housing-3 CE's**

Approved for 3 hrs. of CE for Salespersons and Brokers.

1 Tues., Apr. 21, 9:00 am-12:00 noon, \$30  
(+ textbook). H Goldberg. #WJ-D895

**Real Estate Documents**

Approved for 7.5 hrs. of CE for Salespersons and Brokers.

3 M/W, Jan. 28-Feb. 4, 7:00-9:30 pm,  
M:AAB413/W:AAB119, \$95. H Goldberg. #WJ-D183

**NEW The Role of a Realtor in the Home Buying Process**

Learn the realtors code of ethics, types of agency relationships, different types of real estate properties that can be purchased and the financial profile process as it relates to the buying power of the buyer. 7.5 hrs. of CE for Salespersons and Brokers pending approval.

1 Tues., Feb. 10, 9:00 am-5:30 pm, LIB-G36  
\$95. S Macaulay. #WJ-D377

**NEW Short Sales & Foreclosures**

Learn what qualifies for a short sale and what qualifies for a foreclosure and make money in the default real estate market. Navigate the process and get the deal done by following these steps. 7.5 hrs. of CE for Salespersons and Brokers pending approval.

3 Thurs., Apr. 16-30, 6:00-8:30 pm, ADM-B15  
\$95. S Macaulay. #WJ-D819

**Dressed To Sell: Simple Home Staging Ideas**

Learn simple, cost effective enhancements that will make a home more appealing to a prospective purchaser in today's real estate market. Discuss consumer needs, expectations, style changes, and overall functionality of rooms. Statistics show that staged homes typically sell for about 7% more than a regular listing. For both real estate professionals and consumers. Approved for 3 hrs. of CE for Salespersons and Brokers.

■ 1 Mon., Mar. 2, 6:15-9:15 pm, Room TBD,  
\$65. C Daniello. #WJ-D127

■ 1 Mon., May 4, 6:15-9:15 pm, Room TBD,  
\$65. C Daniello. #WJ-D314

**Why Size Matters: Calculating Gross Living Area**

This seminar will cover issues such as what is considered in the calculation of gross living area (GLA) by the secondary market and describes the procedures for measuring various styled homes. The employed methods will standardize the calculation process and aid the client to obtain accurate results. Case studies will illustrate some of the difficulties that may be encountered during the inspection process. Approved for 3 hrs. of CE for Salespersons, Brokers and Appraisers.

9:00 am-12:00 noon, \$65. D Zagaroli.

■ 1 Tues., Feb. 24., LIB-G36. #WJ-D134

■ 1 Wed., May 6, TEC-101. #WJ-D316

**REGISTER EARLY**

Please register at least one week prior to the course start date so your registration can be processed in a timely manner. Decisions to offer or cancel courses are generally made 3-5 days prior to the start date. Don't be disappointed by registering too late.

**Meet Our Faculty!**

If you'd like to learn more about our Continuing Education faculty and course facilitators, please visit us online at [www.sunywcc.edu/CE/faculty](http://www.sunywcc.edu/CE/faculty)

## Real Estate Appraisal

**New 2008 Requirements:** These courses are approved by NYS Department of State, 518-474-4429, as meeting the educational requirements under Section 1103 to meet NYS Appraiser Assistant, Licensed and Certified Residential requirements. For the Appraiser Assistant and Licensed Residential categories, the R courses must be taken in sequence (R5 through R10). The Certified Residential category requires that R5 through R11 be taken in sequence along with SMF (Statistics, Modeling and Finance) and an elective (RE-1 or RE-2). In addition, the 15-hr. National USPAP Course can be taken at anytime for all 3 licensing categories.

**NOTE: 90% attendance is required by the NYS Department of State for the qualifying courses and 100% attendance to earn Continuing Education credit and for the National USPAP courses.**

**Required textbooks are available at Westchester Community College Bookstore unless otherwise noted. Phone 914-606-6475 or order online at [www.sunywcc.edu](http://www.sunywcc.edu). The R Series of courses all require a textbook.**

### R-5: Basic Appraisal Principles

A 30-hr. qualifying course. Approved for 22.5 hrs. of CE for Salespersons and Brokers upon passing the exam.

HSC-07, \$390. D Zagaroli

■ 8 T/Th, Jan. 20-Feb. 12, 6:00-9:45 pm.

#WJ-D420

■ 5 F/S, Jan. 30-Feb. 13, 9:00 am-4:00 pm.

#WJ-D497

### R-6: Basic Appraisal Procedures

30-hr. qualifying course. Approved for 22.5 hrs. of CE for Salespersons and Brokers upon passing the exam.

■ 8 T/Th, Feb. 17-Mar. 12, 6:00-9:45 pm,

HSC-07, \$390. D Zagaroli. #WJ-D744

■ 5 F/S, Feb. 27-Mar. 13, 9:00 am-4:00 pm,

HSC-02, \$390. D Zagaroli. #WJ-D498

### R-7: Residential Market Analysis and Highest and Best Use

A 15-hr. qualifying course. Approved for 15 hrs. of CE for Salespersons and Brokers upon passing the exam.

4 T/Th, Mar. 24-Apr. 2, 6:00-9:45 pm,

HSC-07, \$200. D Zagaroli. #WJ-D329

### R-8: Residential Appraiser Site Valuation and Cost Approach

A 15-hr. qualifying course. Approved for 15 hrs. of CE for Salespersons and Brokers upon passing the exam.

4 T/Th, Apr. 7-16, 6:00-9:45 pm, HSC-07,

\$200. D Zagaroli. #WJ-D136

### R-9: Residential Sales Comparison and Income Approaches

A 30-hr. qualifying course. Approved for 22.5 hrs. of CE for Salespersons and Brokers upon passing the exam.

8 T/Th, Apr. 21-May 14, 6:00-9:45 pm,

HSC-07, \$390. D Zagaroli. #WJ-D573

### RE-1: Introduction to Residential Income Properties (Certified Residential Elective)

A 20-hr. qualifying course. Approved for 20 hrs. of CE for Salespersons and Brokers upon passing the exam.

4 T/Th, Apr. 21-Apr. 30, 9:00 am-2:30 pm, LIB-G36

\$200. D Zagaroli. #WJ-D568

### 7-Hour National USPAP Update Course (Mandatory AQB Continuing Education Class)

Fulfills the 7-hour requirement as established by the Appraisal Qualifications Board (AQB) of The Appraisal Foundation. Approved for 7 hrs. of CE for Appraisers. Program will be co-sponsored by the Westchester County Society of Real Estate Appraisers, Inc. (WCSREA). Students MUST bring USPAP text and student manual to class to get credit. Registration by mail only; payment by check only; make check payable to WCSREA and mail with registration form to Continuing Ed, Westchester Community College, 75 Grasslands Road, Valhalla NY 10595. Note: USPAP course requires a text and a student manual, which MUST be ordered AND received before the class from The Appraisal Foundation: [www.appraisalfoundation.org](http://www.appraisalfoundation.org) or call 1-800-348-2831. You must bring text and manual to class to receive credit.

1 Fri., Apr. 17, 9:00 am-5:00 pm, CLA -205, \$175 (includes continental breakfast).

A Mantovani. #WJ-D546

**The following are CE Courses Approved for Appraisers, Salespersons, and/or Brokers. No textbooks required; materials will be distributed in class and are included as part of the tuition.**

### Financial Calculations Using the HP-12C

Introduction to the mapping and basic keystroke operations of the HP-12 financial calculator. Time value of money concepts, amortization calculations, PV and FV of annuities, and problem solving techniques discussed. Designed for students enrolled in the Center for Real Estate Education who have no prior knowledge of the HP-12C. Approved for 7 hours of CE for Appraisers, Salespersons and Brokers. Bring HP-12C calculator to class.

1 Sun., Jan. 25, 9:00 am-5:00 pm, CLA-102, \$110. K Mullin. #WJ-D574

### Understanding the Appraisal Principles in the Estimation of Value

Approved for 4 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Mon., Jan. 26, 9:00 am-1:00 pm, LIB-G36 \$80. D Zagaroli. #WJ-D875

## Area and Neighborhood Analysis

Focuses on the factors that affect property values in a neighborhood, including external forces. The stages of the neighborhood life cycle, supply/demand factors, and highest and best use will be discussed as you learn to support your findings through a credible and defensible report. Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Mon., Jan. 26, 2:00-5:00 pm, LIB-G36, \$65. D Zagaroli. #WJ-D872

## Valuation of Individual Condominium Units

Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Wed., Feb. 4, 6:15-9:15 pm, ADM-B15, \$65. D Zagaroli. #WJ-D161

## Changing Market Conditions and the Appraiser

Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Tues., Feb. 24, 1:00-4:00 pm, LIB-G36, \$65. D Zagaroli. #WJ-D785

## **NEW** Appraisal Report Writing Formats for Private and Lender Clients

Communicating a private appraisal assignment may be quite different from a mortgage lending assignment. Various types of reporting options will be discussed and analyzed via case studies.

3 hrs. of CE for Appraisers, Salespersons and Brokers pending approval.

1 Tues., Mar. 10, 9:00 am-12:00 noon, LIB-G36 \$80. D Zagaroli. #WJ-D204

## Valuation of 2 to 4 Family Residences and the Secondary Market

Approved for 4 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Tues., Mar. 10, 1:00-5:00 pm, TEC-101, \$80. D Zagaroli. #WJ-D330

## The Appraiser Underwriter Relationship

Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Sat., Mar. 28, 9:00 am-12:00 noon, TEC-131, \$65. D Zagaroli. #WJ-D766

## Analysis of Market Sales: When Are They Comparables?

Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Mon., Apr. 6, 9:00 am-12:00 noon, LIB-G36 \$65. D Zagaroli. #WJ-D402

## Valuating the Small Commercial Property

Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Mon., Apr. 6, 1:00-4:00 pm, LIB-G36, \$65. D Zagaroli. #WJ-D787

## Applicability of the Cost Approach to Value

Learn to identify instances when the cost approach applies in the valuation of residential and commercial properties. Recognized techniques of completing this approach will be analyzed. Approved for 3 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Thurs., Apr. 30, 9:00 am-12:00 noon, Room TBD, \$65. D Zagaroli. #WJ-D086

## Valuation of High End Residential Properties

Gain a better understanding of the thought process in valuing higher priced homes. Approved for 4 hrs. of CE for Appraisers, Salespersons and Brokers.

1 Thurs., Apr. 30, 1:00-5:00 pm, LIB-G36, \$65. D Zagaroli. #WJ-D570

## **NEW** Residential Construction Development

This class is intended to provide a better understanding of the construction/development process for real estate professionals. 3 hrs. of CE for Appraisers, Salespersons and Brokers pending approval.

1 Wed., May 6, 1:00-4:00 pm, TEC-101, \$65. D Zagaroli. #WJ-D798

# THE CENTER FOR INSURANCE EDUCATION

All courses have been approved by the NYS Insurance Department, 518-474-6630, as meeting the educational requirements under Sections 2103 & 2104 of the Insurance Law.

## **NEW** Associate in Claims (AIC)

AIC designation recommended for in-house claim adjusters, field claim adjusters, insurance litigators, senior customer service representatives, agency principals, and third-party administrators. For more information on AIC designation, visit [www.aicpcu.org](http://www.aicpcu.org) or call 800-644-2101.

### AIC 33: Claim Handling Principles and Practices

This is the first in the series of AIC courses. Topics include activities in the claim process, basic investigation, fraud detection, good faith claim handling, ethics, negotiation skills, and litigation management.

14 Tues., Feb. 24-June 9, 5:30-7:30 pm, Room TBD, \$275. P McCue. #WJ-D965

## Life, Accident and Health Pre-Licensing

NYS approved class to prepare for the State exam. \$299 (+ textbook).

■ M/T/W, Feb. 2-4, 8:30 am-5:30 pm; **and** Thurs., Feb. 5, 8:30 am-12:30 pm, LIB-G36  
J Sayour. #WJ-D299

■ F/Sa/Su, Mar. 6-8, 8:30 am-5:30 pm; **and** Mon., Mar. 9, 8:30 am-12:30 pm, F/Su/M: LIB-G36;  
Sat: ADM-B15, P Bugbee. #WJ-D530

## **NEW** Life, Accident and Health Continuing Education

All agents must have 15 hours of CE credit within 2 years from the date of their last birthday. All courses taught by G Gershonowitz. One day, 8-hr. classes are \$125; save money by taking two 8-hr. classes for \$225; use #WJ-D978 for this option. 4-hr. classes are \$75 each.

### Replacing Permanent with Term Insurance

This course will focus on issues associated with replacements of permanent life insurance policies with term life insurance; review Regulation 60; review the required procedures on the part of the agent and the insurers involved in a replacement; and review the significant changes recently made to Regulation 60. Approval pending for 8 hrs. of CE for Life, Accident & Health.

1 session, 8:30 am-4:30 pm, LIB-G36.

■ Sun., Mar. 15. #WJ-D899

■ Sat., Apr. 18. #WJ-D977

### Equity Index Annuities vs. Variable Annuities

This course will go through the differences of each product and how they operate; the terminology of the products; and the indexing methods and reset points. Approval pending for 8 hrs. of CE for Life, Accident & Health.

1 session, 8:30 am-4:30 pm, LIB-G36.

■ Sun., Feb. 22. #WJ-D957

■ Sat., May 2. #WJ-D986

### Professional Liability Protection

This course will focus on the life, health, property and casualty insurance professional and how to manage liability exposures through proper management practices. The course will place a heavy emphasis on practitioners and their relationship with the Law of Agency. The course will cover real world applications involving potential liability. Bridge Course: Approval pending for 8 hrs. of CE for Life, Accident & Health and for Property & Casualty.

1 session, 8:30 am-4:30 pm, LIB-G36.

■ Sat., Mar. 14. #WJ-D900

■ Sun., Apr. 19. #WJ-D979

### The Perceptions of Retirement Planning

This course will review the understanding of the consumer's perception about their protection and retirement needs as well as look into the preparation of how uninformed consumers are in retirement planning and the type of guidance they are looking for. Bridge course: Approval pending for 4 hrs. of CE for Life, Accident & Health and for Property & Casualty.

1 session, 6:00-10:00 pm.

■ Wed., Feb. 25. ADM-B15. #WJ-D980

■ Tues., May 5, LIB-G36. #WJ-D983

### Trusts: An Introduction

This course will provide a broad overview of trusts, ranging from their basic mechanics to specialized trusts, all of which are used in insurance related and estate planning. Bridge course. Approval pending for 4 hrs. of CE for Life, Accident & Health and for Property & Casualty.

1 session, 6:00-10:00 pm, LIB-G36.

■ Mon., Feb. 23. #WJ-D901

■ Wed., Apr. 29. #WJ-D981

### A New View of Annuities

This course will discuss the basics of annuities and their purpose, and the similarities and differences between life insurance, as well as looking at how annuities are used in special applications. Approval pending for 4 hrs. of CE for Life, Accident & Health.

1 session, 6:00-10:00 pm.

■ Thurs., Jan. 29. ADM-B15. #WJ-D902

■ Thurs., Mar. 12, LIB-G36. #WJ-D985

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## Insurance Property and Casualty Brokers

NYS approved class to prepare for the State exam.

32 M/W, Jan. 28-June 8 (skip 3/16 & 18, 4/8, 5/11, 13 & 25), 6:30-10:00 pm, TEC-130, \$825 (+ textbook). A Taibe. #WJ-D995

### Insurance P & C Brokers Review Class

Need a quick review before taking the State exam? Four review sessions plus a test-your-knowledge exam.

5 M/W, May 20-June 8 (skip 5/11, 13, 25), 6:30-10:00 pm, TEC-130, \$200. A Taibe. #WJ-D359

### Personal Lines Brokers

NYS approved class to prepare for personal lines certification.

13 M/W, Jan. 28-Mar. 11, 6:30-10:00 pm, TEC-130, \$425. A Taibe. #WJ-D604

## CPCU 552: Commercial Liability Risk Management and Insurance

Topics covered: liability loss exposures, liability risk control, general liability insurance, business auto insurance, garage and motor carrier insurance, workers' compensation and employers' liability loss exposures, workers' compensation and employers' liability insurance, management liability loss exposures and insurance, professional liability loss exposures and insurance, environmental loss exposures and insurance, aviation loss exposures and insurance, excess and umbrella liability insurance, and advanced risk financing techniques. 15 hours of CE approved by NYS Department of State.

17 Thurs., Feb. 12-June 4, 5:30-7:30 pm, held at Arthur J. Gallagher & Co., 2 Gannett Drive, White Plains, \$450. R Ryan. #WJ-D300

## Insurance CE Seminars at Our Site or Your Site!

All courses are approved by the NYS Insurance Department.

### Programs include:

- Workers Compensation
- Management Liability
- Professional Liability
- Disaster Planning and Business Recovery
- Inland and Ocean Transit
- Business Interruption
- Business Income Worksheet
- Boiler and Machinery
- Employee Theft/Dishonesty Coverage
- And others!

Call 914-606-6985 for more information.

## COMPUTERS & INFORMATION TECHNOLOGY

Computer students: please bring a diskette or USB flash drive to class.

### Computer Basics 1: Getting Started

For those with little or no experience in operating a personal computer, this class covers working with the mouse and keyboard, understanding the Windows desktop, using Windows accessory programs and more. Pick up some new tips and tricks! \$130 (+ textbook).

**At Valhalla Campus:** 2 Thurs., Jan. 22 & 29, 6:30-9:30 pm, TEC-13E. #XA-P452

**At Valhalla Campus:** 2 Sat., Jan. 24 & 31, 10:00 am-1:00 pm, CLA-321. #XA-P450

**At Valhalla Campus:** 2 Fri., Feb. 27 & Mar. 6, 6:00-9:00 pm, CLA-321. #XA-P451

**At Cross County Center:** 1 Wed., Jan. 21, 9:00 am-4:00 pm. #YR-Y215

**At Cross County Center:** 2 M/W, Feb. 2 & 4, 6:00-9:00 pm. #YR-Y117

**At Ossining Center:** 2 Tues., Feb. 17 & 24, 6:30-9:30 pm. #OS-D168

**At Mt. Vernon Center:** 2 Fri., Mar. 6 & 13, 6:00-9:00 pm. #MV-V162

**At Somers:** 2 Tues., Mar. 10 & 17, 6:30-9:30 pm. #WH-L643

### Computer Basics 2: Managing Your Computer

Don't let your hard drive become a nightmare. Learn to create and organize folders, copy, move, and rename files, search for files, work with shortcuts, customize your Desktop and more. Prerequisite: Computer Basics 1 or equivalent. \$130 (+ textbook).

**At Valhalla Campus:** 2 Thurs., Feb. 5 & 12, 6:30-9:30 pm, TEC-13E. #XA-P493

**At Valhalla Campus:** 2 Sat., Feb. 7 & 14, 10:00 am-1:00 pm, CLA-321. #XA-P491

**At Valhalla Campus:** 2 Fri., Mar. 13 & 20, 6:00-9:00 pm, CLA-321. #XA-P492

**At Cross County Center:** 1 Mon., Jan. 26, 9:00 am-4:00 pm. #YR-Y216

**At Cross County Center:** 2 M/W, Feb. 9 & 11, 6:00-9:00 pm. #YR-Y118

**At Ossining Center:** 2 Tues., Mar. 3 & 10, 6:30-9:30 pm. #OS-D169

**At Mt. Vernon Center:** 2 Fri., Mar. 27 & Apr. 3, 6:00-9:00 pm. #MV-V163

**At Somers:** 2 Tues., Mar. 23 & 31, 6:30-9:30 pm. #WH-L644

### Computer Basics 3: Internet and Email

Get up to speed on the information superhighway and learn how to explore the vast resources of the Web along with the ins and outs of keeping in touch with others through email.

Prerequisite: Computer Basics 1 or equivalent. \$130 (+ textbook).

**At Valhalla Campus:** 2 Thurs., Feb. 19 & 26, 6:30-9:30 pm, TEC-13E. #XA-P497

**At Valhalla Campus:** 2 Sat., Feb. 21 & 28, 10:00 am-1:00 pm, CLA-321. #XA-P495

**At Valhalla Campus:** 2 Fri., Mar. 27 & Apr. 3, 6:00-9:00 pm, CLA-321. #XA-P496

**At Cross County Center:** 1 Wed., Jan. 28, 9:00 am-4:00 pm. #YR-Y217

**At Cross County Center:** 2 M/W, Feb. 16 & 18, 6:00-9:00 pm. #YR-Y119

**At Ossining Center:** 2 Tues., Mar. 24 & 31, 6:30-9:30 pm. #OS-D170

**At Mt. Vernon Center:** 2 Fri., Apr. 17 & 24, 6:00-9:00 pm. #MV-V164

**At Somers:** 2 Tues., Apr. 14 & 21, 6:30-9:30 pm. #WH-L645

**Save \$\$ when you register for all three Computer Basics classes in a series for only \$330.**

For the Valhalla Saturday series, use #XA-P501

For the Valhalla Friday evening series, use #XA-P500

For the Valhalla Thursday evening series, use #XA-P502

For the Cross County daytime series, use #YR-Y218

For the Cross County evening series, use #YR-Y120

For the Ossining series, use #OS-D171 (skip 3/17)

For the Mt. Vernon series, use #MV-V165 (skip 3/21 & 4/11)

For the Somers series, use #WH-L642 (skip 4/7)

**Sorry, you may not mix and match courses.**

Where required, textbooks can be purchased at the bookstore at 914-606-6475 or ordered online at [www.sunywcc.edu](http://www.sunywcc.edu)



Textbook required.

Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)  
or call 914-606-6830

## Keyboarding on the Computer

Strongly recommended for individuals with less than 40 wpm keyboarding skills. Designed to provide introductory and brush-up touch-typing instruction on the keyboard.

10 M/W, Feb. 9-Mar. 11, 6:00-8:00 pm, TEC-13E, \$160 (+ textbook). #XA-P019

Many of our computer classes are also offered in your community, at our Cross County (code YR), Ossining (code OS), Mt. Vernon (code MV), Peekskill (code PE), and Somers (code WH) locations. Classes coded XA are usually held on the main campus. Please see p. 62 for location information.

## Accounting and Finance

### Bookkeeping with QuickBooks and Excel Non-Credit Certificate

Earn this certificate by completing our Introduction to QuickBooks class, the Excel series, and Accounting & Bookkeeping for Beginners (see p. 6). Apply for the certificate upon completing all requirements.

### Introduction to QuickBooks

Learn how to handle accounts payable and receivable, customer info, inventory, payroll, and track your business's financial health. No accounting experience required. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$380 (+ textbook).

- 3 Sat., Jan. 31-Feb. 21, 9:00 am-4:00 pm, TEC-13D. #XA-P990 (skip 2/14)
- 6 Mon., Mar. 16-Apr. 20, 6:30-9:30 pm, TEC-13E. #XA-P376

## Internet and Web Technologies

### **NEW** Using Your Blackberry

Discover all the power of your Blackberry to increase your personal and professional productivity - stay in touch with the people in your life, follow up on important tasks, remember appointments and manage email. Learn how to sync your Blackberry with MS Outlook and other programs. Bring your Blackberry to class. \$45.

- 1 Mon., Feb. 9, 9:00 am-12:00 noon, TEC-13D. #XA-P728
- 1 Thurs., Feb. 26, 6:00-9:00 pm, TEC-13E. #XA-P729

### **NEW** Introduction to Second Life

Second Life is a 3D virtual world inhabited by over 5 million people worldwide, with a multimillion dollar marketplace, large, small, and medium-sized businesses, and a multitude of colleges and universities. Come to this workshop, create your avatar, and start to explore inworld with an experienced resident! Prerequisite: Computer Basics 3 or equivalent experience. \$100.

- 2 Wed., Jan. 28 & Feb. 4, 6:30-9:30 pm, TEC-13D. #XA-P609
- 1 Sat., Mar. 7, 9:00 am-4:00 pm, TEC-13D. #XA-P631

### **NEW** Get Started in Blogging

Want to join the blogging explosion? Stats from BlogWorld report that over 12 million American adults currently maintain a blog and 22 of the 100 most popular web sites in the world are blogs! Learn how to create, write, design and promote your own blog on a topic of your choice. Prerequisite: Computer Basics 3 or equivalent experience. \$200.

- 6 Tues., Jan. 20-Feb. 24, 7:00-9:00 pm, TEC-13E. #XA-P663

### **NEW** Introduction to Social Media

Facebook, LinkedIn, Digg, Delicious, Google Docs, and more - discover the fascinating world of Web 2.0. Learn how to promote your business and your work, connect with colleagues, become better organized and discover the "new" Internet. Prerequisite: Computer Basics 3 or equivalent experience. \$200.

- 5 Tues., Mar. 3-31, 7:00-9:00 pm, TEC-13E. #XA-P664

### **NEW** Creating and Using Social Networks

Social networks, such as Facebook and LinkedIn, are changing how we network, communicate, and stay in touch. Non-profits, educational and professional organizations, and individuals are building new informal communities and so can you! This class explores popular sites and will guide you through setting up your own online community. Prerequisite: Computer Basics 3 or equivalent experience. \$200.

- 2 M/W, Feb. 23 & 25, 9:00 am-4:00 pm, TEC-13D. #XA-P700

### **NEW** Using Google Tools and Apps

Google is more than a search engine! Learn how to use Google for your mobile office. In this hands-on workshop, explore how you can use Google maps, email and voice calls, create and share calendars, photos, documents, spreadsheets, presentations, web sites, and blogs. Prerequisite: Computer Basics 3 or equivalent experience. \$200 (+ textbook).

- 4Th, Feb.5-Mar. 5, 6:30-9:30 pm, TEC-13D. #XA-P632 (skip 2/26)
- 2 Sat., Mar. 28 & Apr. 4, 9:00 am-4:00 pm, CLA-321. #XA-P662

## Microsoft Office Applications

Prepare for the Microsoft Office certification exams or just build new skills.

Our Microsoft applications courses are taught using MS Office 2007 unless noted otherwise

### **NEW** Introduction to the Office 2007 Interface

Whether you're ready to upgrade to Office 2007 or just thinking about it, if you're already familiar with Office 2003 programs, this workshop is for you! Learn about the new Ribbon interface and some of the great new features in Office 2007 that can help you work faster and create more impressive documents. Prerequisite: Experience with Office 2003 applications. \$90.

- 1 Thurs., Jan. 29, 9:00 am-4:00 pm, TEC-13D. #XA-P726
- 2 T/Th, Feb. 3 & 5, 6:30-9:30 pm, TEC-13D. #XA-P727

### MS Office Skills for the Workplace

Today's workplace is competitive! Don't let weak computer skills hold you back. Learn to use key applications in the Microsoft Office Suite – Word, Excel, PowerPoint, and Outlook – in this intensive introductory course. Prerequisite: Computer Basics 1 and 2 or equivalent experience.

17 T/Th, Feb. 24-Apr. 23, 9:00 am-1:00 pm, CLA-321, \$1150 (+ textbook). #XA-P683 (skip 4/9)

### MS Word – Level 1

Get started with Word even if you have not done word processing before. Covers editing documents, formatting text, paragraphs and documents and creating and formatting tables – fundamental skills for creating letters, reports and documents. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$260 (+ textbook).

At Valhalla Campus: 2 Sat., Jan. 24 & 31, 9:00 am-4:00 pm, TEC-13E. #XA-P428

At Valhalla Campus: 2 Fri., Feb. 13 & 20, 9:00 am-4:00 pm, TEC-13E. (Word 2003) #XA-P604

At Valhalla Campus: 4 T/Th, Feb. 24-Mar. 5, 6:30-9:30 pm, CLA-321. #XA-P417

At Cross County Center: 2 M/W, Feb. 2 & 4, 9:00 am-4:00 pm. #YR-Y177

At Cross County Center: 4 M/W, Apr. 13-22, 6:00-9:00 pm. #YR-Y190

### MS Word – Level 2

Expand your skills and enhance your documents by adding graphics, using styles and templates, and managing multi-page documents. Create personalized mailings by merging data into your documents. Learn how easy it is to turn your Word document into a web page. Prerequisite: Microsoft Word Level 1 or equiv. experience. \$260 (+ textbook).

At Valhalla Campus: 2 Sat., Feb. 7 & 14, 9:00 am-4:00 pm, TEC-13E. #XA-P899

At Valhalla Campus: 2 Fri., Feb. 27 & Mar. 6, 9:00 am-4:00 pm, TEC-13E. (Word 2003) #XA-P605

At Valhalla Campus: 4 T/Th, Mar. 10-19, 6:30-9:30 pm, CLA-321. #XA-P429

At Cross County Center: 2 M/W, Feb. 9 & 11, 9:00 am-4:00 pm. #YR-Y178

At Cross County Center: 4 M/W, Apr. 27-May 6, 6:00-9:00 pm. #YR-Y191

### MS Word – Level 3

Master more advanced features of Word such as building forms, creating charts and diagrams, collaborating with others on a document, working with references, advanced graphics, and integrating Word with other applications. Prerequisite: Microsoft Word Level 2 or equivalent experience. \$260 (+ textbook).

At Valhalla Campus: 2 Sat., Feb. 21 & 28, 9:00 am-4:00 pm, TEC-13E. #XA-P900

At Valhalla Campus: 2 Fri., Mar. 13 & 20, 9:00 am-4:00 pm, TEC-13E. (Word 2003) #XA-P606

At Valhalla Campus: 4 T/Th, Mar. 24-Apr. 2, 6:30-9:30 pm, CLA-321. #XA-P431

At Cross County Center: 2 M/W, Feb. 23 & 25, 9:00 am-4:00 pm. #YR-Y179

At Cross County Center: 4 M/W, May 11-20, 6:00-9:00 pm. #YR-Y192

#### **Save \$\$ when you register for all three Word classes in a series for only \$700.**

For the Valhalla Word Saturday series, use #XA-P901

For the Valhalla Word 2003 Friday series, use #XA-P607

For the Valhalla Word evening series, use #XA-P432

For the Cross County Word day series, use #YR-Y180 (skip 2/16 & 2/18)

For the Cross County Word evening series, use #YR-Y193

**Sorry, you may not mix and match courses.**

### **Take Your Microsoft Office Certification Exams on Campus!**

You can now take your Microsoft Office Specialist (MOS) exams for Office 2003 or Microsoft Certified Application Specialist (Office 2007) at the Valhalla campus. Contact Mary Beth Jerry by email at [marybeth.jerry@sunywcc.edu](mailto:marybeth.jerry@sunywcc.edu) or 914-606-7904 for further details or to make a test appointment.

### MS Excel – Level 1

Get started with Excel even if you have not used a spreadsheet before. Building and editing worksheets, formatting a worksheet, working with charts and working with formulas and functions. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$260 (+ textbook).

**At Valhalla Campus:** 2 Sat., Mar. 7 & 14, 9:00 am-4:00 pm, TEC-13E. #XA-P433

**At Valhalla Campus:** 2 Fri., Mar. 27 & Apr. 3, 9:00 am-4:00 pm, TEC-13E. (Excel 2003) #XA-P511

**At Valhalla Campus:** 4 T/Th, Apr. 14-23, 6:30-9:30 pm, CLA-321. #XA-P444

**At Cross County Center:** 4 Sat., Feb. 14-Mar. 7, 9:00 am-12:00 noon. #YR-Y105

**At Cross County Center:** 2 M/W, Mar. 2 & 4, 9:00 am-4:00 pm. #YR-Y181

### MS Excel – Level 2

Expand your skills in Excel by learning to use and analyze tables, and enhance your charts and worksheets. Explore techniques for managing workbooks, sharing Excel files, and incorporating Web information. Prerequisite: Microsoft Excel Level 1 or equivalent experience. \$260 (+ textbook).

**At Valhalla Campus:** 2 Sat., Mar. 21 & 28, 9:00 am-4:00 pm, TEC-13E. #XA-P445

**At Valhalla Campus:** 2 Fri., Apr. 17 & 24, 9:00 am-4:00 pm, TEC-13E. (Excel 2003) #XA-P533

**At Valhalla Campus:** 4 T/Th, Apr. 28-May 7, 6:30-9:30 pm, CLA-321. #XA-P897

**At Cross County Center:** 2 M/W, Mar. 9 & 11, 9:00 am-4:00 pm. #YR-Y182

**At Cross County Center:** 4 Sat., Mar. 14-Apr. 4, 9:00 am-12:00 noon. #YR-Y106

### MS Excel – Level 3

Master more advanced features of Excel such as What-If Analysis, analyzing data with PivotTables, exchanging data with other programs and advanced worksheet management. Prerequisite: Microsoft Excel Level 2 or equivalent experience. \$260 (+ textbook).

**At Valhalla Campus:** 2 Sat., Apr. 4 & 18, 9:00 am-4:00 pm, TEC-13E. #XA-P446 (skip 4/11)

**At Valhalla Campus:** 2 Fri., May 1 & 8, 9:00 am-4:00 pm, TEC-13E. (Excel 2003) #XA-P579

**At Valhalla Campus:** 4 T/Th, May 12-21, 6:30-9:30 pm, CLA-321. #XA-P905

**At Cross County Center:** 2 M/W, Mar. 16 & 18, 9:00 am-4:00 pm. #YR-Y183

**At Cross County Center:** 4 Sat., Apr. 18-May 9, 9:00 am-12:00 noon. #YR-Y107

#### **Save \$\$ when you register for all three Excel classes in a series for just \$700.**

For the Valhalla Excel Saturday series, use #XA-P908 (skip 4/11)

For the Valhalla Excel 2003 Friday series, use #XA-P510

For the Valhalla Excel evening series, use #XA-P448

For the Cross County Excel Saturday series, use #YR-Y108 (skip 4/11)

For the Cross County Excel day series, use #YR-Y184

**Sorry, you may not mix and match courses.**

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### MS Access – Level 1

Get started with Access, the Office Suite's powerful database program. Includes building and editing tables, using queries, forms and reports, and modifying your database structure. Prerequisite: Computer Basics 1 and 2 or equivalent experience.

4 Wed., Feb. 11-Mar. 4, 6:30-9:30 pm, CLA-321, \$260 (+ textbook). #XA-P413

### MS Access – Level 2

Expand your skills in Access by learning to create multiple table queries, develop forms and subforms, create charts and PivotTables, and build advanced queries. Explore how to share Access data with other applications and enhance your reports. Prerequisite: Microsoft Access Level 1 or equivalent experience.

4 Wed., Mar. 11-Apr. 1, 6:30-9:30 pm, CLA-321, \$260 (+ textbook). #XA-P414

### MS Access – Level 3

Master more advanced features of Access such as creating macros, creating modules, and developing advanced forms and reports. Learn how to simplify the database interface for other users and tips for maintaining your database. Prerequisite: Microsoft Access Level 2 or equivalent experience.

4 Wed., Apr. 15-May 6, 6:30-9:30 pm, CLA-321, \$260 (+ textbook). #XA-P415

#### **Save \$\$ when you register for all three Access classes for just \$700.**

For the Access series, use #XA-P416 (skip 4/8)

## **MS Office Skills Non-Credit Certificate**

The applications in the Microsoft Office Suite (Access, Excel, Word, PowerPoint) are widely used and these skills are expected of today's working professional. Complete our series of classes in these four programs to qualify for this non-credit certificate. Apply for the certificate upon completing all requirements.

## MS PowerPoint – Level 1

Learn the basics of this easy to use program to create visually compelling presentations and slides. Wizards and templates give you a quick start on professional presentations and you'll also learn to develop your own designs with text, graphics and special effects. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$260 (+ textbook).

**At Valhalla Campus:** 4 Mon., Jan. 26-Feb. 16, 6:30-9:30 pm, CLA-321. #XA-P685

**At Valhalla Campus:** 2 Sat., Apr. 25 & May 2, 9:00 am-4:00 pm, TEC-13E. #XA-P987

**At Cross County Center:** 4 M/W, Mar. 9 & 18, 6:00-9:00 pm. #YR-Y008

**At Cross County Center:** 4 M/W, Mar. 23 & 25, 9:00 am-4:00 pm. #YR-Y186

## MS PowerPoint – Level 2

Enhance your presentations with a variety of chart types. Integrate PowerPoint with other programs, like Excel, to represent data graphically with more impact. Include multimedia and web resources in your presentations. Explore options for preparing a presentation for live delivery, web delivery, and distribution on CD. Prerequisite: Microsoft PowerPoint Level 1 or equivalent. \$260 (+ textbook).

**At Valhalla Campus:** 4 Mon., Feb. 23-Mar. 16, 6:30-9:30 pm, CLA-321. #XA-P589

**At Valhalla Campus:** 2 Sat., May 9 & 16, 9:00 am-4:00 pm, TEC-13E. #XA-P590

**At Cross County Center:** 4 M/W, Mar. 23 & Apr. 1, 6:00-9:00 pm. #YR-Y128

**At Cross County Center:** 4 M/W, Mar. 30 & Apr. 1, 9:00 am-4:00 pm. #YR-Y187

**Save \$\$ when you register for both MS PowerPoint classes at the same location for just \$470.**

For the Valhalla PowerPoint evening series, use #XA-P603

For the Valhalla PowerPoint Saturday series, use #XA-P169

For the Cross County PowerPoint evening series, use #YR-Y138

For the Cross County PowerPoint day series, use #YR-Y188

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## MS Outlook

Outlook is more than just email! Master intro and advanced features of Outlook mail, explore the powerful calendar and meeting scheduler, contacts and address book, and task manager. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$260 (+ textbook).

**At Valhalla Campus:** 2 Fri., Jan. 30 & Feb. 6, 9:00 am-4:00 pm, TEC-13E. (2003) #XA-P699

**At Valhalla Campus:** 4 Mon., Mar. 23-Apr. 13, 6:30-9:30 pm, CLA-321. #XA-P168

**At Cross County Center:** 4 M/W, Feb. 23-Mar. 4, 6:00-9:00 pm. #YR-Y185

**At Cross County Center:** 2 M/W, Apr. 6 & 8, 9:00 am-4:00 pm. #YR-Y146

## Microsoft Certification Training – Online Programs

If our class schedule doesn't match your availability, you can still train for a new career and sharpen your computer skills by enrolling in our online class offered in partnership with Gatlin Education Services. For more information, see page 30 or visit [www.gatlineducation.com/sunywcc](http://www.gatlineducation.com/sunywcc)

## Business Solutions with Microsoft Office

Your time and training dollars are stretched - these short courses are designed to teach just the skills you need to solve specific business problems.

Classes are offered in both the 2003 and 2007 versions as noted.

### MS Word Basics

Learn the fundamentals of word processing for creating basic documents. Enter and edit text, correct spelling and grammar as you type, change fonts and font sizes, emphasize text, set margins and tabs, use bullets and numbering, create an envelope, search for and replace text. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$125

**Word 2003:** 1 Mon., Mar. 9, 9:00 am-4:00 pm, TEC-13E. #XA-P979

**Word 2007:** 2 Fri., Apr. 17 & 24, 6:00-9:00 pm, CLA-321. #XA-P299

**Word 2007:** 1 Mon., Apr. 20, 9:00 am-4:00 pm, CLA-321. #XA-P698

### Creating Brochures, Flyers and Newsletters with MS Word

Learn to use clip art, graphics, Word Art objects and watermarks, insert special characters and symbols, format text in columns, and use borders and shading. Prerequisite: Word Basics or equivalent experience. \$125.

**Word 2007:** 1 Mon., Apr. 27, 9:00 am-4:00 pm, CLA-321. #XA-P171

### MS Excel Basics

Learn the fundamentals: enter and edit text and values; create simple formulas; select cells and ranges; move around the worksheet; change column widths and row heights; insert and delete rows and columns; format numbers; copy and move data from one location to another using menus, fill-handle and drag and drop; save, retrieve and print worksheets. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$125

**Excel 2003:** 1 Mon., Feb. 2, 9:00 am-4:00 pm, TEC-13E. #XA-P982

**Excel 2007:** 1 Mon., Mar. 30, 9:00 am-4:00 pm, CLA-321. #XA-P697

**Excel 2007:** 2 Fri., May 1 & 8, 6:00-9:00 pm, CLA-321. #XA-P300

## Data Management with MS Excel

Learn to sort data with multiple keys, validate data, create a data-entry form and get subtotals based on various criteria. Use named ranges and Lookup tables to retrieve and summarize data. Import data into Excel from other applications. Prerequisite: Excel Basics or Excel Level 1 or equivalent experience.

Excel 2007: 1 Mon., Apr. 13, 9:00 am-4:00 pm, CLA-321, \$125. #XA-P766

## Using MS Excel Functions

Learn to use a variety of financial and statistical functions to analyze your data. Develop conditional calculations using the logical functions. Track time-dependent data with date and time functions. Prerequisite: Excel Basics, MS Excel Level 1 or equivalent experience.

Excel 2007: 1 Mon., Apr. 6, 9:00 am-4:00 pm, CLA-321, \$125. #XA-P334

## MS PowerPoint Basics

Get a quick introduction to the fundamentals of creating dynamic slides in PowerPoint to present your text, graphics and charts.

Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$125.

PowerPoint 2003: 1 Mon., Feb. 16, 9:00 am-4:00 pm, TEC-13E. #XA-P335

PowerPoint 2007: 1 Mon., Mar. 23, 9:00 am-4:00 pm, CLA-321. #XA-P336

## Programming

### Web Programming in HTML and JavaScript

Learn to use HTML and basic JavaScript to create robust and functional web pages. Discover how the language is used and interpreted on the Web to display text formats, colors, images and various layouts. Implement style sheets technology (CSS) to further control the appearance and positioning of the contents within your page. Prerequisite: Computer Basics series or equivalent experience.

6 Sat., Mar. 14-Apr. 25, 10:00 am-5:00 pm, TEC-13D, \$775 (+ textbook). #XA-P620 (skip 4/11)

### VBA for Microsoft Excel

To really let loose the power of macros in Excel you need to know some VBA programming. This course will take your knowledge to the next level and no previous programming experience is required. Concepts such as simple programming techniques, user forms, and integration with other systems are just some of the areas that will be covered. Prerequisites: MS Excel Series and some knowledge of macros or equivalent experience.

12 Tues., Apr. 7-May 12, 6:30-9:30 pm, TEC-13D, \$775 (+ textbook). #XA-P128

## Project Management

### Cheetah Learning Project Management Master's Certificate

See details in our section on Online Courses, p. 29.

### Introduction to Project Management

Project management skills are in demand in all types of organizations as there is increased pressure to meet project goals on time and within budget while maintaining quality. You will learn about project management framework, project lifecycle and explore key knowledge areas such as scope, time, cost, and risk management.

12 Th/S, Feb. 12-Mar. 21, Th: 7:00-8:30 pm/S: 9:00-10:30 am, TEC-13J, \$380. #XA-P793

## Using the Computer for Digital Photography and Video

### Using Microsoft Windows Movie Maker

Microsoft's free video editor is a simple way to create your own movies from photos and videos. You'll be impressed by how easily you can create a professional looking movie that can be shared with co-workers, family and friends. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$100.

■ 2 M/W, Feb. 2 & 4, 6:30-9:30 pm, TEC-13E. #XA-P291

■ 2 Tues., Apr. 14 & 21, 6:30-9:30 pm, TEC-13E. #XA-P292

### Tips for Getting Better Digital Photos: Avoiding and Fixing Common Mistakes

Learn camera handling techniques to get better images from your camera and find out how to improve your camera images with free photo editing programs. Prerequisite: Computer Basics 1 and 2 or equivalent experience. \$100.

■ 2 Wed., Mar. 18 & 25, 12:30-3:30 pm, CLA-321. #XA-P293

■ 2 Thurs., Mar. 19 & 26, 6:30-9:30 pm, TEC-13D. #XA-P294

■ 2 Wed., Apr. 22 & 29, 12:30-3:30 pm, CLA-321. #XA-P295

■ 2 Thurs., Apr. 23 & 30, 6:30-9:30 pm, TEC-13D. #XA-P906

## Managing Your Digital Photographs

You've taken hundreds of pictures with your digital camera—now what? Learn to organize them and burn them to CDs, Explore how to touch-up and adjust, print, and share, using readily available free software and Internet services. Prerequisite: Computer Basics series or equivalent experience. \$90

3 T/Th, May 5-12, 9:00 am-12:00 noon, CLA-321. #XA-P907

### COMPUTER/OFFICE SKILLS INTENSIVE (NON-CREDIT)

Need to compete in today's workplace? Are you divorced, widowed, separated, have a spouse who is disabled or unemployed, or are you a single parent? Project Transition provides specially funded FREE computer and job search skills workshops for displaced homemakers.

#### Programs include:

**Computer Skills** - Word, Excel, PowerPoint, File Management, Introduction to Outlook, and Internet Research. Prerequisites: High School Diploma or GED, and type 25 wpm. QuickBooks offered periodically on the Valhalla campus to people with bookkeeping or accounting backgrounds.

**Job Search Skills** - Resume Development, Career Strategies, Interviewing Skills, Mock Interviews, and Job Search Techniques. Coaching with a Job Developer is provided.

Spring classes offered at the Ossining Extension Center.

**All services are free for those eligible for the program; proof of eligibility is required.**

For information, eligibility, and details, call 914-606-6825, or email Marika.Scotti@sunywcc.edu

Funding provided by the NYS Department of Labor Office of Workforce Development and Training and the NYS Office of Temporary and Disability Assistance.

## Computer Classes in Peekskill

For more information or to register, call 914-606-7300. The Westchester Community College Peekskill Extension Center is located at 27 N. Division Street. Software versions are subject to change.

### Introduction to OSX Leopard

Covers everything about Mac OSX, from how to install the system on your computer and the architecture of the operating system, to getting comfortable with its features. Includes customizing the Finder, file management, printing, email and the Internet.

1 Sat., 9:00 am-4:00 pm, \$100.

■ Jan. 26. #PE-P189

■ Feb. 23. #PE-P190

### Editing with iMovie

Create professional looking videos using iMovie. Covers the editing process from capture to export. Includes: setting up preferences, logging and capturing DV footage, transitions, adding and mixing audio, importing stills, timeline editing, and exporting the edited movie.

1 Sat., Feb. 9, 9:00 am-4:00 pm, \$100.

#PE-P198

### Intro to MAC

Computer Art and Design programs require basic knowledge of a Macintosh operating system. This introductory class, for those new to the computer or to the Apple Operating System, explains the hardware and software. \$25

■ 1 Wed., Jan. 26, 9:30 am-12:30 pm.

#PE-P088

■ 1 Sat., Jan. 31, 1:00-4:00 pm. #PE-P089

■ 1 Mon., Feb. 2, 1:00-4:00 pm. #PE-P087

■ 1 Fri., Feb. 6, 9:30 am-12:30 pm. #PE-P154

### Quick Start to Dreamweaver CS3

Learn to use the latest version of Dreamweaver, a web site design tool. Use advanced graphics, text, animation, video, and audio tools to design a creative interactive online experience.

1 Sat., May 2, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P188

### Quick Start to Photoshop CS3

Learn to use the latest version of Photoshop with time management features and enhancements for web and video designers. An introduction to this tool will include: imaging formats, use of Photoshop in computer graphics imaging, use of ImageReady and output for the Web.

1 Sat., Mar. 7, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P208

### Quick Start to Adobe After Effects CS3

Using Adobe After Effects in motion graphics and visual effects for film, video, DVD, and the Web. An introduction to this tool will include: an explanation of motion graphics, orientation to the interface and tools, an explanation of key-framing and time-based graphics.

1 Sat., Mar. 14, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P230

### Quick Start to Adobe Illustrator CS3

Explore Adobe Illustrator CS with new 3D and web features. An introduction to this tool will include: digital illustration, drawing tools, Bezier curves, fonts, use of Illustrator in graphic design, and in 3D.

1 Sat., Mar. 28, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P199

### Quick Start to Adobe InDesign CS3

Adobe InDesign enables you to take advantage of the integrative power of CS and the dynamic nature of InDesign with its powerful print to Web solutions. An introduction to this tool will include: an overview of graphic layout and design and an orientation to the interface and tools.

1 Sat., Apr. 4, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P187

## Quickstart to iLife

Make sense of Apple's basic computer graphics package that comes with your Mac. Unravel the iLife suite including: iPhoto, iMovie, iDVD, Garage Band, and iWeb. These simple tools will revolutionize your work flow and help you be more creative.

1 Sat., April 4, 6:00-9:00 pm, \$150 (+ \$50 lab fee). #PE-P209

## Quick Start to Macromedia Flash CS3

Flash enables you to create animated vector graphics for the Web. A quick start to this tool will include: a definition of tweening and time-based graphics and an orientation of the interface and tools.

1 Sat., Apr. 11, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P196

## Quick Start to Digital Audio

This introduction will cover basic editing skills of digitized audio and composing with audio loops on multitrack software. The popular software Garageband, Soundtrack and an introduction to sequencing will be explored.

1 Sat., Apr. 18, 9:00 am-3:00 pm, \$150 (+ \$50 lab fee). #PE-P207

## Quickstart to Podcasting

Learn to create your own Podcast—a downloadable mp3 (digital audio) file. Podcasting allows others to subscribe to audio/video files through iTunes. You can make individual Podcasts for use on your iPod or for teaching purposes.

1 Sat., Apr. 25, 6:00-9:00 pm, \$150 (+ \$50 lab fee). #PE-P210

## Open Studio Access Package at Peekskill

The Peekskill Extension Center is an artist's space and a friendly environment in which to work. The Center hosts six Apple post-production studios including a recording studio, a video lab, and a midi studio, and has multiple stations for batch capture and DVD burning. This package is for the professional or aspiring artist with competent computer skills who wants to continue to develop a portfolio and use the Center's resources. Note: interview with Director and Technical Support Manager required.

M/T/W/Th, 9:00 am-9:00 pm, Jan. 24-May 10, Fall Package Fee \$250. #PE-P200

## Certified Cisco Network Associate Cisco Network Academy

The college is an official Cisco Regional Academy offering classes for the CCNA, CCNP, A+, Server+, and PAI Certifications. For CCNA and CCNP, there are four classes to prepare for the industry standard exam. Listed below is the schedule for the first class needed for the CCNA program. The Academy also offers A+ and Server+ certifications; only one class is needed to begin to prepare for each certification. In partnership with Cisco and Panduit, the academy offers Voice and Data Cabling to prepare for the Panduit Authorized Installer (PAI) certification. **These classes also earn credits toward a college degree.** All the certifications along with Voice and Data Cabling can be linked together to prepare for a career track as a network specialist. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu)

### Cisco Certified Network Associate

CCNA 1	Networking Basics	#7305	M/T 1:00 pm-3:50 pm Tues. 1:00 pm-2:50 am
CCNA 1	Networking Basics	#7308	M/W 5:30-7:50 pm

### A+ Certification and Server+ Certification

IT Essentials 1	#7302	M/W 2:00-3:50 pm
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### Cisco Certified Network Professional

Remote Access	#7323	T/Th 8:00-9:50 pm
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### Server+ Certification

IT Essentials 2	#7312	Mon. 6:00-9:50 pm
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### Panduit Authorized Installer

Voice /Data Cabling Basics	#7327	Wed. 6:00-9:40 pm
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### Network Security

Network Security	#7324	T/Th 5:30-7:50 pm
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### Computer Forensics

This course takes a detailed hands-on approach to the investigation of incidents in which computers or computer technology play an important role. The course uses specialized computer forensics equipment used by law enforcement and computer forensics specialists in the data recovery, retrieval and analysis of data. Call 914-606-6658 for details.

## Join us for a Cisco Open House

December 11 from 6:00-7:00 pm  
Admissions Conference Room, Administration Building Room 236

## Computer Aided Design (CAD)

AA one-year certificate program in CAD technology designed to prepare you for employment opportunities using AutoCAD, the most popular design software. Continue on in various A.A.S. degree programs or enter the civil, mechanical, or architectural design fields. Take individual courses or the overall certificate program. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu)

**CAD courses being offered in the spring semester include:**

CAD I (#7329) . . . . Sat. 9:00 am-12:30 pm	CAD II (#7341) . . . . .Wed. 6:00-9:30 pm
CAD I (#7332) . . . . . Mon. 6:00-9:45 pm	CAD III-3D Modeling (#7344) . . Mon. 6:00-9:45 pm
CAD I (#7335) . . . . . Tues. 6:00-9:30 pm	CAD IV-Auto Architect (#7347) . . Thurs. 6:00-9:30 pm
CAD II (#7338) . . . . Sat. 9:00 am-12:30 pm	CAD IV-Auto Architect (#7348) . . Wed. 6:00-9:30 pm

## Computer Applications Specialist Certificate

This 25-credit certificate includes office computer and current business applications, and prepares you for employment as a Computer Applications Specialist, Office Assistant, Customer Service Rep and other administrative office support positions. Full- or part-time study is available, both day and evening. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu)

**There are eight required classes:**

Keyboarding & Info. Processing	Management Information Systems or
Word Processing Applications	Spreadsheet & Database Applications
Computer Info. Systems	Integrated Office Applications
Business Communications	Computerized Accounting
Advanced Word Processing Applications	

**For information about our one credit Keyboarding courses - Essentials or Speedbuilding - please call 914-606-6658.**

## Help Desk Support Certificate

This 24-credit certificate will prepare students for entry-level Information Technology positions in such jobs as Help Desk Coordinators, Help Desk Technician and Computer Tech. Prepare for the industry-recognized certification exams, Microsoft Office Specialist and A+ Core Hardware Exam. Full- or part-time study is available, both day and evening. For more information, or for a Spring 2009 schedule of classes, call Steve Leone at 914-606-6658 or Admissions at 914-606-6735 or email [steve.leone@sunywcc.edu](mailto:steve.leone@sunywcc.edu)

**There are eight required classes:**

Word Processing Applications	Business Organization/Management
Computer Information Systems	Help Desk Support
Business Communications	Management Information Systems
PC Troubleshooting	Integrated Office Applications

## ONLINE CERTIFICATE PROGRAMS

**Set your own schedule to build your skills or prepare for a new career with our convenient online courses.**

### Cheetah Learning Project Management Master's Certificate



**The Cheetah Learning PM Master's Certificate** provides the knowledge, skills, and tools that are essential for the successful project manager. Designed for managers in all fields and professions including IT, Marketing, Sales, Operations and Engineering, the 200-hour, 7-course curriculum not only deals with the entire Project Management Body of Knowledge as recognized by the Project Management Institute; it goes well beyond the basic knowledge foundations of project management. All instructors have PMP certification. You may enroll in the courses individually or save money by enrolling for the entire certificate. Tuition for the Certificate Program is \$3,940 (price for all 7 classes if paid for individually would be \$10,095). A full description of this program is at [www.sunywcc.edu/programs/pdc/pm\\_certificate3.htm](http://www.sunywcc.edu/programs/pdc/pm_certificate3.htm)

**Other online project management courses are also available. For more details, contact Mary Beth Jerry at 914-606-7904 (email: [marybeth.jerry@sunywcc.edu](mailto:marybeth.jerry@sunywcc.edu)) or visit <http://www.sunywcc.edu/programs/pdc/wcc-cheetah-courses.htm>**

We also offer hundreds of online courses to meet your personal and professional development needs. See pg. 35 for more information.

## Gatlin Education Services Courses



Our partnership with Gatlin Education Services brings opportunities to pursue high-end training and certification programs with the ease of distance learning access. Classes begin whenever you are ready—you can begin your class within a few days of completing your registration. Tuition includes all texts and materials.

### Technology Certifications, including

**CompTIA A+:** 320 hours, #YR-Y156, \$1695.

**CompTIA Network+/Server+:** 120 hours, #YR-Y158, \$1495.

**MCSA (Microsoft Certified Systems Administrator):** 440 hours, #YR-Y159, \$2495.

**MCSE (Microsoft Certified Systems Engineer):** 700 hours, #YR-Y161, \$3295.

**MCDST (Microsoft Certified Desktop Support Technician):** 200 hours, #XA-P601, \$1795.

**MOS (Microsoft Office 2003 Specialist):** 120 hours, #XA-P151, \$1595.

**MCAS (Microsoft Office 2007 Application Specialist):** 120 hours, #XA-P600, \$1595.

### Business Certifications, including

**Administrative Professional w/ Microsoft Office 2003**

**Specialist:** 240 hours, #XA-P179, \$1995.

**Administrative Professional w/ Microsoft Office 2007 Application**

**Specialist:** 240 hours, #XA-P211, \$1995.

**Six Sigma Blackbelt:** 200 hours, #XA-P190, \$2695.

**Certified Bookkeeper:** 80 hours, #XA-P214, \$1795.

**Bookkeeping the Easy Way with Quickbooks:** 140 hours, #XA-P212, \$1695.

**Certified Global Business Professional:** 400 hours, #XA-P181, \$2495.

**eBusiness Certificate:** 200 hours, #XA-P187, \$1995.

**Payroll Practice and Management:** 80 hours, #XA-P189, \$1595.

**Management for IT Professionals:** 390 hours, #XA-P959, \$2095.

**Travel Agent Training:** 200 hours, #XA-P598, \$1595.

### Healthcare Certifications, including

**ICD-10 Medical Coding: Preparation and Instruction for Implementation:**  
200 hours, #XA-P180, \$1595.

**Human Resources for Healthcare Providers:** 80 hours, #XA-P188, \$1995.

### Video Game Design and Development, including

**3ds max:** 650 hours, #PE-P224, \$4095.

**Video Game Design and Development:** 500 hours, #PE-P225, \$1995.

For full descriptions and more information on these and other courses, visit [www.gatlineducation.com/sunywcc](http://www.gatlineducation.com/sunywcc) or contact Mary Beth Jerry at 914-606-7904 (email: [marybeth.jerry@sunywcc.edu](mailto:marybeth.jerry@sunywcc.edu)).

## LANGUAGES & LITERATURE



Textbook required unless otherwise noted. Textbooks available at the Campus Bookstore 914-606-6475; call for hours. Books can also be ordered online at [www.sunywcc.edu](http://www.sunywcc.edu)

### Introduction to Sanskrit: Immersion

Learn this ancient language for a direct connection to yoga philosophy or for the sheer joy of making beautiful sounds. This educational adventure gets you chanting and reading Devanagari script.

F/Sa/Su, Feb. 27, 7:00-9:00 pm, Feb. 28, 9:30 am-5:00 pm & Mar. 1, 1:00-6:00 pm, Room TBD, \$150 (+ \$20 materials fee, payable to instructor). J Brill. #WJ-D519

### **NEW** Sanskrit II: Immersion

For graduates of introductory Sanskrit. Delve deeper into inspiring ancient text by mastering compound consonants and learning basic grammatical forms. A treat for voice, ear and eye!

F/Sa/Su, Apr. 17, 7:00-9:00 pm, Apr. 18, 9:30 am-5:00 pm & Apr. 19, 1:00-6:00 pm, Room TBD, \$150 (+ \$20 materials fee, payable to instructor). J Brill. #WJ-D853

### Elementary Arabic

This course is designed to teach the Arabic sound system, provide correct pronunciation and offer intensive oral practice. Students will learn basic grammar, and will read and write using Arabic elementary vocabulary.

10 Sat., Jan. 31-Apr. 11 (skip 3/21), 10:00 am-12:00 noon, CLA-206, \$215. M Andraws. #WJ-D876

### Mandarin Chinese

**Beginning Level I:** 12 Sat., Jan. 24-Apr. 25 (skip 3/21 & 4/11), 9:00-11:00 am, CLA-203, \$235. R Chen. #WJ-D101

**Beginning Level II:** 12 Wed., Jan. 21-Apr. 15 (skip 3/18), 7:00-9:00 pm, CLA-304, \$235. R Chen. #WJ-D303

**Intermediate:** Prerequisite: Beginning Level II or basic knowledge of Chinese language. Uses same text as Beginning Level II. 12 Mon., Jan. 26-Apr. 20 (skip 3/16), 7:00-9:00 pm, Room TBD, \$235. R Chen. #WJ-D607

**Advanced:** 12 Mon., Jan. 26-Apr. 20 (skip 3/16), 7:00-9:00 pm, Room TBD, \$235. E Lu. #WJ-D750



## French

10 Sat., Jan. 24-Apr. 4, (skip 3/21), CLA-108, \$215. J Marchionni.

**Beginning:** 9:00-11:00 am. #WJ-D752

**Intermediate:** 11:00 am-1:00 pm. #WJ-D169

**Advanced:** 1:30-3:30 pm. #WJ-D994

## Bon Voyage en France

Focus on concise, practical, verbal communication. Speak French learning essential vocabulary, everyday expressions and short sentences. Practice situational conversation using real life situations such as "the airport," "the restaurant," and "going shopping." We will also discuss France, its geography and culture. The theme is our imaginary trip to France.

10 Sat., Jan. 24-Apr. 4 (skip 3/21 & 4/11), 11:00 am-1:00 pm, CLA-102, \$195.

J Marchionni. #WJ-D772

## German

10 Sat., Feb. 28-May 9 (skip 3/21), CLA-204, Room TBD, \$235. H Soderstrom.

**Beginning:** 12:45-2:45 pm. #WJ-D755

**Intermediate:** 10:15 am-12:15 pm. #WJ-D179

**Advanced I:** 8:00-10:00 am. #WJ-D114

## Italian

12 Sat., Jan. 24-Apr. 25 (skip 3/21 & 4/11), \$200.

**Beginning Level I:** 9:00-10:30 am, CLA-102. F Maddalena. #WJ-D753

**Beginning Level II:** 10:30 am-12:00 noon, CLA-102. F Maddalena. #WJ-D185

**Intermediate Level I:** 9:00-10:30 pm, CLA-103. J Spedalieri. #WJ-D059

**Intermediate Level II:** 12:00 noon-1:30 pm, CLA-102. F Maddalena. #WJ-D025

**Adv. Conversation & Grammar (Cont'd):** 10:30 am-12:00 noon, CLA-103. J Spedalieri. #WJ-D432

**Conversational Italian (Intermediate-Advanced):** 12 Mon., Jan. 26-Apr. 20 (skip 3/16), 6:30-8:00 pm, Room TBD, \$200. F Maddalena. #WJ-D054

## Conversational Italian for Travelers

Using a conversational approach, you'll learn introductory dialogues, verb conjugation and pronunciation. Learn to feel comfortable as a traveler to Italy or as a student of Italian culture. For the absolute beginner.

**At Somers:** 8 Thurs., Apr. 30-June 18, 6:30-8:30 pm, \$115. B Lundry. #WH-L526

## Il Salotto Italiano

Conversation only for intermediate and advanced Italian language students. Inspired by the Italian tradition of "fare salotto" (to have a nice conversation). Topics include Italian culture and lifestyle, travel destinations, food and wine, art and architecture, and cinema. No textbook required.

12 Sat., Jan. 24-Apr. 25 (skip 3/21 & 4/11), 9:30 am-12:00 noon, Room TBD, \$275.

P Maderna-Stitt. #WJ-D946

## L'Italia in Bianco e Nero: Italy in Black and White

Just as the indomitable bird of myth, the phoenix, would consume itself in flames to miraculously rise to another life, the Italian film industry of the late '50s and the early '60s continued to grow, evolve and prosper. The classic and representative films\* to be viewed and studied this semester will be chosen from the following: *La grande guerra*, Mario Monicelli, (1959); *Il bell'Antonio*, Mauro Bolognini, (1960); Pietro Germi's *Divorzio all'italiana*, (1961) and *Sedotta e abbandonata*, (1964); and Alberto Lattuada's *Mafioso*, (1962) with Alberto Sordi. \* Dependent upon availability and time. No textbook required.

12 Sat., Jan. 24-Apr. 25 (skip 3/21, 4/11), 12:00 noon-1:30 pm, CLA-103, \$200. J Spedalieri. #WJ-D321

## **NEW** Beginning Latin

Beginning Latin provides a key not only to a deeper understanding of modern English and the Romance languages, but also to the wide-ranging cultural legacy of ancient Rome. This course introduces you to the richness and beauty of classical Latin.

10 Tues., Jan. 20-Mar. 31 (skip 4/17), 6:30-8:30 pm, ADM-B15, \$215 (+ textbook), S McCaw. #WJ-D668

## Japanese

13 Sat., Jan. 24-May 2 (skip 3/21 & 4/11), \$250. K Hayashi.

**Beginning Level I:** 9:00-11:00 am, CLA-202. #WJ-D756

**Beginning Level II:** 11:00 am-1:00 pm, CLA-202. #WJ-D027

**Intermediate:** 13 Wed., Jan. 28-Apr. 29 (skip 3/18), 7:00-9:00 pm, \$250. TEC-13J. #WJ-D024

## Portuguese: Elementary Continental

8 Mon., Jan. 26-Mar. 30 (skip 2/16 & 3/16), 6:00-8:00 pm, Room TBD, \$190. T Lopes. #WJ-D757

## Russian

12 sessions, 7:00-9:00 pm, \$235 (+ \$15 materials fee, payable to instructor). No textbook required. M Bolgova.

**Beginning:** 12 Wed., Jan. 21-Apr. 15 (skip 3/18), AAB-116. #WJ-D091

**Intermediate:** 12 Thurs., Jan. 22-Apr. 23 (skip 3/19 & 4/9), AAB-304. #WJ-D072

**Advanced:** 12 Tues., Jan. 20-Apr. 14 (skip 3/17), AAB-415. #WJ-D818

## Russian: Weekend Intensive

Intensive weekend courses, with an emphasis on the development of conversational skills. No text required.

**Beginning:** F/Sa/Su, Feb. 20, 7:00-9:30 pm; Feb. 21, 9:00 am-5:30 pm; Feb. 22, 9:00 am-2:00 pm; Room TBD, \$195. M Bolgova. #WJ-D731

**Intermediate:** F/Sa/Su, Mar. 13, 7:00-9:30 pm; Mar. 14, 9:00 am-5:30 pm; Mar. 15, 9:00 am-2:00 pm; Room TBD, \$195. M Bolgova. #WJ-D741

## ROOM ASSIGNMENTS

For classes held at the Valhalla campus, the building/room location is indicated for your class. If ADM-207 is the listed location, you can obtain the correct assignment 48 hours prior to the course's start by visiting our web site at [www.sunywcc.edu/CE](http://www.sunywcc.edu/CE) and clicking on "room assignments," or by calling us at 914-606-6830 (choose option 1).

 Textbook required.

Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)  
or call 914-606-6830

## Spanish

10 sessions, \$215 (+ \$5 materials fee, payable to instructor).

### Beginning Level I:

■ Sat., Jan. 24-Apr. 4 (skip 3/21), 9:00-11:00 am, CLA-104. E Vernon-Buffera. #WJ-D758

■ Mon., Jan. 26-Apr. 6 (skip 3/16), 6:30-8:30 pm, ADM-B15. E Vernon-Buffera. #WJ-D662

### Beginning Level II:

■ Sat., Jan. 24-Apr. 4 (skip 3/21), 11:15 am-1:15 pm, CLA-104. E Vernon-Buffera. #WJ-D176

■ Tues., Jan. 27-Apr. 7 (skip 3/17), 6:30-8:30 pm, CLA-304. E Vernon-Buffera. #WJ-D564

### Intermediate:

Sat., Jan. 24-Apr. 4 (skip 3/21), 9:00-11:00 am, CLA-105. M Khalil. #WJ-D175

### Advanced:

Sat., Jan. 24-Apr. 4 (skip 3/21), 11:15 am-1:15 pm, CLA-105. M Khalil. #WJ-D174

### Intermediate:

Thurs., Jan. 22-Apr. 2 (skip 3/19), 6:30-8:30 pm, SCI-218. E Vernon-Buffera. #WJ-D355

## Spanish for Everyday Life

This introductory class will help you learn words and phrases you can use in the workplace, in the community and as a traveler to Spanish-speaking countries. For the absolute beginner.

8 sessions, 6:30-8:30 pm, \$120. Y Coupey. At Port Chester: Wed., Mar. 11-May 6 (skip 3/18). #PC-P007

At Somers: Mon., Mar. 9-May 4 (skip 4/16). #WH-L524

## American Sign Language

2.0 CEUs. 10 sessions, 6:45-8:45 pm, \$180. P Ditimi.

Level I: Wed., Feb. 4-Apr. 29 (skip 2/18, 3/18, 4/8), TEC-133. #WA-D491

Level II: Tues., Feb. 3-Apr. 28 (skip 2/17, 3/17, 4/7), SCI-245. #WA-D559

## Literature

### **NEW** The Courtesan in European Literature and Art

Like few cultural figures, the courtesan possesses the power to captivate, to fascinate, and to shock. The courtesan reveals a society's ideas about women, sexuality, money, honor, and personal freedom. Delve into the role of the courtesan in European literature and arts.

6 Fri., Feb. 6-Mar. 13, 7:00-9:00 pm, Room TBD, \$120. E K Amditis. #WJ-D873

### La Buona Novella: Contemporary Italian Women's Writing

An Italian language and contemporary culture course based on an anthology of short stories: an in-class reading, comprehension and discussion course for intermediate and advanced students. Anthology includes stories by Fausta Cialente, Natalia Ginzburg, Elsa Morante, Lella Romano, Dacia Maraini, Ginevra Bombiani, etc. Readings supported by critical notes and an extensive vocabulary.

12 Sat., Jan. 24-Apr. 25 (skip 3/21 & 4/11), 12:00 noon-1:00 pm, CLA-205, \$150 (+ textbook). P Maderna-Stiitt. #WJ-D726

## Meet Our Faculty!

If you'd like to learn more about our Continuing Education faculty and course facilitators, please visit us online at [www.sunywcc.edu/CE/faculty](http://www.sunywcc.edu/CE/faculty)

### Italo Calvino and Post WWII Italian Fiction

Italo Calvino and Post-Modernist fiction in Italy after WWII. Neo-Realism, fabulist novels and metaphysical novellas from Calvino and contemporary Italian authors will be discussed.

15 Tues., Jan. 20-May 5 (skip 3/17 & 4/7), 6:30-8:00 pm, CLA-209, \$250 (+ textbook). R Manichello. #WJ-D467

### La casa de Bernarda Alba: An In-Depth Study of the Novel

Read the much acclaimed novel in Spanish and visit the Repertorio Espanol (Spanish theater) to see the play. For intermediate and advanced Spanish speakers.

10 Wed., Jan. 21-Apr. 1 (skip 3/18), 6:30-8:30 pm, Room TBD. \$215 (+ textbook). E Vernon-Buffera. #WJ-D650

### **NEW** An Introduction to Jane Austen

In this class, we will examine Jane Austen's era through her works and learn about her life. This class will combine reading with short writing assignments to encourage a greater understanding of the classic elements of a novel, as well as the intricate relationship between Austen's characters.

4 Sat., Mar. 7-Apr. 4 (skip 3/21), 10:00 am-12:00 noon, Room TBD, \$75. P Golonka. #WJ-D897

## FOR CHILDREN & TEENS

### The Scientist as Detective

How do scientists decide how to investigate the world around us? Students will learn how to decide what questions to ask, what procedures to follow, how to collect and organize data, and what that data means. Using everyday tools and supplies, each student will perform a mini-research project and prepare a report analyzing the results. For ages 9-12.

At Ossining Center: 9 Wed, Feb. 25-Apr. 29 (skip 3/18), 3:45-5:15 pm. \$150, call 914-606-7400 to register. #OS-D125

### Girls' Institute of Leadership and Integration

This one-day workshop is an entertaining, interactive, and life-changing event for high school girls who want to be leaders. Designed with girls in mind to build self-esteem and help make her dreams become reality. Bring lunch. Part I is prerequisite for Part 2. For girls in grades 9-12.

1 Sat., 8:30 am-3:30 pm, Room TBD, \$75. P Njapa-Minyard.

Part 1: Feb. 28. #WJ-D634

Part 2: Apr. 4, ADM-B15. #WJ-D602

## Arabic for Children

This course is designed to teach children how to read and write the Arabic alphabet, how to join letters to form words, introduce a new vocabulary and guide them through pronunciation. Also includes examples and exercises to help the student learn how to read and write the Arabic language. For ages 7-12.

10 Sat., Jan. 31-Apr. 11 (skip 3/21),  
12:15-1:45 pm, CLA-206, \$150 (+ textbook).  
M Andraws. #WJ-D874

## Skills for Babysitters

Learn the skills needed for the safe and responsible care of children. Covers safety and safe play, basic care, first aid and professionalism. Participants earn American Red Cross certification. Must bring manual to class. For ages 11-15.

2 Sun., Feb. 15 & 22, 9:00 am-1:00 pm,  
CLA-103, \$60 (+ order manual from  
[www.shopstaywell.com](http://www.shopstaywell.com) or pick up at the  
college bookstore). B Bischoff. #WJ-D373

## Teens Also Welcome at These Classes...

Judo, p. 56

Boxing, p. 56

Scuba Diving, p. 57

# MAINSTREAM

## THE INSTITUTE FOR MATURE ADULTS

Mainstream is an innovator in exciting educational programming and career change options for mature adults over 50. Course topics include job readiness, enrichment, and personal growth. These affordable, non-credit courses are tailored to meet the needs of mature adults. Additional courses and descriptions can be found on our web site or in the Mainstream brochure.

### Music, Art, Literature

#### **NEW** Reading, Responding, Remembering

5 Tues., Mar. 3-31, 1:00-3:00 pm, AAB-116,  
\$70. M DeRight. #VA-C669

#### **NEW** To Hell With Dying: A Celebration of Life

6 Thurs., Apr. 23-May 28, 1:00-3:00 pm,  
AAB-116, \$84. T Meltzer. #VA-C772

#### **NEW** Strike Up the Band

4 Wed., Feb. 4-25, 1:00-3:00 pm, AAB-116,  
\$56. L Gmoser. #VA-C693

#### **NEW** Master Choreographers From Russia to Hollywood

6 Fri., Feb. 6-Mar. 13, 10:00 am-12:00 noon,  
AAB-116, \$84. E Glass. #VA-C724

#### **NEW** The Birth of Impressionism

5 Tues., Mar. 3-31, 10:00 am-12:00 noon,  
AAB-116, \$70. G Aliriza. #VA-C680

### History and Politics

#### **NEW** The Mystique of the Roman Empire & Early Medieval Architectural Ramblings

6 Tues., Mar. 24-Apr. 28, 10:30 am-12:30 pm,  
AAB-116, \$84. B Levy. #VA-C665

#### **NEW** Religion in America

6 Tues., Jan. 20-Feb. 24, 10:00 am-  
12:00 noon, AAB-116, \$84. V Bonelli.  
#VA-C731

### Wellness Center

#### **NEW** Zumba

8 Mon., Jan. 19-Mar. 9, 12:00 noon-1:00 pm,  
AAB-116, \$56. P Raiskums. #VA-C721

#### Aquacise

14 sessions, 10:00 am-12:00 noon, PEB-Pool,  
\$168. J Riccardi.

■ Mon., Jan. 26-Apr. 27. #VA-C719

■ Thurs., Jan. 29-Apr. 30. #VA-C720

#### **NEW** Natural Strategies for Healthy Aging

2 Thurs., Mar. 5 & 12, 10:00 am-12:00 noon,  
AAB-116, \$14. J Ditchek. #VA-C663

#### Making the Most of Your Retirement Years

4 Thurs., Mar. 19-Apr. 9, 1:00-3:00 pm,  
AAB-116, \$56. A Leinwand. #VA-C710

#### **NEW** NYC Tours: A Little Off the Beaten Track

4 Mon., Apr. 7-28, 11:15 am-2:15 pm, NYC,  
\$84. H Kaplan. #VA-C685

#### Estate Planning/Living Wills

4 sessions, M/T/Th/F, Apr. 13-16, 1:00-3:00  
pm, AAB-116, \$56. M Richman/A Leinwand.  
#VA-C691

Please check our Mainstream brochure for course details  
and the complete list of exciting courses

## THE COLLEGIUM for Lifelong Learning

### A Program of Senior Study Sessions

COLLEGIUM for Lifelong Learning is a membership organization created in 2004 under the aegis of Mainstream by community college volunteers seeking to combine serious study and social exchange. For a fee of \$160, any adult may join and register for up to four of the eleven weekly courses offered during a six-week semester.

Each COLLEGIUM semester features a different array of courses in the arts and sciences, all led by exceptional volunteers. Some leaders are veterans of the classroom, and some are professionals sharing their expertise for the first time. They are asked to distribute reading lists on their subjects and to encourage classroom discussion. The weekly Wednesday format allows for informal discussion between sessions and during a lunch break.

For more information about our Spring 2009 program, please call 914-606-6748. COLLEGIUM is a membership organization and has a limited capacity. Current members are entitled to register first. Spaces are limited.

Semester begins April 1.

## Computing for Today and Tomorrow

These courses are for mature adults who want computer skills. Learn how to use computers effectively through hands-on instruction and practice. Courses are geared to your learning needs and tailored to prepare workers for Westchester businesses.

### Intro to Keyboarding

20 hrs., \$160 (+ textbook)  
M/W, Feb. 9-Mar. 11, 6:00-8:00 pm, TEC-13E.  
#VA-C709

### Computers Made Easy

6 hrs., \$60 (+ textbook)  
■ Tues., Feb. 3-10, 9:30 am-12:30 pm,  
TEC-13D. #VA-C621  
■ Tues., Apr. 16-23, 1:30-3:30 pm, TEC-13D.  
#VA-C622

### Organizing Your Computer Files

Prerequisite: Computers Made Easy.  
3 hrs., \$30  
■ Tues., Feb. 17, 9:30 am-12:30 pm,  
TEC-13D. #VA-C617  
■ Wed., Apr. 30, 1:30-4:30 pm, TEC-13D.  
#VA-C618

### Internet Searches

Prerequisite: Computers Made Easy, or equivalent experience. 3 hrs., \$30  
■ Tues., Feb. 24, 9:30 am-12:30 pm,  
TEC-13D. #VA-C678  
■ Thurs., May 7, 1:30-4:30 pm, TEC-13D.  
#VA-C679

### **NEW** Managing Your Digital Photographs

Prerequisite: Computers Made Easy or equivalent experience. 9 hrs., \$90  
T/Th, May 5-12, 9:00 am-12:00 noon,  
TEC-13D. #VA-C612

### **NEW** MS Office Overview

Prerequisite: Computers Made Easy or equivalent and Organizing Your Computer Files. 12 hrs., \$130  
T/Th, Mar. 17-26, 9:30 am-12:30 pm,  
TEC-13D. #VA-C625

Please check building code for location of computer classes.

Visit us at: [www.sunywcc.edu/mainstream](http://www.sunywcc.edu/mainstream)

Contact us at: [mainstream@sunywcc.edu](mailto:mainstream@sunywcc.edu)

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## Job Search and Computer Training

Designed for mature adults who are looking for work, switching fields or getting back into the job market and need to obtain or increase their computer skills.

### Operation Talent Bank

A 45-hour course over 3 weeks beginning both Feb. 23 and May 4 that provides 15 hours of job search training and 30 hours of computer training. This program is designed for mature adults who have some computer experience. The computer training includes the basics of MS Word and Windows and an overview of PowerPoint, Excel, Internet and email. This program has a registration fee and is sponsored by the Westchester County Office for Women.

### Perkins Training Program

A 75-hour course over 5 weeks beginning Mar. 30 that provides 15 hours of job search training and 60 hours of computer training. This program is especially designed for mature adults 50+ who have little or no computer experience. The computer training includes the basics of MS Word and Windows with an overview of Excel, Internet and email. Applicants must attend an orientation session. This program is free to qualified applicants and is sponsored by the Carl D. Perkins Training and Vocational Act.

For more information, or to find out if you qualify for either of these programs, call 914-606-6793.

## Small Business Training Program Designed for Mature Adults

Have you always thought of starting your own business? Do you currently have a home business that you'd like to expand? Sign up for our Small Business Training Program designed especially for mature adults. Whether you are new to the business world or have prior business experience, this training program will prepare you for success as an entrepreneur! This course will help you:

- Develop or refine your business plan
- Develop a plan for marketing, cash flow and operations
- Focus on issues of concern to entrepreneurs 50+
- Learn about resources for growing your business

This 45-hour course meets 2 times a week for 9 weeks. The cost is \$200 and includes the textbook. One-on-one business counseling sessions are also available.

For more information or to register call 914-606-6793.

### The Livable Community Connection

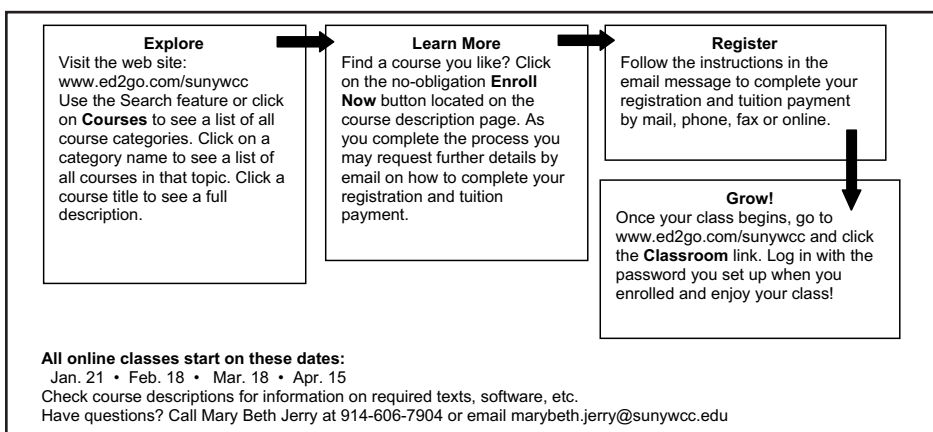
Interested in creating a livable community where people of all ages can have access to needed services and live happy, active lives? To learn more, contact the Livable Community Connection, a partnership supported by the County's Department of Senior Programs and Services and the Westchester Public/Private Partnership for Aging Services, Inc. The Northwest Livable Community Coordinator can be reached at 914-606-6528.

## LEARNING ONLINE

### Education to Go Courses

Our instructor-led online courses from Education to Go each run for 6 weeks and consists of 12 lessons. The lessons are supplemented by interactive quizzes, assignments, tutorials, and an online discussion area available via the World Wide Web. Read your lessons and ask questions of your instructor at the time most convenient to you. See below for titles of some of our more than 150 course offerings.

Tuition for each course is \$110.



You'll find full course descriptions online at [www.ed2go.com/sunywcc](http://www.ed2go.com/sunywcc)  
Courses are offered in these and other areas.

- Accounting
- Art, History, Psychology, & Literature
- Basic Computer Literacy
- Business Administration
- Child Care & Parenting
- Computer Applications
- Courses for Teaching Professionals
- Database Management & Programming
- Digital Photography & Digital Video
- Grant Writing & Non-Profit Management
- Healthcare, Nutrition, & Fitness
- Languages
- Law & Legal Careers
- Math, Philosophy, & Science
- Personal Development
- Personal Enrichment
- Personal Finance & Wealth Building
- Sales & Marketing
- Start Your Own Business
- Test Prep
- The Internet
- Web Page Design
- Writing & Publishing

 Textbook required.

Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)  
or call 914-606-6830

# ENGLISH LANGUAGE INSTITUTE

English as a Second Language (ESL) classes meet the needs of learners whose native language is not English. Beginner through advanced levels are offered. Level is determined by placement exam. Registration begins at the English Language Institute in Academic Arts Bldg., Rm. 302. The Institute Office is open Mon., Tues. & Thurs., 12:00 noon-7:30 pm, Wed. & Fri. 9:00 am-4:30 pm, Sat., 9:00-11:30 am. See registration instructions on page 39.

## GENERAL MULTI-LEVEL ESL INTENSIVE (5-DAY) SATURDAY (ALL DAY) EVENING (2-DAY)

Nine levels of ESL instruction are offered. Each level provides balanced instruction and active practice in all English language skills: listening, speaking (including pronunciation), standard grammar, reading, and writing. New students take an examination to determine the level at which they begin study. Our English-only environment for all activities promotes maximum learning. These courses serve the needs of the general learner and learners preparing for college/university study. Instructors are professionals in TESOL (Teaching English to Speakers of Other Languages). Our courses are also offered in Summer (May-Aug.) and Fall (Sept.-Dec.).

### Semi-Intensive English Programs

Nine levels (Pre-1 to 8): A multi-level program in English as a Second Language providing balanced instruction in all language skills. New students are placed by exam. See below for test date and location (registration required to take placement test).

**Saturday All-Day ESL:** 12½ Sat., Jan. 3-Apr. 11 (skip 1/10; 3/21), 9:00 am-3:30 pm. Placement test on Jan. 3, 9:00 am in CLA-200. \$256\* (+ \$8 FSA fee). #WK-D001

**T/Th Evening ESL:** 25 T/Th, Jan. 6-Apr. 14 (skip 1/8,13; 3/17,19), 6:30-9:30 pm. Placement test on Jan. 6, 6:30 pm in CLA-200. \$256\* (+ \$8 FSA fee). #WK-D002

**M/W Evening ESL:** 25 M/W, Jan. 12-Apr. 22 (skip 1/14-21; 3/16,18), 6:30-9:30 pm. Placement test on Jan. 12, 6:30 pm in CLA-200. \$256\* (+ \$8 FSA fee). #WK-MWE

**Sunday All-Day ESL:** 12½ Sun., Jan. 11-Apr. 19 (skip 1/18; 3/22), 9:00 am-3:30 pm. Placement test on Jan. 12, 9:00 am in KNC-5. \$256\* (+ \$8 FSA fee). #WK-D005

**Three-Morning ESL:** 36 T/W/F, Jan. 16-Apr. 22 (skip 1/20, 21; 3/17-20; 4/10), 7:00 am-9:00 am (in Valhalla). Placement test on Jan. 16, 7:00 am in KNC-5. \$245\* (+ \$8 FSA fee). #WK-D065

**Two-Morning ESL:** 24 classes, 9:00 am-12:00 noon in Mt. Vernon, Yonkers, Ossining and Peekskill. \$245\*. (See schedules and available levels below, under In Your Neighborhood).

\*Textbooks are required for all courses and are not included in fee.

## Intensive English Program (Morning or Afternoon)

5 days, Mon-Fri. This 15-hour per week course allows motivated learners of English to advance rapidly starting at any level from zero-beginner to advanced. The Intensive English Program meets the needs of serious learners, such as preparation for university study, or to increase career possibilities. Placement test is required of all new students. ESL Special Topics, open to all IEP students, supplements the Intensive English Program with an additional 3 hours per week of instruction and practice in one or more particular skill or content areas. Students who have F-1 status (have an I-20 form) can satisfy the full-time requirement by adding Special Topics OR any other non-credit ESL course meeting at least 3 hours per week. Register early to obtain your choice of morning or afternoon schedules.

**Morning:** 66 sessions, Jan. 6-Apr. 22 (skip 1/7-13; 3/16-20; 4/10), 9:00 am-12:00 noon, \$885\* (+ \$8 FSA fee), Last Placement test Jan. 6, 9:00 am, KNC-5; 1st class: Jan. 14. #WK-D020/D021

**Afternoon:** 66 sessions, Jan. 14-Apr. 29 (skip 1/15-20; 3/16-20; 4/10), 3:00-6:00 pm, \$885\* (+ \$8 FSA fee), Placement test Wed., 1/14, 3:00 pm, KNC-5; 1st class: Jan. 27. #WK-D017/D018

**ESL Special Topics (IEP):** 27 T/Th, Jan. 13-Apr. 21 (skip 3/17, 19), 1:00-2:30 pm, \$181. #WK-ST

**F-1 Students: See Specialized Courses section for more course options**

**Note: Immigration form I-20A/B available to F-1 student visa/status applicants;  
Call 914-606-6163 for important information and a special application.**

## Specialized ESL Courses

### Pronunciation For Basics/ESL

Pronunciation course designed for mid-beginning to low-intermediate level (ELI Levels 2-4) English language students to help students at this level master essential basics. This course will introduce students to essential elements of English pronunciation such as sounds (and how to produce them), rhythm, intonation, word stress and vowel reduction. These skills will help improve students' ability to both make themselves better understood when they speak, and comprehend what they hear, thereby improving students' confidence.

14 Mon., Jan. 12-Apr. 27 (skip 3/16), 1:00-4:00 pm, KNC-3, \$186 (+ \$8 FSA fee). #WK-02A

# LEARN ENGLISH IN YOUR NEIGHBORHOOD

We also offer ESL courses closer to your home or job in Mt. Kisco, Mt. Vernon, New Rochelle, Peekskill, Port Chester, Ossining, Somers, and Yonkers/Cross County Shopping Center. The placement test is on the first day of each course.

**Information for all locations: call us at 914-606-6656. Se habla español.**

## **MOUNT KISCO** (Lutheran Church of the Resurrection, 15 S. Bedford Rd)

**ESL: All the Basics (levels 0-1):** 24 M/W, Jan. 14-Apr. 15 (skip 1/19; 3/16, 18), 6:30-9:30 pm, \$79. Register, pay and take test on 1/14 at Lutheran Church of the Resurrection. #MK-D006

## **MOUNT VERNON** (175 Gramatan Ave.)

**Evening ESL (levels 4-7):** 24 T/Th, Jan. 13-Apr. 14 (skip 1/15; 3/17, 19), 6:30-9:30 pm, \$245. #MV-V002

**Saturday ESL (levels 0-3):** 12 Sat., Jan. 10-Apr. 11 (skip 3/21), 9:00 am-3:30 pm, \$245. #MV-V001

**Morning ESL (levels 0-3):** 24 T/Th, Jan. 15-Apr. 16 (skip 1/20; 3/17, 19), 9:00 am-12:00 noon, \$245. #MV-V003

**English for Academic Purposes:** 24 M/W, Jan. 12-Apr. 13 (skip 3/16, 18), 9:00 am-12:00 noon. \$285. #MV-058

**NEW! Real World ESL: Cooking:** 8 Wed., Jan. 4-Apr. 1 (skip 3/18), 9:00 am-12:00 noon, \$103. (+ \$96 fee for food, due at registration). #MV-CK1 (visit [www.sunywc.edu/ESL](http://www.sunywc.edu/ESL) for complete description.)

## **NEW ROCHELLE** (Blessed Sacrament High School, 15 Shea Place)

**Evening ESL (Levels 2-5):** 24 M/W, Jan. 28-Apr. 29 (skip 2/2; 3/16, 18), 6:30-9:30 pm, \$245. #NR-D002

## **OSSINING** (22 Rockledge Ave., behind Arcadian Shopping Center)

**Evening ESL (levels 0-4):** 24 M/W, Jan. 14-Apr. 20 (skip 1/19, 21; 3/16, 18), 6:30-9:30 pm, \$245. #OS-D002

**Saturday ESL (levels 0-4):** 12 Sat., Jan. 10-Apr. 18 (skip 1/17; 3/21), 9:00 am-3:30 pm, \$245. #OS-D001

**Sunday ESL (levels 0-4):** 12 Sun., Jan. 11-Apr. 26 (skip 1/18; 3/22), 9:00 am-3:30 pm, \$245. #OS-D005

**Morning ESL (levels 5-7):** 24 T/Th, Jan. 13-Apr. 14 (skip 1/15; 3/17, 19), 9:00 am-12:00 noon, \$245. #OS-003

## **PEEKSKILL** (27 N. Division St.)

**Morning ESL (levels 0-3):** 24 T/Th, Jan. 15-Apr. 16 (skip 1/20; 3/17, 19), 9:00 am-12:00 noon, \$245. #PE-003

**Evening ESL (levels 0-7):** 24 M/W, Jan. 21-Apr. 22 (skip 1/26; 3/16, 18), 6:30-9:30 pm, \$245. #PE-002

**Saturday ESL (levels 5-8):** 12 Sat., Jan. 10-Apr. 18 (skip 1/17; 3/21), 9:00 am-3:30 pm, \$245. #PE-001

**English for Academic Purposes:** 24 T/Th, Jan. 20-Apr. 16 (skip 3/17, 19), 6:30 pm-9:30 pm. \$285. #PE-058

**TOEFL Preparation Workshop:** 22 T/Th, Jan. 20-Apr. 9 (skip 3/17, 19), 7:00-9:30 pm, \$217. #PE-14A.

**Computer Skills: Basics for ESL Learners:** 6 Tues., Jan. 20-Feb. 24 (no skips), 6:30-9:30 pm, \$117. #PE-PC1

**Computer Skills: More Basics for ESL Learners:** 6 Tues., Mar. 3-Apr. 21 (skip 3/17), 6:30-9:30 pm, \$117. #PE-PC2

## **PORT CHESTER** (Port Chester Middle School, across street from Rye Ridge Shopping Center cinema)

**Evening ESL (levels 0-5):** 24 M/W, Jan. 21-Apr. 27 (skip 1/26; 3/16, 18), 6:30-9:30 pm, \$245. #PC-P002

## **SOMERS** (Somers Middle School, 250 Route 202, Somers)

**TOEFL Preparation Workshop:** 22 T/Th, Jan. 27-Apr. 30 (skip 2/17, 19; 3/17, 19; 4/7, 9), 7:00-9:30 pm, \$217. #SE-14A.

## **YONKERS/CROSS COUNTY**

(6 Xavier Dr., 5th Fl., entrance between Wachovia and Bank of America)

**M/W Evening ESL (levels 0-3):** 24 M/W, Jan. 12-Apr. x (skip 1/14-26; 3/16, 18), 6:30-9:30 pm, \$245. #YK-K002

**T/Th Evening ESL (levels 0-3):** 24 T/Th, Jan. 15-Apr. 16 (skip 1/20; 3/17, 19), 6:30-9:30 pm, \$245. #YK-K005

**Saturday ESL (levels 4-7):** 12 Sat., Jan. 24-Apr. 25 (skip 3/21), 9:00 am-3:30 pm, \$245. #YK-K001

**Morning ESL (levels 4-7):** 24 T/Th, Jan. 20-Apr. 21 (skip 1/22; 3/17, 19), 9:00-12:00 noon, \$245. #YK-K004

**Computer Skills: Basics for ESL Learners:** 6 Thurs., Jan. 22-Feb. 26 (no skips), 6:30-9:30 pm, \$117. #YK-PC1

**Computer Skills: More Basics For ESL Learners:** 6 Thurs., Mar. 5-Apr. 16 (skip 3/19), 6:30-9:30 pm, \$117. #YK-PC2

**NEW! Pronunciation and Conversation Workshop/ESL:** 22 M/W, Jan. 21-Apr. 13 (skip 3/16, 18), 9:00-11:30 am, \$217. #YK-K006

**Test Taking Skills/ESL: Citizenship Prep for English Learners:** Jan. 31 (See information under Specialized Courses.) #YK-C01, C02 & C03.

## English Pronunciation I/ESL – Monday or Saturday schedules available

Designed for intermediate to advanced learners. Prerequisite: Conversational Proficiency in American English or ELI level 6+, or with permission. All new pronunciation students, except the most advanced, should begin with this course. Upon completion of the course, students will have improved their ability to discriminate similar English sounds and to better articulate English sounds in a variety of phonetic environments to improve comprehensibility and build confidence. Participants will have identified problematic areas in their speech related to the production of vowels and consonants.

- 14 Mon., Jan. 12-Apr. 27 (skip 3/16), 6:30-9:30 pm, SCI-370, \$186 (+ \$8 FSA fee). #WK-03A
- 14 Sat., Jan. 17-Apr. 25 (skip 3/21), 9:00 am-12:00 noon, AAB-415, \$186 (+ \$8 FSA fee). #WK-03B

## English Pronunciation II/ESL – On Mondays or Saturdays!

Pronunciation for high intermediate to advanced English language learners. This course is for intermediate to advanced learners of ESL (ELI Level 6+). Improve English sounds, rhythm and intonation at a more advanced level. Prerequisite: Conversational Proficiency in American English, or ELI Level 6+, or with permission, or the course WK-003.

- 14 Mon., Jan. 12-Apr. 27 (skip 3/16), 6:30-9:30 pm, TEC-140, \$186 (+ \$8 FSA fee). #WK-04A
- 14 Sat., Jan. 17-Apr. 25 (skip 3/21), 9:00 am-12:00 noon, AAB-416, \$186 (+ \$8 FSA fee). #WK-04B

## **NEW** Pronunciation and Conversation Workshop/ESL

For intermediate to advanced learners whose spoken English is at ELI level 6+. This course is designed to help students increase their communication skills particularly in the areas of pronunciation and speaking. Students will learn sentence rhythm, intonation, and stress. In addition, students will also learn the difference between similar English sounds, how to better pronounce difficult sounds and how a sound's pronunciation changes depending on where it occurs in a word. By the end of the course students should improve their comprehensibility and build confidence. Students will engage in a variety of individual and group activities including class discussion and home assignments. While oral language is stressed, students will be required to read articles for discussion and submit written homework assignments reinforcing vocabulary.

**At Yonkers/Cross County Center:** 22 M/W, Jan. 21-Apr. 13 (skip 3/16, 18), 9:00-11:30 am, \$217. #YK-K006

## ESL Writing Workshop

A course in academic and general purpose writing offered at the low intermediate to advanced level. Level determined by testing at first session. Improve personal, academic, and job-related writing skills. Prerequisite: Intermediate English proficiency (ELI level 5+). 22 M/W, Jan. 12-Apr. 6 (skip 1/19; 3/16, 18), 7:00-9:30 pm, KNC-1, \$217 (+ \$8 FSA fee). Placement test for new, registered, students at first class, Jan. 12. #WK-019.

## TOEFL Preparation Workshop

This course is designed to help improve the English language and test-taking skills of learners preparing for the Test of English as a Foreign Language or other high intermediate level learners focusing on academic reading and listening comprehension, grammatical accuracy and clarity in speech and writing. Prerequisite: high intermediate to advanced proficiency in English (ELI Level 6+).

**At Valhalla Campus:**

■ 22 M/W, Jan. 12-Apr. 6 (skip 3/16, 18), 7:00-9:30 pm, M:AAB-415/W:HSC-03, \$217 (+ \$8 FSA fee). #WK-14A

■ 14 Sat., Jan. 17-Apr. 25 (skip 3/21), 12:30-4:25 pm, AAB-415, \$217 (+ \$8 FSA fee). #WK-14B

**At Somers:** 22 T/Th, Jan. 27-Apr. 30 (skip 2/17, 19; 3/17, 19; 4/7, 9), 7:00-9:30 pm, \$217. #SE-14A.

## Business English for Internationals

Develop your spoken and written English skills for business study and practical applications. Participants build fluency and increase their knowledge of terminology and cultural differences affecting communication.

Prerequisite: high intermediate proficiency in English (ELI Level 6+).

14 Sat., Jan. 17-Apr. 25 (skip 3/21), 12:30-3:30 pm, AAB-412, \$186 (+ \$8 FSA fee). #WK-15C

## Computer Skills: Basics for ESL Learners

For non-native speakers of English only. This course has been adapted to the special requirements of students with only a basic (or higher) ability to understand, speak and read English. Intro to computers, Windows basics, Intro to Word and Internet skills. Prerequisite: High beginner proficiency in English or ELI Level 3 or higher.

**At Valhalla Campus:** 6 Mon., Feb. 2-Mar. 9, 6:30-9:30 pm, TEC-13D, \$117. #WK-PC1

**At Peekskill Center:** 6 Tues., Jan. 20-Feb. 24 (no skips), 6:30-9:30 pm, \$117. #PE-PC1

**At Cross County Center:** 6 Thurs., Jan. 22-Feb. 26 (no skips), 6:30-9:30 pm, \$117. #YK-PC1

## Computer Skills: More Basics for ESL Learners

Prerequisite: Completion of Computer Skills: Basics for ESL Learners, WK-PC1 (or ELI permission). Designed for non-native speakers of English only. This introductory course for English language learners accommodates learners at ELI level 3 or above. Extend your range of basic skills in Word, Excel and Internet Explorer.

**At Valhalla Campus:** 6 Mon., Mar. 23-Apr. 27 (no skips), 6:30-9:30 pm, TEC-13D, \$117. #WK-PC2

**At Peekskill Center:** 6 Tues., Jan. 20-Feb. 24 (no skips), 6:30-9:30 pm, Room 203, \$117. #PE-PC2

**At Cross County Center:** 6 Thurs., Mar. 5-Apr. 16 (skip 3/19), 6:30-9:30 pm, \$117. #YK-PC2

**Many ESL classes are offered  
in your neighborhood.  
See p. 37 for information.**

## Test Taking Skills/ESL: Citizenship Prep for English Learners

Good test-taking skills will help you succeed! Learn effective test-taking strategies to reduce your anxiety and improve your performance. There are three parts which may be taken together or individually depending on your needs.

### At Cross County Center:

Part 1: Citizenship Application, Jan. 31, 9:00 am-11:00 am. \$11. #YK-C01

Part 2: US History and Civics Exam Preparation, Jan. 31, 11:15 am-1:15 pm. \$11. #YK-C02

Part 3: Interview Preparation, Jan. 31, 2:15-4:00 pm. \$11. #YK-C03

## English for Academic Purposes Program

The ELI's General Multi-Level ESL programs are designed to help you prepare for college courses and other uses of English, but we also offer this program that focuses on academic English skills necessary for success in college courses. It is designed especially for learners scoring 4 on the college's English placement essay at the Testing and Assessment Center, or who have ELI level 6 or higher. Additional assessment will be completed at the first class session.

- 24 W/F, Jan. 23-Apr. 24 (skip 3/19, 21; 4/10), 9:00 am-12:00 noon, TEC-137, \$285 (+ \$8 FSA fee). #WK-D057
- 24 M/W, Jan. 21-Apr. 20 (skip 3/16, 18), 6:30-9:30 pm, KNC-4, \$285 (+ \$8 FSA fee). #WK-D058
- 24 T/Th, Jan. 20-Apr. 16 (skip 3/17, 19), 6:30-9:30 pm, AAB-412, \$285 (+ \$8 FSA fee). #WK-D056
- 14 Sat., Jan. 17-Apr. 25 (skip 3/21), 9:00 am-12:00 noon, SCI-366, \$186 (+ \$8 FSA fee). #WK-D059

At Mt. Vernon Center: 24 M/W, Jan. 12-Apr. 13 (skip 3/16, 18), 9:00 am-12:00 noon, \$285. #MV-058

At Peekskill Center: 24 T/Th, Jan. 20-Apr. 16 (skip 3/17, 19), 6:30-9:30 pm. \$285. #PE-058

### WOULD YOU LIKE TO BEGIN A COLLEGE DEGREE OR CERTIFICATE PROGRAM?

If you have completed level 5 in our Intensive or Semi-Intensive program (or have an equivalent level of English proficiency) and are considering enrolling in a college/university program, contact Rachel Bradshaw at 914-606-7889 to make an appointment to discuss your future studies. We will help you answer the question: Am I ready? We will evaluate your English language ability and, if appropriate, provide a referral necessary for entrance to the college. Even if you are not completely ready for college, you might be able to start in regular credit courses while you continue improving your English. In addition to our general ESL programs, we have specialized ESL courses which have helped many ESL learners succeed in college and achieve their academic goals.

## HOW TO REGISTER FOR ESL

**WHEN?** Registration for Spring 2009 ESL courses opens Tues., Nov. 18.

**WHERE?** First, English Language Institute Office in AAB-302; then pay in Continuing Education Office in Administration Bldg, Room 207 (ADM-207)

**FIRST:** Obtain all information about courses & placement testing; complete registration form at English Language Institute Office, AAB-302.

**SECOND:** Take completed form to ADM-207 (Office of Continuing Education). Payment by Visa or MasterCard, check/money order or cash. All Valhalla campus students pay an \$8.00 F.S.A. fee once per semester in addition to the tuition.

■ **Telephone and internet registration also begins Tues., Nov. 18.**

**Call 914-606-6656 or go to [www.sunywcc.edu/ESL](http://www.sunywcc.edu/ESL) and pay with Visa or MasterCard.**

■ **NY/Westchester County Residency: All ESL tuition rates in this section are resident rates. Call 914-606-6656 for information. Non-residents are welcome, but pay a 150% non-resident surcharge in addition to the regular tuition. Residents have been in New York for one year or more.**

■ **PLACEMENT TEST: Testing required if you are new or did not take the ESL final exam in Summer or Fall 2008. Placement test is given at first session of all Semi-Intensive and Intensive ESL programs. You must already be registered to take the test. Testing information and appointments are provided at time of registration.**

English Language Institute Office: AAB-302

**INFO:** 914-606-6656 ■ [www.sunywcc.edu/ESL](http://www.sunywcc.edu/ESL)

Except where noted, ESL courses take place at the college's main Valhalla campus.

## HISTORY & POLITICS

### **NEW** Greek and Roman Mythology

Explore the fascinating stories of ancient mythology! Learn about the myths themselves as well as how they have been employed by ancient through contemporary cultures in literature, art, music, and more.

4 Sat., Jan. 24-Feb. 21 (skip 2/14), 10:00 am-12:30 pm, Room TBD, \$95. S McCaw. #WJ-D513

### Jazz: Love & Literature of the Harlem Renaissance

Toni Morrison's novel *Jazz* is the back story for this course and the theme is pain and passion during one of the most artistic movements in American culture. Many questions will be asked about relationships such as: What is love? What role does Harlem play in this story? Why does this story take place in the jazz age? An exciting course filled with interesting thoughts, questions and sometimes shocking comments.

2 M/T, Apr. 27 & 28, 6:00-9:00 pm, Room TBD, \$75. R Carpenter. #WJ-D738

### One Hundred Years of Jazz

Everything you wanted to know about jazz, from ragtime to now. It has been one century since jazz first evolved in the United States and what a journey it has been. Come share and rediscover jazz with folks who would love to tell you a story or two!

8 Wed., Feb. 4-Apr. 29 (skip 2/18, 2/25, 3/18, 3/25 & 4/15), 6:00-9:00 pm, Room TBD, \$150. G Ivey. #WJ-D281

### **NEW** Robert E. Lee and the Civil War

Was Lee the greatest Civil War general? How close did he come to winning the war for the Confederacy? What was his greatest victory? This course, using films, lectures and discussions, will address these questions.

4 Wed., Jan. 21-Feb. 11, 7:00-9:00 pm, Room TBD, \$75. P Gettler. #WJ-D306

### **NEW** U.S. Grant and the Civil War

Was Grant a butcher or a military genius? What skills and defects did he display in battle? Does he deserve credit for the Union's victory? How does he compare to other generals of the era? Take this course and find out!

4 Wed., Feb. 18-Mar. 11, 7:00-9:00 pm, Room TBD, \$75. P Gettler. #WJ-D077

### **NEW** Abraham Lincoln: History, Literature, and Legend

Was Lincoln our greatest president? What were his views regarding race, religion, politics, and economics? Was he an effective military leader? This course, through the use of film, novels and lectures, will address these questions.

4 Wed., Mar. 25-Apr. 15, 7:00-9:00 pm, Room TBD, \$75. P Gettler. #WJ-D137

## Hudson Valley History

### **NEW** Westchester in the American Revolution

Adjacent to the British headquarters in Manhattan, Westchester was a strategically important scene of bitter struggle during the American war of independence. This course chronicles Westchester's history as a focus of action in America's "first civil war."

3 Sat., Feb. 28-Mar. 14, 10:00 am-12:00 noon, Room TBD, \$65. H Steiner. #WJ-D724

### The Age of Washington Irving

Washington Irving was well-connected with the shapers of the early U.S. His personality and his position as a leading cultural figure linked him to many of America's best-known and most influential leaders in the arts, politics, business, and the military. Come learn about the impact this man had on the U.S. and, specifically, Westchester County.

3 Sat., Feb. 7-21, 10:00 am-12:00 noon, Room TBD, \$65. H Steiner. #WJ-D437

### The Roosevelts of the Hudson River Valley

One was a Republican and the other a Democrat. Both men have ancestral ties to the original Dutch settlers of the Hudson River Valley. Learn how these two men left their mark of distinction on our nation, the world and the Hudson River Valley.

2 Sat., May 2 & 9, 12:30-2:30 pm, Room TBD, \$45. L DiMartino. #WJ-D560

### History of the Hudson Valley Region

Learn about the history of the Hudson Valley region including how the modern local towns developed out of early settlements. Learn the local folklore and historic characters of the region: Benedict Arnold, Sybil Ludington, Major John Andre, and Henry Wells, among others.

4 Sat., Feb. 7-28, 10:00 am-12:00 noon, Room TBD, \$80. L DiMartino. #WJ-D267

### **NEW** The French & Indian War (1754-1763)

Learn about a part of history not often covered in history courses that had a major impact on North America and has influenced both the United States and Canada with emphasis on the New England region. The French and Indian War has also influenced authors such as James Fenimore Cooper and Henry Wadsworth Longfellow. A fascinating course to consider in broadening your knowledge of history.

4 Sat., Mar. 28-Apr. 25 (skip 4/11), 10:00 am-12:00 noon, Room TBD, \$80. L DiMartino. #WJ-D592

## Ghost Stories of the Hudson River Valley Region

This course will thrill and excite participants with fascinating tales of ghosts and haunted houses of the Hudson River Valley region. Learn local ghost stories that you have never heard before.

4 Sat., Feb. 7-28, 12:30-2:30 pm, Room TBD, \$80. L DiMartino. #WJ-D594

## The Hudson River: A Journey through Time

Discover the "River-that-flows-two ways" from the geological origin, the glacial impact, plants and animals that took hold, the First People, and the European explorers and settlers who adapted to the river and changed it forever.

\$75. R Phillips.

At Valhalla Campus: 3 Thurs., Apr. 23-May 7, 7:00-9:00 pm, Room TBD. #WJ-D030

At Somers: 3 Thurs., May 14-28, 6:30-8:30 pm. #WH-L279

# FILM & CULTURE

## **NEW** Contemporary Africa on Film

View documentary and narrative films about hip hop in South Africa, the Nigerian film industry, and the connection between African Americans and today's Africans.

3 Tues., Apr. 7-21, 7:00-10:00 pm, Room TBD, \$75. L Fields-Cruz. #WJ-D689

## Introduction to Cinema

Once you take this workshop you will never look at movies the same way. Discover new ways to see and hear films, enjoy story lines, film aesthetics and film styles. Learn basic camera, film composition, audio and editing skills as well as how films are marketed. Have an opportunity to have your own film/video featured in The Hollywood Art Brothers Film Festival.

2 F/S, May 1, 6:00-9:00 pm & May 2, 10:00 am-4:00 pm, Room TBD, \$75. R Carpenter. #WJ-D739

## Great Films, Great Directors

This semester's focus will be on the films of director Ang Lee. Films viewed will include *Eat, Drink, Man, Woman*; *Sense and Sensibility*; *The Ice Storm*; *Brokeback Mountain*; and *Crouching Tiger, Hidden Dragon*. Lecture and discussion will center around Lee's craft and visual style as well as his contributions to contemporary cinema.

4 Mon., Mar. 9-30, 6:30-9:30 pm, Room TBD, \$90. A Matlovsky. #WJ-D773

## We're Rolling! How to Run a Movie Set

A workshop geared to prepare students for work in the film and television industry. Learn what it takes to become a production assistant, who will aid the assistant director with scheduling a shoot and the running of the set. Discover the essential job skills necessary to find employment in this industry.

6 Sat., Mar. 7-Apr. 11, 1:00-3:30 pm, Room TBD, \$125 (+ \$10 materials fee, payable to instructor). A Matlovsky. #WJ-D879

## Schtick 'Em Up: Jewish Humor in Popular Culture

From the Marx Brothers through Jerry Seinfeld, Jewish sensibilities have influenced comedy in America. Lectures with clips illustrate not only the laughter but the depth found in classic Jewish humor.

3 Sun., Apr. 19-May 3, 4:00-6:00 pm, Room TBD, \$60. D Griboff. #WJ-D105

## Santeria: From Africa to the New World

A comparison of the African based Afro-Cuban spiritual tradition with the Yoruba people of Nigeria, who contributed to its rituals and music. The instructor is a fully initiated Ifa priest.

4 Mon., Feb. 2-23, 7:00-9:00 pm, Room TBD, \$75. R Crawford. #WJ-D811

## Santeria: Secrets of an Afro-Cuban Spiritual, Musical and Cultural Tradition

A groundbreaking study of the religion, music and dance of this Afro-Cuban tradition. The spiritual practices of Santeria will be discussed by a fully initiated Ifa priest.

4 Mon., Mar. 2-30 (skip 3/16), 7:00-9:00 pm, Room TBD, \$75. R Crawford. #WJ-D156

## **NEW** Russian Folklore

Examine the folk traditions of the Russians, including religious beliefs, the supernatural, witchcraft and sorcery, holidays, housing and food, family customs, costume, folk tales, and the role of folk culture in more recent Russian society.

6 Sat., Mar. 28-May 2, 10:00 am-12:00 noon, Room TBD, \$100. E K Amditis. #WJ-D659

## **NEW** Seven Wonders of Russian Culture

Examine Russian culture through "The Seven Wonders of the Russian World." Through these seven fascinating artifacts, we can glimpse the Russians' understanding of key concepts such as: spirituality, beauty, power and authority; Russia's relationship to the West; and other themes vital for an understanding of this intriguing nation.

6 Sat., Jan. 24-Feb. 28, 10:00 am-12:00 noon, Room TBD, \$100. E K Amditis. #WJ-D426

## Foundations and Origins of the Irish Republican Free State

Learn how the modern Irish Free State came into existence and how major events of the early days of last century laid the foundation for this nation. Discuss the Home Rule Bill of 1912, the 1916 Easter Rebellion and the 1922 Peace Treaty. Discuss some of the colorful personalities of this era including Patrick Pearse, James Connolly, Joseph Plunkett, Countess Constance Markievicz, Michael Collins and Eamon deValera. A wonderful introduction to the basics of modern Irish history.

4 Sat., Mar. 28-Apr. 25 (skip 4/11), 12:30-2:30 pm, Room TBD, \$75. L DiMartino. #WJ-D805

## Canada: Our Neighbors to the North

Learn about our northern neighbors. Who are the Canadians, how do they live, what type of government and economy do they have? What are the major cities to visit? Learn about Canadian history and culture.

2 Sat., May 2 & 9, 10:00 am-12:00 noon, Room TBD, \$45. L DiMartino. #WJ-D268

# THE PERFORMING ARTS

## **NEW** Co-ed Zumba

Zumba is a fusion of Latin and international music inspired by Latin dance. This dance fitness class combined with aerobic exercise creates an effective workout for all fitness levels. Choose one section or take all three!  
P A Raiskums

- 7 Mon., Jan. 26-Mar. 9, 7:00-8:00 pm, STC-Faculty Dining Room, \$85. #WJ-D525
- 7 Mon., Mar. 23-May 4, 7:00-8:00 pm, STC-Faculty Dining Room. \$85. #WJ-D562
- 8 Mon., Jan.26-Mar.16, 12:00 noon-1:00 pm, AAB-116, \$95. #WJ-D920

## Adult Advanced Beginners Ballet and Pointe

Explore ballet's foundations in a fun, active environment. Gain an understanding of the basics which, when combined, create "dance." Class sessions will include barre work, center floor, adagio, pirouettes, petite allegro and grande allegro. Emphasis is on correct body alignment and use of terminology; work on dance combinations to improve technical skill, memory and performance. Bring ballet slippers, tights & leotard or leggings.

12 Sun., Feb. 1-May 10 (skip 2/15, 3/22 & 4/12), 11:30 am-1:30 pm, AAB-218, \$200. I Kent. #WJ-D601

## Ballroom Dancing

Dancing with Stars, Shall We Dance, and Mad Hot Ballroom are all prime examples of this up and coming craze. Learn to fox trot, waltz, and tango. No experience required. A great way to meet people! No partner required.

6 Sun., Jan. 25-Mar. 1, 10:00-11:30 am, AAB-218, \$125 (+ \$20 for optional DVDs of dances, payable to instructor). F Elia & D Peng. #WJ-D829

## Latin Ballroom Dancing

Why should those dancers on TV have all the fun? Put on your dancing shoes and fancy threads and learn Latin dances, salsa, cha cha, and meringue. The steps and turns are easy to follow. A great tool for meeting people! No partner required.

6 Fri., Jan. 23-Feb. 27, 6:30-8:00 pm, AAB-218, \$125 (+ \$20 for optional DVDs of dances, payable to instructor). F Elia & D Peng. #WJ-D208

## Dance It Off With Belly Dancing

Belly dancing workouts relax your mind and flatten your belly. Wear comfortable workout clothes and bring a bottle of water, hip scarf, veil, and, if possible, a pair of cymbals. Acceptable foot attire includes socks or dance slippers. For those of all experience levels.

6 Fri., Mar.13-Apr. 17, 6:30-8:00 pm, AAB-218, \$75 (+ \$30 optional one time materials fee, for scarf and cymbals, payable to instructor). N Salama. #WJ-D549

## Dancing Through Literature

Learn how to compose a dance composition through your favorite literature. Bring your favorite book, poem, song, etc. Explore dance techniques and choreography. Do it for fun or do it for personal growth. No experience necessary. Come prepared to dance. Bring a journal and pen.

6 Fri., Feb. 6-Mar. 13, 6:00-8:00 pm, Room TBD, \$115 (+ \$10 materials fee, payable to instructor). G Ivey. #WJ-D771

## Music and Dance of Santeria

A complete review of the music and dances of Santeria with emphasis on the instruments, songs and recorded videos of ceremonies. Taught by a fully initiated babalawo.

4 Mon., Apr. 6-27, 7:00-9:00 pm, Room TBD, \$75. R Crawford. #WJ-D529

## Learn to Read Music

Learn the fundamentals of music theory in this course and how to read music. Topics include music reading and notation, basic rhythm, scales, chords, and more.

6 Wed., Jan. 21-Feb. 25, 6:30-7:30 pm, AAB-104, \$60. J Callen. #WJ-D616

## Songwriting Workshop

Learn to write songs using forms found in folk, popular, and jazz music. This course will focus on melodic development over chord progressions, and students will be encouraged to compose using written and electronic media.

10 Mon., Jan. 26-Apr. 6 (skip 3/16), 7:00-9:00 pm, Room TBD, \$175. M Ackerman. #WJ-D933.

## **NEW** Singing 101

Do you love to sing but don't know the basics? If so, this class is for you. A basic overview of the singing process; learn about the body parts involved in singing, proper posture and breathing techniques, vocal coordination, vocal techniques and more. Ability to read music is helpful but not required.

6 Wed., Jan. 21-Feb. 25, 7:45-8:45 pm, Room TBD, \$60. J Callen. #WJ-D857

## Singing for Non-Singers:

### Live Your Dream

Whether you fantasize about becoming a professional singer, Karaoke star, or simply want to sound better in the shower, this course is for you. The instructor has developed classical techniques to enable anyone to sing in any vocal style from Pop, R&B, Rock, Musical Theatre, to Opera. You can enter this course either as an observer or participant, but be prepared to experience a sense of joy as you discover your own true voice.

6 Fri., Feb.13-Mar.20, 6:00-8:00 pm, Room TBD, \$125 (+ \$15 materials fee, payable to instructor). S Miller. #WJ-D278

## **NEW** Singing for Non-Singers

### Level 2: The Master Class

Whether you have experienced Singing for Non-Singers or feel you are slightly more advanced, this course is for you. Anyone can learn to sing in any vocal style from Pop, R&B, Rock, Musical Theater, even Opera. This course will be handled as a master class welcoming all styles and voices. Let's further discover yours!

6 Fri., Feb. 6-Mar. 13, 8:00-9:30 pm, Room TBD, \$125 (+ \$15 materials fee, payable to instructor). S Miller. #WJ-D017

### Music and Meditation with the Harp

Research has shown that music has a healing affect on our bodies and psyches. Listening to music (especially harp music) at a slower tempo can produce a meditative state, which can lower blood pressure, relieve stress, and promote relaxation. This workshop will cover the basics of music therapy, how to use music for meditation (with a focus on the harp), and will end with a performance of meditative harp music.

1 Wed., Mar. 11, 6:30-8:00 pm, AAB-104, \$15. J Callen. #WJ-D587

### Guitar Workshop

Learn to read music and play a melody together with a bass line. Discover shortcuts that can save you time.

10 Thurs., Jan. 22-Apr. 2 (skip 3/19), AAB-116, J Lorusso.

**Beginner:** 6:00-8:00 pm, \$175 (+ \$40 for Book I binder for teaching music reading, with songs, and a companion CD of all songs in Book I, payable to instructor). #WJ-D211

**Intermediate:** 8:15-10:15 pm, (+ \$50 for Book II, fifty pages of exercise, songs and new techniques and companion double CD set of all songs in Book II, payable to instructor). #WJ-D177

## Piano for Adults

Individualized and group instruction. All students must have access to a piano, as practice outside of class time is required.

10 Mon., Jan. 26-Apr. 6 (skip 3/16), AAB-138. J Callen.

**Beginner:** 6:00-7:30 pm. \$165 (+ textbook). #WJ-D106

**Intermediate:** 7:45-8:45 pm (prerequisite: Beginner I or equivalent experience, payable to instructor). \$115 (+ textbook). #WJ-D052

### Physical Theatre: Expressionistic Realism

Gestures, masks, and movements convey emotions and thoughts. This physical technique integrates all mental and bodily powers of the actor from which emerge the dramatic and symbolic manifestation of the character.

2 Sat., Jan. 31 & Feb. 7, 10:00 am-4:00 pm, Room TBD, \$150. R Migliaccio. #WJ-D374

### Write Up, Act Out

An introductory course in acting and playwriting designed to empower participants through a performance medium. Students will be guided through a series of writing exercises and dramatic activities that will culminate in a class-generated presentation for friends and family.

4 Tues., Feb. 3-24, 6:00-8:00 pm, Room TBD, \$75 (+ \$5 materials fee, payable to instructor). S Lupi. #WJ-D658

## Workshops at the Axial Theatre

These classes are offered through a collaboration with Howard Meyer's Acting Program, a division of Axial Theatre, a professional theatre company dedicated to building community through education and engaging people of all ages in the creative process. Classes will take place at St. John's Episcopal Church Community House, 8 Sunnyside Road in Pleasantville.

**Sorry, no credit cards or phone registrations accepted for these classes. Payment by check only, payable to Axial Theatre;** mail to Somers Lifelong Learning at Westchester Community College, AAB-123, 75 Grasslands Road, Valhalla, NY 10595. Questions? Call 914-606-6839.

### **NEW** Playwriting Workshop

Learn how to develop a play scene by scene. Students will bring scenes each week and exchange work with fellow students. Gradually, a project will develop for each playwright: scenes, one minute plays, one act plays and full lengths. Come discover your voice in a safe environment and watch what develops.

10 Sat., Jan. 10-Mar. 14, 10:00 am-12:00 noon, \$365. T Howarth. #WH-L616

### **NEW** Basic Acting Technique

In this class we lay the foundation of the actor's craft with a range of exercises developed by master teachers Sanford Meisner and Lee Strasberg. The exercises help develop the actor's use of his/her senses and imagination and are practiced individually and in groups. Monologues and scenes are integrated as new exercises continue to be introduced. Choose 6 or 12 sessions!

Mon., 7:30-10:30 pm, R Jones.

■ 12 sessions, Jan. 5-Mar. 23, \$395. #WH-L617

■ 6 sessions, Jan. 5-Feb. 7, \$235. #WH-L618

# THE WRITING CENTER

## **NEW** Poetry Writing Workshop

Explore ideas through writing! Emphasis is placed on getting words onto the page and keeping the "internal editor" out. We'll learn about poem development and apply these techniques in class. Bring a lined notebook and pen to class.

1 Sat., Feb. 14, 10:00 am-2:00 pm, Room TBD, \$45. T A Malandrucolo. #WJ-D814

## **NEW** Journal Writing Workshop

Explore your thoughts through journal writing. Using prompts, students will focus on getting words on the page and keeping the "internal editor" out. Bring a lined notebook and pen to class. We'll also discuss topics for further development.

1 Sat., Feb. 28, 10:00 am-2:00 pm, CLA-208, \$45. T A Malandrucolo. #WJ-D836

## Cultivating Words: A Garden Writing Workshop

Plant, tend, reap, and write. Enhance your gardening life through the cultivation of prose or poetry. We will meet to write, to hear each other's writing, and to dig for inspiration among great garden writers. Required supplies: pen and notebook. Professor Scott Zaluda is a gardener, writer, and a writing teacher at the college.

3 Wed., Apr. 22-May 6, 6:30-8:30 pm, Room TBD. \$65. S Zaluda. #WJ-D779

## Writing as a Career

### **NEW** Making History: A Workshop for Writing Historical Non-Fiction

In this intensive hands-on course of capturing history in written form, participants will plan and execute a work of historical non-fiction. This five-week workshop will focus on gathering and sorting information relevant to student-chosen projects. Work can include autobiographical biographical and local history projects.

5 Tues., Feb. 10-Mar. 10, 6:30-8:00 pm, Room TBD, \$75 (+ textbook). V Dacquino. #WJ-D835

### **NEW** Publish or Perish: Industry Basics for Writers

This course gives writers the fundamentals needed to successfully navigate the publishing industry - including lingo, an explanation of publishing avenues, book deals, industry trends and more!

1 Mon., Apr. 6, 6:30-9:30 pm, Room TBD, \$30. K Whitaker. #WJ-D887

## **NEW** Writers' Circle

A writing circle run like a writers' club for any level student. Class time is largely devoted to critiquing students' work to illustrate different aspects of the fiction writing process. Moderated by the author of six novels and numerous short stories.

6 Thurs., Mar. 26-May 7 (skip 4/9), 7:00-9:00 pm, LIB-321, \$125. K Egan. #WJ-D730

## The Secret of Fiction Writing

Is it an ingenious plot? Vivid characters? A crackling dialogue? Through discussions, writing exercises, and critiques of individual works, writers will discover their own secret to creating publishable fiction.

6 Thurs., Jan. 22-Mar. 5 (skip 2/19), 7:00-9:00 pm, CLA-304, \$125. K Egan. #WJ-D279

## Creative Writing Workshop

This class is for writers who want to develop their creativity and expression by taking their writing to the next level. Add depth, texture, and emotion to your writing as we experiment with prose, poetry, and journal musings. The course is based on free writing exercises followed by sharing and discussions in a non-judgmental setting. Bring lunch.

3 Sat., Feb. 28-Mar. 14, 1:00-3:30 pm, Room TBD, \$75. K Rippstein. #WJ-D765

## Writing Books for Young Readers

Children's books range from the picture book to the middle-grade reader. Explore writing exercises to develop projects in the various juvenile genres. Includes tips on the current publishing market and finding the right agent. Bring works in progress.

6 Wed., Apr. 1-May 6, 6:00-8:00 pm, AAB-104, \$125. E Sachs. #WJ-D287

# HOME & GARDEN

## Pruning Trees and Shrubs

Intended for the homeowner and includes proper choice and use of tools, pruning trees, shrubs, and perennials. Roses, hedges, and small trees are included.

1 Sun., Mar. 8, 9:00 am-1:00 pm, CLA-102, \$40. G Hohenstein. #WJ-D813

## Starting Your Vegetable Garden

The basics of starting your vegetable garden in the spring from initial soil preparation through the process of putting the plants and seeds into the soil. Perennials will be included.

2 Tues., Mar. 24 & 31, 6:00-9:00 pm, CLA-304, \$60. G Hohenstein. #WJ-D343

## Fern Workshop

Learning to identify our local ferns is easy when you can see them in the classroom. Discuss how they reproduce, their place in literature, and herbal uses.

1 Wed., May 6, 7:30-9:30 pm, ADM-B15, \$25 (+ \$5 materials fee, payable to instructor). M Penziner. #WJ-D792

## Gardening With Ferns

Ferns are great for shady areas or for use as ground covers, or as high growing or low spreading focal points. Some are evergreen, and some even come in colors.

1 Fri., May 8, 7:30-9:00 pm, Room TBD, \$20. M Penziner. #WJ-D793

# FINANCES & WEALTH BUILDING

## Overview of Insurance

This course will cover the various types of insurance products. It will discuss people's needs for the various types of insurance and, most importantly, how that need changes as one's life situation changes over time. Life, medical, homeowners, and automobile insurance will be emphasized.

3 Sun., Feb. 8-22, 1:30-3:30 pm, CLA-102, \$60. T D'Arrigo. #WJ-D777

## Buying & Selling Real Estate

Buy or sell your home, foreclosure property, land, condo, or vacation home. Learn how to buy investment properties. Also negotiating techniques, working with and without realtors, obtaining financing, buying for no money down, renting with options, screening buyers or renters, and how to sell your own home without a realtor.

1 Tues., Jan. 20, 8:00-10:00 pm, AAB-308, \$50 (+ \$20 optional materials fee, payable to instructor). R Nathan. #WJ-D908

## Protecting and Investing Your Wealth Wisely

Learn the secrets of buying or leasing cars, buying insurance, screening financial planners, and buying mutual funds. Learn how not to be ripped off when investing in long term care insurance, investing with or without financial planners and when investing in mutual funds on your own.

1 Tues., Jan. 20, 6:00-8:00 pm, AAB-308, \$35 (+ \$20 optional materials fee, payable to instructor). R Nathan. #WJ-D187

## Investing in Stocks, Bonds and Beyond

Learn modern investment strategies that can reduce the risk of investing in stocks, bonds, mutual funds and options. Discover how to keep stockbrokers honest and measure their performance. Discover if your broker is really just a salesperson. Understand your monthly investment statement. Avoid the common psychological pitfalls of investing.

5 Thurs., Mar. 5-Apr. 9 (skip 3/19), 6:30-9:00 pm, SCI-218, \$150. R Trybulski. #WJ-D518

## The Savvy Consumer

### Credit Reports and Your Credit Score

This course will discuss what goes into your credit report. It covers the three credit reporting agencies and correcting errors on the reports, and assists you in improving your credit score.

2 Sun., Apr. 19 & 26, 1:30-3:30 pm, CLA-102, \$35. T D'Arrigo. #WJ-D-093

### Wheeling and Dealing: Car Buying Wisely

Save money when car buying! Discuss how to buy new/used cars, invoice price, wholesale price, rebates, hidden rebates, hidden warranties, negotiating, tricks of leasing, salesmen tricks, buying off the Internet and good sources of information. After this course you will have the ability to negotiate from strength and not get ripped off.

1 Tues., Jan. 20, 6:00-8:00 pm, Room TBD, \$30 (+ \$20 optional materials fee, payable to instructor). B Nathan. #WJ-D679

### **NEW** How to Get the Best Mortgage

Gain valuable insight to determine the right mortgage product based on your individual short and long-term financial goals.

2 Sat., Jan. 24 & 31, 10:00 am-1:00 pm, Room TBD, \$60. S Kaplan. #WJ-D632

### **NEW** High Mileage Driving

Do you want to get 10 to 20 percent more miles per gallon out of your car, SUV or pickup? By using some tested methods and modifying your driving habits, this can easily be accomplished. This course will cover the type of car to buy, the one car accessory you should not use, maintenance, and driving tips to squeeze the last mpg out of your vehicle.

1 Wed., Jan. 28, 6:00-9:00 pm, TEC-133, \$25. G Hohenstein. #WJ-D786

### Money Smarts for Women

Do money matters frustrate you? Regardless of age, marital status or income, money affects every aspect of our lives. Learn to calculate your current money position and differentiate between good and bad debt. Familiarize yourself with basic financial terms to help you handle your banking and credit more efficiently. Leave with the basic tools necessary to establish and meet your financial goals.

2 Thurs., Apr. 23 & 30, 7:00-9:00 pm, Room TBD, \$45. H Cuevas Zakhar. #WJ-D270

### Inteligencia Financiera Para La Mujer (Money Smarts for Women)

Le frustran los asuntos de dinero? La realidad es que el dinero afecta todos los aspectos de nuestras vidas independiente de nuestra edad, estado civil y posicion economica. Aprenda a calcular su posicion financiera y a distinguir entre deuda buena y mala. Conozca los terminos financieros basicos para poder administrar sus asuntos bancarios y crediticios mas eficientemente. Saldrá con conocimientos basicos para fijar y alcanzar sus metas financieras.

1 Sat., Apr. 25, 9:00 am-1:00 pm, Room TBD, Salon sera anunciado, \$45. H Cuevas Zakhar. #WJ-D381

### **NEW** Brown Bagging: How to Evolve Financially

Learn how the concept of brown bagging your lunch can be applied to all other aspects of your future. It is not about spending less, it is about living a rich life by getting more.

2 Tues., Apr. 28 & May 5, 7:00-9:00 pm, Room TBD, \$45. L Motta & J Huak, III. #WJ-D665

# FOOD & WINE

## Cooking 101

In this basic cooking workshop, learn the theory and practice of cooking. This class includes a hands-on introduction to cooking techniques, ingredients, equipment kitchen organization and timing. Students will practice preparing several popular dishes.

4 Mon., Mar. 2-30 (skip 3/18), 6:30-9:30 pm, STC-107, \$150 (+ \$10-15 materials fee per class, payable to instructor), G McMillian. #WJ-D722

## **NEW** An Introduction to West African Cooking

West African cuisine is characterized by exotic flavors, prepared with everyday foods. In this class you'll learn easy recipes to enhance your culinary repertoire.

3 Thurs., Feb. 19-Mar. 5, 6:00-8:00 pm, STC-107 \$75. U Akobundu. #WJ-D135

## Fusion Cooking: The Art of Mixing Flavors

Want to go beyond the rules of traditional spices and ingredients to a creative world without boundaries? Experiment fusing flavors of pasta, seafood, vegetables and more. Learn to prepare interesting salads, marinades and other creative options for everyday cooking.

2 Wed., Mar. 18 & 25, 6:00-8:30 pm, STC-107, \$125 (+ \$40 materials fee, payable to instructor). R Bhattacharya. #WJ-D654

## Curry in a Hurry: Quick and Flavorful Indian Cooking

If you are like lot of people and would love to cook Indian food but work on a tight time budget, this class covers the essentials of making curry bases that can be kept frozen for use when needed. It also covers essential flavors and recipes that are ready in 20-30 minutes.

2 Wed., Mar. 4 & 11, 6:00-8:30 pm, STC-107 \$80 (+ \$40 materials fee, payable to instructor). R Bhattacharya. #WJ-D869

## Make Beautiful Vegetable & Fruit Platters and Watermelon Fruit Boats

Create elegant, fancy vegetable and fruit salads, as well as platters and watermelon boats for large parties and gatherings. Make them as gifts or create platters for your catering business. Learn how to select fruits and vegetables, how to cut designs, and how to arrange, wrap and store the final product. Take home what you create in class!

1 Sat., Mar. 14, 1:00-5:00 pm, ADM-B15, \$45 (+ \$30 for materials fee, payable to instructor for produce, tray, and wrapping paper). N Salama. #WJ-D783

## Cooking at Mt. Vernon

These classes are held at the Mt. Vernon Extension Center, 175 Gramatan Ave; call 914-606-7200 to register. **Please note materials fees are payable at the time of registration.**

## **NEW** Meal-Making for Men

Specialty cooking classes designed to assist men by providing a comfortable and non intimidating environment. Participants will learn basic kitchen skills, cooking techniques and nutritional information to help make the most of meal preparation. This is an ideal course for men who serve as caregivers or are single parents.

6 Tues., Mar. 24-Apr. 28, 12:00 noon-3:00 pm, \$325 (+ \$75 materials fee). E Handy. #MV-V192

## **NEW** Everyday Cooking for Women

Specialty cooking classes designed to give women the opportunity to learn basic kitchen skills, cooking techniques and nutritional information with one goal in mind: helping you make the most of meal preparation. A great course for stay-at-home moms or women seeking to maximize their time in the kitchen.

6 Tues., Feb. 3-Mar. 10, 12:00 noon-3:00 pm, \$325 (+ \$75 materials fee). E Handy. #MV-V193

## **NEW** Cooking Parties at Mt. Vernon

These classes are held at the Mt. Vernon Extension Center, 175 Gramatan Ave; call 914-606-7200 to register. **Please note materials fees are payable at the time of registration.**

## Jr. Chef Birthday Parties (Ages 8 - 17)

Looking for a different setting for your child's birthday party? If so, then book a Jr. Chef Birthday with us! Children gain cooking instruction while celebrating their birthday with friends. Each class is specially designed for your child's age group and you can choose from a variety of party menu options.

Sat., Feb. 7-Apr. 25 (skip 3/21 & 4/11), 12:30-3:30 pm, prices vary so please call for a quote. J Viviano.

## Food, Fun & Friends Adult Cooking Parties

Surround yourself with the best in life – good friends, fun and food! Our adult cooking parties are the perfect venue for your adult get together. Cook together under the instruction of a trained chef and share your meal amongst friends. Choose from a variety of party menu options and enjoy a memorable evening with friends.

Fri., Feb. 6-May 1 (skip 3/20 & 4/10), 6:00-9:00 pm, prices vary so please call for a quote. J Viviano.

## Cake Decorating Institute at Mt. Vernon

These classes are held at the Mt. Vernon Extension Center, 175 Gramatan Ave; call 914-606-7200 to register. **Please note materials fees are payable at the time of registration.**

### Cake Decorating 1

Learn how to make pastry chef-style cakes, fill them, and then perfect them with a variety of rich and tasty butter cream frostings. Cake cutting and piping bag techniques will be covered.

3 Mon., Feb. 16-Mar. 2, 6:00-9:00 pm, \$130 (+ \$30 materials fee). D Colon. #MV-V078

### Cake Decorating 2

Learn preparation of frostings and toppings: review basic frostings and learn to prepare advanced frostings like marzipan and fondant coatings. Learn layered and tiered cake assembly and more advanced techniques like using royal icing, flowers and the basket weave design.

3 Mon., Mar. 9-30 (skip 3/16), 6:00-9:00 pm, \$130 (+ \$30 materials fee). D Colon. #MV-V079

### Cake Decorating 3

Learn more advanced principles, techniques and skills for beautiful cake presentations. Covers extensive cake assembly designs, border and finishing techniques, plus hand molded and piped floral work to enhance your cakes.

3 Mon., Apr. 6-20, 6:00-9:00 pm, \$130 (+ \$30 materials fee). D Colon. #MV-V080

### Cake Baking For Decorating Presentation

Learn basic cake baking techniques for cake presentation. Learn to make a cake from homemade batter; how to properly cut and level a cake; and cooling and freezing techniques for cake decorating preparation and presentation.

2 Mon., Feb. 2 & 9, 6:00-9:00 pm, \$110 (+ \$25 materials fee). D Colon. #MV-V077

**Save \$\$! Register for above four classes for only \$530 (includes the \$115 materials fees). Use #MV-V099 to register for the package.**

## Wine Appreciation

Westchester's husband and wife team, Anthony Russo and Andrea Kish, fine wine buyers and owners of ARIES Wine and Spirits in White Plains, make wine appreciation and education fun...and memorable! **You must be 21 and over to register.**

### ABC's of White Wine

This "Anything But Chardonnay" course will cover Chardonnay, the world's most well known white wine, discussed and tasted in comparison with five other white wine grapes. Grape origin, wine making style, wine service, storage and pairing with foods will be covered. Appropriate cheeses will be served as palate cleansers and to demonstrate food and wine compatibilities.

1 Tues., Feb. 3, 7:00-9:00 pm, \$25 (+ \$15 sampling fee, payable to instructor). A Kish & T Russo. #WJ-D827

### ABC's of Red Wine

This "Anything But Cabernet" course will cover Cabernet Sauvignon, the world's most widely grown red wine discussed and tasted in comparison with four other red wine grapes. Grape origin, wine making style, wine service, storage, and pairing with foods will be covered. Appropriate cheeses will be served as palate cleansers and to demonstrate food and wine compatibilities.

1 Tues., Feb. 10, 7:00-9:00 pm, \$25 (+ \$15 sampling fee, payable to instructor). A Kish & T Russo. #WJ-D915

### **NEW** Ole! The Wines of Spain

Take a tasting tour of many of Spain's wine growing regions from the well known Rioja to the lesser known, but world class, Ribera del Duero and Priorato. We will sample 2 whites and 5 reds accompanied by tapas (small plate appetizers) and Spanish cheese.

1 Tues., Mar. 3, 7:00-9:00 pm, \$25 (+ \$25 food and wine sampling fee, payable to instructor). A Kish & T Russo. #WJ-D283

These wine appreciation courses are held at Vintage Restaurant, 171 Main St., White Plains, NY 10601 (across the street from the Galleria Mall). Metered parking is available in the Mall lot. Classes begin promptly at 7:00 pm; allow enough time to park and sign in. Call 914-328-5803 for directions.

# A TASTE OF WESTCHESTER

Join us at several of Westchester's most exciting restaurants for a culinary adventure that will tantalize your taste buds. Each chef will offer a private cooking demonstration, followed by a tasting of the prepared items. Fees include non-alcoholic beverages and recipes. New menu items each semester. Menu substitutions may occur when necessary. Call restaurants for directions. No refunds are given for these classes.

## JANUARY

### Bella Vita

**1744 East Main St., Rt. 6, Mohegan Lake, 914-528-8233**

Come to Mohegan's finest, Bella Vita, and enjoy learning and tasting with Chef Paul Caputo. The menu includes stuffed eggplant rollatini, spaghetti carbonara, and chicken valdostana (open chicken cutlet with prosciutto, mushrooms, marsala wine sauce topped with mozzarella and herbs). Relax and enjoy zabaglione (Italian custard) with your coffee or tea.  
1 Tues., Jan. 27, 3:00-5:00 pm, \$15 (+ \$20 sampling fee, payable to instructor). #WJ-D345

### John-Michael's at Purdy's Homestead

**100 Titicus Rd., North Salem 914-277-2301**

Owner/Chef John Michael Hamlet has selected a first course of roasted apple and rutabaga soup, an entrée of fennel crusted venison with fennel kraut and gin sauce, and dessert of cranberry brioche with chai tea chocolate sauce.

1 Tues., Jan. 27, 6:00-8:00 pm, \$15 (+ \$20 sampling fee, payable to instructor). #WJ-D625

### Division Street Grill

**26 North Division St., Peekskill 914-739-6380**

Owner Arnie Paglia and Chef Pasquale Sarwar will prepare an appetizer of stuffed mushrooms, pork chop creole as a main dish and their special Division Street bread pudding for dessert.

1 Thurs., Jan. 29, 6:00-8:00 pm, \$15 (+ \$25 sampling fee, payable to instructor). #WJ-D880

## FEBRUARY

### Royal Palace

**77 Knollwood Ave., White Plains 914-289-1988**

Enjoy classic dishes of traditional Indian cuisine with owner Jag Dish as he demonstrates samosa (a potato dumpling appetizer), tikka masala (chicken in a tomato gravy paste), nan (a baked and charcoaled bread), and rasmali (a white cheese patty with milk syrup) for dessert.

1 Tues., Feb. 3, 6:00-8:00 pm, \$15 (+ \$20 sampling fee, payable to instructor). #WJ-D357

### Mighty Joe Young's

**610 West Hartsdale Ave., White Plains 914-428-6868**

Enjoy an evening at Mighty Joe Young's with Chef Giuseppe Bologna for a cooking demonstration. Enjoy an appetizer of mussels with garlic, butter and white wine; an entrée of sautéed marinated chicken with rosemary potatoes and spiced broccoli. Enjoy bread pudding with your coffee or tea.

1 Mon., Feb. 9, 6:00-8:00 pm, \$15 (+ \$25 sampling fee, payable to instructor). #WJ-D796

### Jackson & Wheeler

**25 Wheeler Ave., Pleasantville 914-741-2000**

Chef Christopher Greene will be giving you a cooking demonstrating and then sharing a generous sampling of little neck clams casino and barbequed St. Louis ribs with homemade cole slaw and french fries. Enjoy a brownie sundae for dessert with your coffee, tea or soft drink.

1 Wed., Feb. 4, 6:30-8:30 pm, \$15 (+ \$25 sampling fee, payable to instructor). #WJ-D984

### Crabtree Kittlehouse

**11 Kittle Rd., Chappaqua 914-666-8044**

John Crabtree owner/chef will prepare sweet potato gnocchi with brussels sprouts and ginger, magret of Peking duck with pomegranate glaze, and Alsatian cheesecake with huckleberry compote.

1 Tues., Feb. 10, 6:30-8:30 pm, \$15 (+ \$25 sampling fee, payable to instructor). #WJ-D800

### 12 Grapes Music & Wine Bar

**12 North Division St., Peekskill 914-737-6624**

Join Chefs/Owners Rich and Jeannie Credidio in this charming little downtown restaurant and learn how to make food look as good as it tastes. Chef Dan Maffucci share his secrets and shortcuts on how to make a beautiful presentation of your appetizer, dinner or dessert. Chef Dan will share a seafood entrée and a delicious dessert of chocolate ganache brownie with red zinfandel sorbet.

1 Tues., Feb. 17, 6:00-8:00 pm, \$15 (+ \$20 sampling fee, payable to instructor). #WJ-D629

### Oporto

**191 E. Hartsdale Ave., Hartsdale, NY 914-722-6565**

Chef Rui Jorge will demonstrate and then share a generous sampling of chicken cake as a first course (pulled chicken bound with garlic, mayo, egg, parsley and panko bread crumbs) with a pirinaise dip. For your second course, chicken paella (pulled wood roasted chicken with chorizo, shiitakes and peas in a saffron infused rice), and as a finale enjoy a flan cheesecake.

1 Sat., Feb. 21, 1:00-3:00 pm, \$15 (+ \$18 sampling fee, payable to instructor). #WJ-D642

## MARCH

### An American Bistro

296 Columbus Ave., Tuckaho  
914-793-0807

Chef/Owner Robert Horton will prepare three courses this evening: asparagus bisque with jumbo lump crabmeat, braised pork shank with a horseradish potato soufflé and a ruby port wine sauce, and a banana cream tart with warm caramel and macadamia crunch.

1 Mon., Mar. 2, 6:00-8:00 pm, \$15 (+ \$28 sampling fee, payable to instructor).  
#WJ-D341

### Enzo's

111 Bedford Road, Armonk  
914-273-4186

Enjoy sampling specialties prepared by Enzo. He will demonstrate how to prepare bucatini matriciana (spaghetti with smoked bacon, a touch of hot pepperoncino, tomato sauce and basil) and chicken scarpafello (a boneless chicken breast with capers, olives, sweet vinegar peppers and white wine sauce). Enjoy tiramisu with coffee or tea.

1 Mon., Mar. 9, 1:00-3:00 pm, \$15 (+ \$20 sampling fee, payable to instructor).  
#WJ-D502

### Antun's of Westchester

35 Valley Ave., Elmsford  
914-592-5260

Entertaining your guests at home? Learn to make new hors d'oeuvres, appetizers and main courses for a creative party. Chef Ron Stytzer shows you how to plan your party ahead and enjoy your guests at the same time. Featuring: chilled fruit soup shots with strawberry and kiwi garnish; avocado crabmeat and fennel presented in a votive glass with alfalfa sprouts; duck confit with pear and mandarin orange in oriental spoons; Asian salad in a martini glass with lo mein noodles, shrimp and vegetables; poached salmon on Israel couscous with baby spinach in a vegetable broth with julienne of carrot and leeks. For dessert, enjoy lollipop brownies with fruit coulee, and chocolate chip cookies with milk shots.

1 Tues., Mar. 10, 6:00-8:00 pm, \$15 (+ \$25 sampling fee, payable to instructor).  
#WJ-D504

### Daniella's

1220 Oregon Rd. (inside Miranda Plaza),  
Cortlandt Manor  
914-528-2423

Owner Michael Leifer and Chef Edgar will prepare an appetizer of crab puffs with cranberry horseradish sauce; cheese tortellini with sautéed baby peas and cherry tomatoes tossed in gorgonzola cheese sauce; and chicken scaloppini (a pan seared chicken breast topped with sliced prosciutto and melted fresh mozzarella cheese in a light brown sauce), along with a starch and local vegetable. Coffee, tea and soft drinks provided.

1 Thurs., Mar. 12, 7:00-9:00 pm, \$15 (+ \$22 sampling fee payable to instructor).  
#WJ-D767

### Attention Restaurant Owners and Chefs:

Interested in hosting a class at your restaurant or offering a cooking class on campus?

Please call Sarah Fowler-Rogers at  
914-606-6985 to discuss your ideas.

## Mughal Palace

16 Broadway, Valhalla  
914-997-6090

Learn how to prepare and sample two Indian dishes as Chef Mohammed Alam teaches you how to make hare bhare kebabs (spinach and lentils kebab) and malai thangdi (yogurt marinated chicken drumsticks). Then for your sampling pleasure enjoy chicken tikka masala, sag paneer, aloo gobi, lamb rogan josh and nan.

1 Mon., Mar. 23, 6:00-8:00 pm, \$15 (+ \$25 sampling fee payable to instructor).  
#WJ-D356

## Hanlon's Neighborhood Steakhouse

151 Bryant Pond Rd., Mahopac  
845-526-9011

James and Denise Russell of Hanlon's will feature "Compound Butters of the World." Turn any ordinary meal into an extraordinary meal using compound butters! Explore tastes of Italy, France and Japan.

1 Wed., Mar. 25, 4:00-6:00 pm, \$15 (+ \$20 sampling fee, payable to instructor).  
#WJ-D009

## Division Street Grill

26 North Division St., Peekskill  
914-739-6380

Chef Pasquale Sarwar will prepare a goat cheese salad with raspberry vinaigrette, and sautéed chicken, onions, peppers and herbs with fresh pomodoro. Finish your meal with crème brûlée.

1 Thurs., Mar. 26, 6:00-8:00 pm, \$15 (+ \$20 sampling fee, payable to instructor).  
#WJ-D631

## Fair Deal Café

253 Mamaroneck Ave., White Plains  
914-946-3000

Kosy Chacko and award winning Chef Jose Tavarez, CEC invite you into their kitchen to watch as they cook! You'll learn about and then taste southwestern Caesar salad, grilled vegetable napoleon with mozzarella, pancetta wrapped scallops, pan seared salmon, chorizo mashed potatoes, and citrus flan.

1 Mon., Mar. 30, 6:00-9:00 pm, \$15 (+ \$25 sampling fee, payable to instructor).  
#WJ-D628

## APRIL

### Jaipore Royal Indian Cuisine

Route 22, Brewster  
914-277-3549

Jaipore's chef will prepare lassoni gobi (vegetable pakora) for starters. The entrée demonstration will be chicken tikka masala, lamb rogenjosh, saag paneer, channa masala, naan and pulav. Enjoy gulab jamun to end your meal.

1 Tues., Apr. 7, 12:00 noon-3:00 pm, \$15 (+ \$25 sampling fee, payable to instructor).  
#WJ-D338

### **NEW** Rueben's Mexican Cafe

5 North Division St., Peekskill  
914-739-4330

Enjoy delicious Mexican cuisine in this cozy restaurant as Rueben demonstrates how to make guacamole and enchiladas. Sample Mexican food and a flame ice cream dessert as you enjoy the relaxing atmosphere. Coffee, tea and soft drinks included.

1 Tues., Apr. 14, 6:00-8:00 pm, \$15 (+ \$15 sampling fee, payable to instructor). #WJ-D503

## OF SPECIAL INTEREST

### Read Manga Comics, Read Between the Lines

Enjoy reading Japanese manga comics? Ever wondered if the English versions are the same as the Japanese versions? Let's compare them and discuss. No Japanese knowledge is required!

2 Wed., Feb. 4 & 11, 7:00-9:00 pm, Room TBD, \$40 (+ \$10 materials fee, payable to instructor). E Yatabe-Waldock. #WJ-D104

### Basic Astrology

Astrology is a terrific tool to help you and it's also fun! Get a basic understanding of how the planets, signs and houses in a horoscope reveal information about a person's strength and challenges in life.

3 Sat., Jan. 24-Feb. 7, 10:00 am-1:00 pm, Room TBD, \$90 (+ \$2 for individual horoscopes, payable to instructor). P Cucinell. #WJ-D415

### Tarot and Creative Writing

Do you enjoy writing and have an interest in tarot? Do you want to nurture your Inner Muse? Tarot sessions can energize the creative writing process. This class explores how tarot cards contain themes such as the shadow and gift, the hero's journey and the process of exploring our unlimited potential that Jung called individuation. Tarot card spreads will be used within class writing exercises in a supportive workshop environment. Some work will be read aloud and discussed.

3 Sat., Feb. 28-Mar. 14, 10:00 am-1:00 pm, TEC-139C, \$95. V Sarnicole. #WJ-D297

### Tarot and Dream Analysis

Tarot and dreams can allow us to access our inner voice. In addition, tarot is a fantastic tool to employ to gain insight into dreams. This class will explore how to use tarot to amplify thematic and symbolic elements to discover the messages in dreams. Practicing this technique is ideal for anyone interested in deeper insight and a path to wellness.

Participants will bring dreams (with permission) from others to use in tarot reading sessions. Dreams will be read aloud and discussed.

3 Sat., Mar. 28-Apr. 11, 10:00 am-1:00 pm, CLA-208, \$95. V Sarnicole. #WJ-D254

### The Psychology of Photography

Explore how virtually all psychological/emotional values can be captured photographically: joy, sadness, respect, friendship, humor, aggression, nurturance, status, and how other human values can be brought to light through photos.

6 Mon., Mar. 2-Apr. 6, 6:00-7:30 pm, Room TBD, \$100. S Hecker. #WJ-D097

### Home Repair and Remodeling

Learn how to choose tools and contractors, the proper way to paint like Michelangelo, basic electrical and plumbing repairs, repair and installation of new walls, and how to put up wallpaper and paneling.

5 Sat., Feb. 14-Mar. 14, 10:00 am-12:00 noon, TEC-118, \$110 (+ \$5 materials fee, payable to instructor). L Susseles. #WJ-D425

## TRAVEL & TOURS

### **NEW** National Parks of the Southwest

Experience the southwest and its national parks (Arches, Mesa Verde, Monument Valley, Grand Canyon, Bryce and Zion, and Yosemite) via photographs and commentary. Each park is unique and offers its own rewards. Includes practical travel and camping trips plus a brief commentary on the Navajo arts and crafts.

1 Sat., Apr. 25, 2:00-4:00 pm, Room TBD, \$25. M. Stitt. #WJ-D847

### Destination: Lake Como District

Paola and Miles provide an interesting Italian and American perspective and a wealth of useful information about a region that is one of the best-kept secrets of Italy. Public transportation, shopping, local cuisine and customs, villas and gardens to visit, and outdoor adventures to experience, are presented in English.

1 Sat., Feb. 7, 2:00-4:00 pm, \$30. P Maderna-Stitt. #WJ-D940

### Destination: Switzerland: The Glacier and the Bernina Express Trains

Combine panoramic train rides among Swiss villages, valleys, and glaciers with outdoor adventures. Stop to shop for local arts and crafts, enjoy earthy local cuisine, and discover local languages and cultures. Paola and Miles share unforgettable experiences; orientation and practical tips for a Swiss vacation are presented in English.

1 Sat., Mar. 7, 2:00-4:00 pm, Room TBD, \$30. P Maderna-Stitt. #WJ-D581

### The Complete Peru Experience: More Than Just Machu Picchu!

Award-winning journalist and photographer shares photographs, history, culture and cuisine tips to make your visit to Peru more than just experiencing the breathtaking wonder of Machu Picchu. For serious travelers and armchair ones as well.

2 Sat., May 2 & 9, 10:00 am-12:00 noon, Room TBD, \$40. A Kurtz. #WJ-D751

### Experiencing India

Armed with insider information, you'll learn where to go to best enjoy India's wealth of cultural and culinary traditions. Discover where to ride elephants, visit floating palaces, watch camel races, find ayurvedic spas, uncover shopping bargains and much more. An award-winning photojournalist with extensive travel experience in India shares her photos and specifics for an exceptional vacation or vicarious journey.

2 Sat., Mar. 7 & 14, 10:00 am-12:00 noon, Room TBD, \$40. A Kurtz. #WJ-D775

### Yonkers Downtown Waterfront Tour

Join city planner and tour guide Mario Caruso for a walk to explore Yonkers' 400 years of history and architecture while hearing about the city's famous musicians, actors, scientific inventors and entrepreneurs. Meet at the Yonkers downtown train station.

1 Sat., May 9, 12:00 noon-3:00 pm, \$30. M Caruso. #WJ-D614

## NYC Tours and History

### **NEW** Lower Manhattan Tour

Explore the architecture and history of New York's Financial District with urban planner and tour guide Mario Caruso. Highlights include City Hall, the Woolworth Building, Federal Hall, Stock Exchanges, the former World Trade Center site, Trinity Church and much more. Meet at City Hall Plaza Heritage Tourism kiosk.

1 Sat., Apr. 25, 12:00 noon-3:00 pm, \$30 (transportation additional). M Caruso. #WJ-D854

### **NEW** Central Park East Walking Tour

Explore the 1853 masterpiece of Frederick Law Olmstead and Calvert Vaux with urban planner and tour guide Mario Caruso. Highlights include the Loeb Boathouse, Conservatory Water, Bethesda Fountain, Literary Walk, Wollman Rink, the Zoo and much more. Meet at the 72nd Street entrance along 5th Avenue.

1 Sat., May 16, 12:00 noon-3:00 pm, \$30 (transportation additional). M Caruso. #WJ-D855

### Midtown Manhattan Walking Tour

Join urban planner and tour guide Mario Caruso for a walk through the heart of the Big Apple. Highlights include Grand Central Terminal, Chrysler Building, New York Public Library, Bryant Park, Times Square, and Rockefeller Center, capped off with an optional trip to the "Top of the Rock" observatory. Meet at the clock at the center of Grand Central Terminal.

1 Sat., Apr. 4, 12:00 noon-3:00 pm, \$30 (transportation additional). M Caruso. #WJ-D861

### Modern Art at the Museum

Art history comes alive at the museum. Interactive tours, structured discussions and observation-based activities will enhance your understanding and appreciation of modern masterpieces at the best museums in NYC. The first class meets at the college; remaining classes meet at various NYC museums.

4 Sat., Feb. 7-28, 10:30 am-12:30 pm, Room TBD, \$75 (transportation and museum admission fees additional). T Dean. #WJ-D823

### Slicing the Apple: NYC for Prospective Tour Guides

A course for lovers of urban history and prospective NYC tour guides that will dynamically combine the history, ethnography, and architecture of a complex, diverse city. It will also prepare you to become a certified NYC tour guide. Ends with each student conducting a simulated tour of a NYC neighborhood of his choice.

5 Mon., Mar. 16-Apr. 13, 7:00-9:00 pm, Room TBD, \$100. H Fischer. #WJ-D815

#### ROOM ASSIGNMENTS

For classes held at the Valhalla campus, the building/room location is indicated for your class. If ADM-207 is the listed location, you can obtain the correct assignment 48 hours prior to the course's start by visiting our web site at [www.sunywcc.edu/CE](http://www.sunywcc.edu/CE) and clicking on "room assignments," or by calling us at 914-606-6830 (choose option 1).

## Walking Tours of the Old Croton Aqueduct

### Co-sponsored with The Friends of the Old Croton Aqueduct

The aqueduct is a 41-mile brick-lined conduit constructed between 1837 and 1842 to bring fresh water from the Croton River to New York City; one of the great engineering achievements of the 19th century! Call Mavis Cain for more information, 914-693-0529.

### A Visit Inside the Historical Aqueduct Tunnel

Tour the inside of the historic Aqueduct tunnel and learn its important history. It was built in 1837-1842, providing vital water to New York City in a period where disease, fires and drunkenness was rampant. Your tour will also include an informative talk and movie. Meet at the Visitor's Center in Ossining, 95 Broadway, Ossining (just off Rt. 9) promptly at 11:00 am.

1 Sat., Apr. 4, 11:00 am-1:00 pm, \$25. M Cain. #WJ-D533

### Guided Walk on the Aqueduct Trail

Discover off-shoot trails that lead from the Aqueduct into the trails. This walk begins with a tour of the historic Keeper's house – goes south to the Hillside Woods – with an extra detour to the Quarry Trail (the beginning of the historic railway that took marble down to the Hudson River. Bring a lunch and water. Meet at the Keeper's House, 15 Walnut St., Dobbs Ferry.

1 Sun., Apr. 12, 10:00 am-1:00 pm, \$30. M Cain. #WJ-D575

## Explore Westchester's Jewel: Teatown Lake Reservation

Join us as we present exciting workshops in partnership with Teatown Lake Reservation in Ossining. **All classes are held at Teatown.** Classes are held rain or shine.

### **NEW** Eagles in the Hudson Hills and Highlands

Learn about the recovery of the bald eagle population in the Hudson Valley and beyond. Class begins at Teatown for a presentation on bald eagle natural history, identification in the field and the future of this once endangered species; we'll then carpool to a local viewing site to see eagles. Be prepared for cold weather by dressing in layers, wear boots, hat and gloves. Binoculars will be provided for those without.

1 Sat., Jan. 31, 9:00 am-12:00 noon, \$30. E Smithies. #WJ-D007



Textbook required.

Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)  
or call 914-606-6830

## Winter Tree ID

Sharpen your knowledge of common trees on a winter walk at Teatown Lake Reservation. We will learn to identify common trees found in the Hudson Hills and Highlands using a winter twig key. A limited number of snowshoes will be provided for heavy snowfall.

1 Sat., Feb. 28, 10:00 am-12:00 noon, \$20.  
L Baugh. #WJ-D005

## **NEW** No Child Left Inside

This workshop is for parents and others who interact with children. You'll get the skills you need to promote safety, excitement, comfort and knowledge when spending time with children in the outdoors. Learn techniques to motivate children to get off the computer and go play outside, as well as a discussion on how to deal with common concerns, such as Lyme disease, child safety and supervision. This is an active course that includes a 1.5 mile hike, please dress appropriately.

1 Sat., Apr. 18, 9:00 am-12:00 noon, \$30.  
B Rhines. #WJ-D342

## **NEW** Birding Basics

Birding basics for the backyard birder. The class will cover identification skills, use of binoculars and bird guides along with information on attracting and feeding birds. A portion of the program will be outdoors.

1 Sat., Apr. 25, 9:00 am-12:00 noon, \$30.  
P Bock. #WJ-D008

## Adding Natives to Your Landscape

Learn about the shrubs, trees and wildflowers that are native to the area and how to incorporate them into your own backyard. Come prepared for the weather, as most of the class will be held outdoors.

1 Sat., May 2, 1:00-3:00 pm, \$20. M Pichura.  
#WJ-D339

## Green Living Series

Positive environmental change begins with individuals at home. Making eco-friendly lifestyle choices is easier than you might think; learn ways to "green" your life, indoors and out. Come to just one, or all sessions of this new, inspiring series. Each workshop meets at Teatown Lake Reservation for 1 Tues., 7:00-8:30 pm, \$20. L Cochran.

## Simple Ways to Reduce Your Ecological Footprint

Each of us has an environmental impact in our local community and the world beyond it. Learn simple ways to reduce household energy use and make conscious consumer choices such as local, organic food and natural products. You can make a difference!

Feb. 17. #WJ-D323

## Greening Your Backyard

You can care for your lawn and garden using ecologically responsible methods this year. Learn why and how, with an overview of green lawn care, native plants, composting, watering, mulching, seed-starting, natural pest control, and soil amending for an organic home garden.

Mar. 17. #WJ-D334

## Eco-Friendly Housecleaning

Go Green with your spring cleaning this year! The average home contains many unhealthy chemicals in the form of cleaning products. Learn why and how to clean your home easily and effectively using simple, inexpensive, non-toxic materials. Make an easy, natural, all-purpose spray cleaner to bring home. \$5 materials fee, payable to instructor at the class.

Apr. 21. #WJ-D335

**For additional information about Teatown Lake Reservation or for directions, please visit their web site at [www.teatown.org](http://www.teatown.org) or call 914-762-2912, ext. 10.**

## Learning Vacations for Adults!

Explore opportunities for people from our community to travel with other like-minded curious travelers from throughout the country. Discover ancient, modern and unexpected cultures on trips that are unlike conventional tours. Unique features of these learning vacations for adults include escorts and local guides who share their insights about the natural and historical aspects of each destination. Guides are chosen for their knowledge, enthusiasm and fluency in English, as well as their contact with local people through small group luncheons in the relaxed hospitality of their own homes. Trips include worldwide adventures, close-to-home cruises, and Arctic excursions, all with first-class transport and accommodations.

Our past participants agree: "Westchester Community College Learning Vacations are like taking a luxury field trip with the best teachers you've ever had!"

Log on to [www.travelearn.com/westchester](http://www.travelearn.com/westchester) for more information about available tours, itineraries and prices.

# PRACTICAL SKILLS FOR EVERYDAY LIFE

## Save a Life with CPR

Recognize and care for breathing and cardiac emergencies and earn American Red Cross certification.

**At Ossining Center:** Adults: 1 Wed., May 6, 5:00-10:00 pm (with automated ext. defibrillator), \$55 (+ \$16 materials fee, payable to instructor). J Lederman. #OS-D091

## Heartsaver Adult/Child CPR/AED

This is an American Heart Association CPR course that covers children ages 1 up to adults. Certificate is good for two years. This course is for the lay responder.

**Adults & Infants and Children:** 1 Sat., Mar. 7, 9:00 am-1:00 pm, PEB-Mat Room, 1 Sat., \$60 (+ \$5 for AHA certification card, payable to instructor). J Lederman. #WJ-D348

## First Aid

Covers first aid basics: how to handle sudden illness, bleeding control, burns, injuries to bones and joints, and emergencies involving excessive heat and cold.

1 Sat., Apr. 18, 9:00 am-1:00 pm, PEB-Mat Room, \$45 (+ \$10 materials fee for book, skill card and certificate, payable to instructor). J Lederman. #WJ-D615

## Responding to Emergencies (RTE)

A more in-depth course than Standard First-Aid. Participants learn how to recognize and care for victims of injuries and sudden illness. Topics include: bandaging a bleeding wound, splinting a fracture/sprain/strain, burn care, poisoning, diabetic emergencies, bites and stings, heat and cold-related emergencies, and seizures. RTE meets NYS requirements for coaches in First-Aid only; CPR needs to be taken as well.

2 Sat., May 2 & 9, 9:00 am-3:00 pm, Phys Ed. Building, \$145 (+ \$15 materials fee, for book, skill card and certificate, payable to instructor). J Lederman. #WJ-D110

## Live Your Life Clutter-Free

Learn how to organize everyday items and display memorable items. Learn methods for maintaining organization in every room or area of your home.

2 Tues., Mar. 3 & 10, 6:30-9:00 pm, CLA-304, \$50. L Motta. #WJ-D540

## 5-Hr. Drivers Pre-Licensing Class

Required five-hour pre-licensing class needed to earn your MV-278 and schedule your road test. Bring learner's permit to class. This course is open to individuals 16 years of age and older. Call 914-606-7405 to register.

**At Ossining Center:** 5 hrs., 9:00 am-2:00 pm, \$40. T Gomes.

- 1 Sat., Mar. 14. #OS-D038
- 1 Sun., Apr. 5. #OS-D039
- 1 Sat., Apr. 25. #OS-D040
- 1 Sun., May 3. #OS-D041

## Defensive Driving

This classroom course qualifies you for 10% reduction in liability and collision insurance premiums for three years as well as reduction of up to four points from your driver's violation record. Co-sponsored by Onsite/IDriveSafely and approved by the NYS DMV and the NYS Dept. of Insurance. Must arrive promptly at 8:45 am for registration or entry will be prohibited; 100% attendance required.

8:45 am-4:00 pm, \$50 (includes \$15 for materials and certificate fee). M McGuy.

- 1 Sat., Mar. 7, ADM-B15. #WJ-D394
- 1 Sat., May 2, ADM-B15. #WJ-D396

## **NEW** The Prepared Driver

This course is designed to familiarize drivers with basic car maintenance, travel preparation, and emergency situations commonly seen on highways. Taught by a member of the Highway Emergency Local Patrol. Know before you go!

1 Sat., Feb. 28, 9:00 am-12:00 noon, Room TBD, \$30. G Capeheart. #WJ-D680

# HEALTH & WELLNESS

## You and Your Health

### **NEW** Breast Cancer: Facts and Myths

This course addresses important myths and misconceptions about breast cancer and breast imaging. Learn the facts about breast compression plus valuable information on the latest breast imaging technology.

2 Tues., Mar. 3 & 10, 6:00-9:00 pm, Room TBD, \$50. O Peart. #WJ-D864

### **NEW** Lifetime Eating:

#### Super Foods for Healthy Families

Explore ten foods that should be staples of any healthy diet. These foods are nutrient-dense, easily found in local markets and can be prepared in a variety of ways. Learn where the foods come from, their nutritional benefits, and suggestions for how to prepare them. Each session will include healthy recipes and tastings.

3 Mon., Jan. 26-Feb. 9, 5:30-8:30 pm, Room TBD, \$75. A Elam. #WJ-D865

### **NEW** Lyme Disease:

#### An Integrated Approach

Learn how to protect yourselves and your pets from picking up ticks, using a safe and natural preparation. If you have chronic Lyme disease, discover natural preparations to eliminate viral co-infections that may have piggy-backed the Lyme-infected tick and are not addressed with antibiotics. Learn about herbal supports that create an unfriendly environment for the spirochete and other micro-organisms.

1 Thurs., 6:30-8:30 pm, \$35. A Candee, MH, MSC.

**At Somers:** Apr. 6. #WH-L019

**At Port Chester:** May 28. #PC-P006

### Tobacco Free: Learn How to Quit Smoking

Designed to systematically teach you how to quit smoking. Using behavior modification, positive reinforcement, relaxation techniques, and group support, you can quit smoking successfully.

8 Thurs., Jan. 29-Mar. 26 (skip 3/19), 7:00-9:00 pm, HSC 13, \$175. S Burke. #WJ-D171

## Comfort at the Computer:

### Arrange Your Work Area for Comfort and Health

You may not know it, but working at your computer can take a toll on your body. It can cause sore muscles, headaches, eye strain, tension, and fatigue. Learn how to properly arrange your work station by making simple adjustments to improve your comfort and health on the job.

1 Sat., Feb. 28, 10:00 am-12:00 noon, Room TBD, \$30. S Burke. #WJ-D016

## Intuitive Eating

Intuitive eating puts us back in charge of our eating habits, frees us from dieting and improves our physical and mental health. Learn and practice this holistic, natural approach to nourishing yourself and your family.

2 Sat., Apr. 18 & 25, 1:00-4:30 pm, CLA-105, \$75. B Bruno. #WJ-D011

## Health at Every Size

It is possible to be fit, healthy and fat, thin or in-between. Learn ways to improve your mental and physical health, fitness and mobility at your current size.

1 Wed., May 6, 6:00-8:30 pm, TEC-101, \$75. B Bruno. #WJ-D613

## Stop Smoking: Help With Hypnosis

Behavior modification techniques, when practiced and reinforced through the use of hypnosis, help you quit smoking for good without weight gain.

1 Mon., Apr. 20, 7:00-9:00 pm, Room TBD, \$30 (+ \$15 for optional stop smoking reinforcement CD, payable to instructor). J Abrahamsen. #WJ-D148

## Weight Management: Help With Hypnosis

Use self-hypnosis to change your eating habits, manage your weight, and influence your ideas about your ability to achieve an ideal weight for a happier, healthier lifestyle.

1 Mon., Apr. 6, 6:30-9:00 pm, Room TBD, \$30 (+ \$15 for optional weight management reinforcement CD, payable to instructor). J Abrahamsen. #WJ-D213

## Self Hypnosis for Change

Learn to enter a hypnotic state to change habits, reduce stress, improve self-esteem, increase your potential, and promote better health.

1 Mon., Mar. 16, 6:30-9:30, Room TBD, \$30 (+ \$20 for optional CD and booklet, payable to instructor). J Abrahamsen. #WJ-D352

## Holistic Health Options

### **NEW** The Healing Kitchen

When it came to the healing arts, maybe great-grandmother was wiser than we thought. She knew how to make use of what was around her and so can you! Learn how to transform the contents of your pantry into a natural pharmacy. Using common fruits, vegetables, herbs, and spices, create remedies that are safe, natural, and effective. One visit to the market will provide everything you need to heal sprains, bruises, joint pain, insect bites, bleeding cuts, headaches, constipation, and enhance or detoxify your immune system.

At Somers: 1 Thurs., May 7, 6:30-8:30, \$45. A Candee, MH, MSC. #WH-L015

### Introductory Massage Techniques I & II

An introduction to massage covering basic anatomy and therapeutic techniques. Each class will have a brief lecture, followed by hands-on practice. Wear loose, comfortable clothing. Taught by a licensed massage therapist.

4 Wed., 6:30-8:30 pm, STC-Faculty Dining Rm, \$80. N Indictor.

Level 1: Jan. 28-Feb. 18. #WJ-D253

Level 2 (prerequisite: Level I or instructor's permission): Mar. 4-Apr. 1 (skip 3/18). #WJ-D688

### Intro to Meditation

Come learn a simple yet profound way to meditate, relieve stress and live each day more peacefully and vibrantly. For beginners, a chance to experience what meditation can do for you. For the experienced, a chance to expand your perspectives and refresh your practices.

■ 4 Tues., Feb. 3-24, 10:30 am-12:00 noon, Room TBD, \$65. M Harmin. #WJ-D821

■ 4 Sun., Apr. 19-May 10, 2:30-4:00 pm, CLA-103, \$65. M Harmin. #WJ-D441

### **NEW** Nature's Medicine Chest: The Art of Herbal Medicine

This hands-on class shows you how to respond to common first-aid and health challenges using herbal remedies. Develop an herbal first-aid kit for wounds, stings, respiratory and gastrointestinal conditions.

3 Tues., Mar. 3-24 (skip 3/17), 6:30-8:30 pm, Room TBD, \$65. J Ditchek. #WJ-D010

### **NEW** Relieve Holiday Stress with Buddhist Meditation

Learn the fundamental concepts and practices of Buddhism and meditation. Meditation from each Buddhist tradition will be explained and the physical and psychological health benefits will be explored. Learn ways to relieve stress and stay centered through the holiday season.

At Somers: 6 Tues., Apr. 21-May 26, 6:30-8:30 pm, \$110. Rev. W Sakya. #WH-L496

### Stress Relief

Learn and practice how to disconnect and quiet your stress responses for better stress management and, improved physical and emotional health.

1 Sat., Apr. 18, 9:30 am-1:00 pm, TEC-131, \$35. B Bruno. #WJ-D090

### Mind-Body Healing

Our minds can heal our bodies, and our spirits can heal our minds. Learn and practice some powerful ways to heal.

1 Sat., Apr. 25, 9:30 am-1:00 pm, CLA-208, \$35. B Bruno. #WJ-D256

## Aromatherapy: Introduction to the Art of Blending

A hands-on class making special aromatherapy blends. Learn aromatherapy basics and the botanical families that produce essential oils to create these blends.

1 Sat., Mar. 7, 10:00 am-4:00 pm, CLA-208, \$55 (+ \$15 materials fee, payable to instructor). S Govoni. #WJ-D220

## Stress Reduction through Meditation and Visualization

Focus on relaxation techniques, use of affirmations, as well as meditative and visualization techniques. Techniques can result in an overall state of mental and physical well being. Wear comfortable clothes.

3 Tues., Apr. 7-21, 6:30-8:00 pm, STC-117, \$60. D Atkins. #WJ-D040

## Energy Healing

Learn the basic to advanced techniques of working with energy, how to access and use it to achieve overall healing of mind, body and spirit. Explore the chakra system to learn how to relieve fear, anger and emotional pain in ourselves and others. Please bring a comfortable mat and pillow. Complete all six sessions and receive a certificate in Energy Healing. Must complete in order.

1 Tues., 6:30-9:30 pm, STC-Faculty Dining Rm, \$45. G Krackehl, LLC

**Energy Healing I:** Mar. 31. #WJ-D643

**Energy Healing II:** Apr. 7. #WJ-D644

**Energy Healing III:** Apr. 14. #WJ-D645

**Energy Healing IV:** Apr. 21. #WJ-D797

**Energy Healing V:** Apr. 28. #WJ-D824

**Energy Healing VI:** May 5. #WJ-D358

## Reflexology I

An introductory workshop on the basic principles of reflexology. Through hands-on demonstrations and practice, understand the basic reflex areas and points on the feet and hands. Reflexology can reduce stress, relieve pain, increase energy, and strengthen the immune system. Bring a towel, pillow, nail clippers and lunch.

1 Sat., Feb. 28, 10:00 am-4:00 pm, TEC-139, \$75 (+ \$5 materials fee, for handout and reflexology oil, payable to instructor). S Govoni. #WJ-D878

## Reflexology II

A continuation workshop focusing on the reflex points to strengthen the body's systems. You will explore other reflexology techniques such as linking with Precision Reflexology. Bring a towel, pillow, nail clippers and lunch. Prerequisite Reflexology I.

1 Sun., Mar. 1, 10:00 am-4:00 pm, Room TBD, \$75 (+ \$5 materials fee, for handout and reflexology oil, payable to instructor). S Govoni. #WJ-D416

## Hand Reflexology

Through hands-on demonstration and practice, you will learn the basic reflex points on the hands. The basic principles of reflexology will be reviewed. Reflexology can reduce stress, relieve pain, increase energy, and strengthen the immune system. Bring a towel, pillow, nail clippers and lunch.

1 Sat., Apr. 18, 10:00 am-4:00 pm, CLA-208, \$75 (+ \$5 materials fee, for handout and reflexology oil, payable to instructor). S Govoni. #WJ-D606

## Reiki

Reiki is a Japanese term meaning "Universal Life Force Energy." This method is a laying on of hands touch healing system. In Reiki I, learn the Usui system of applying Reiki energy and receive the first level of attunement. In Reiki II, gain a deeper understanding and receive the second level attunement. Enrollment is limited.

1 Sat., 10:00 am-4:00 pm, TEC-131, \$75 for each class (+ \$15 materials fee, for handout and ceremonial fee, payable to instructor). S Govoni

**Reiki I:** Feb. 21. #WJ-D180

**Reiki II:** Apr. 4. Prerequisite: Reiki I. #WJ-D032

## Reiki Master

The Reiki Master attunement fully opens the student's energy system to Reiki. Learn additional techniques to work more effectively, pass the Reiki ability to others and fully experience the flow of Reiki through your being. Prerequisite: Reiki 1 & 2, plus 6 months experience using Reiki 1 & 2.

Co-requisite: must also register for Reiki Circle class in same semester.

2 Sat., Jan. 24 & Apr. 25, 10:00 am-4:00 pm, CLA-206, \$125. S Govoni. #WJ-D382

## Reiki Circle

Reiki circle offers an opportunity to practice what you have learned about the universal energy of this ancient healing modality. Students will share in the healing process, helping each other through group healing. Prerequisite: Reiki I.

3 Wed., Feb. 25, STC-117, Mar. 25, TEC-140; & Apr. 22, TEC-140, 6:30-9:00 pm, \$95 (+ \$15 materials fee, for handout and ceremonial fee, payable to instructor). S Govoni. #WJ-D075

## Holistic Options for Cats and Dogs

To supplement standard veterinary care, learn a variety of holistic pet care techniques to enhance your pet's life. Learn the benefits and methods of incorporating aromatherapy, reflexology, metamorphosis and reiki as a holistic healing system for your pet.

1 Sat., Mar. 14, 10:00 am-4:00 pm, TEC-131, \$65 (+ \$10 materials fee, payable to instructor). S Govoni. #WJ-D725

Spring 2009 Continuing Education Schedule was prepared by the Publications Office and the Continuing Education Department of Westchester Community College and Type, etc.

Information contained within this schedule is subject to change. Visit [www.sunywcc.edu](http://www.sunywcc.edu) for updated information.

Andrew J. Spano  
Westchester County Executive

Joseph N. Hankin  
President, Westchester Community College



Textbook required.

Register online at [www.sunywcc.edu/ce/registration](http://www.sunywcc.edu/ce/registration)  
or call 914-606-6830

# SPORTS & FITNESS

Please consult a physician before attending any physical fitness classes.

## **NEW** Broadway Body Workout

Ever wonder how dancers of all ages maintain cardiovascular health? Learn and burn using various low to medium impact routines and techniques from all styles of dance. This inspiring figure-friendly, non-intimidating workout is bound to get you in shape and moving to some of your favorite tunes, from Broadway to hip hop. No dance experience necessary; all fitness levels and ages welcome. Includes cardio, pilates, stretching and meditation. You just need supportive sneakers, comfortable clothing, workout mat, and a desire to have fun while exploring the dancer in you!

8 Tues., Jan. 20-Mar. 10, 7:00-9:00 pm, Room TBD, \$160. S A Miller. #WJ-D651

## Yoga: The Anti-Aging Combination (Hatha & Kundalini Yoga)

Combines the basics of Hatha Yoga, which uses posture alignment, strength and flexibility, with Kundalini Yoga, which uses breathing and movement to regenerate and heal the nervous system and stimulate the release of powerful healing hormones. Your physical, mental, and emotional systems will be balanced, harmonized, and rejuvenated. Wear comfortable clothes; towel or mat is optional.

12 Thurs., Jan. 22-Apr. 23 (skip 3/19 & 4/9), 7:00-9:00 pm, PEB-Mat Room, \$200. M Orfino. #WJ-D021

## Kripalu Yoga

For men and women. Focuses on yoga breathing techniques and exposure to a variety of yoga postures to increase flexibility and help manage stress through mind/body union. Wear fitness clothing and bring your yoga mat and towel to class.

12 Sat., Jan. 24-Apr. 25 (skip 3/21 & 4/11), Room TBD, \$175. M Stitt.

**Beginners:** For those new to yoga or with limited experience. 9:30-10:45 am. #WJ-D552  
**Intermediate:** For those who have completed Beginners, or who have a basic experience with yoga. 11:00 am-12:15 pm. #WJ-D422

## Sports Enhancement: Help With Hypnosis

Amateur and professional athletes know that winning is not just physical, it's mental. Hypnosis can help you focus and mentally prepare for the challenges of any sport.

1 Mon., Mar. 30, 7:00-9:00 pm, Room TBD, \$30. J Abrahamsen. #WJ-D527

## The FELDENKRAIS METHOD®: Awareness Through Movement

These gentle movement lessons are designed to improve flexibility and coordination by increasing awareness of habitual movement patterns and introducing new ones. Lessons will be done sitting in a chair and lying on the floor. Bring mat and towel to class.

6 Sat., Feb. 7-Mar. 14, 10:00-11:30 am, Room TBD, \$95. K Plumridge. #WJ-D817

## Judo for Adults

Learn Judo from Katsuo Watanabe, a 7th degree Black Belt.

- 14 Mon., Jan. 26-Apr. 27, 8:00-10:00 pm, PEB-Mat Room. #WJ-D292
- 14 Wed., Jan. 28-Apr. 29, 8:00-10:00 pm, PEB-Mat Room. #WJ-D547
- 14 Sun., Jan. 25-May 3 (skip 4/12), 10:00 am-12:00 noon, PEB-Mat Room. #WJ-D307

Register for one session for \$260. Save \$\$: register for 2 sessions for \$460, use #WJ-D408; or register for all 3 sessions for \$535, use #WJ-D545

## Judo for Children: Ages 4-13

Note: parent required to attend with child for supervision.

14 Sun., Jan. 25-May 3 (skip 4/12), 12:00 noon-2:00 pm, PEB-Mat Room, \$260. #WJ-D372

## Aikido (Tomiki Style)

An art of self-defense utilizing strikes, arm locks, wrist locks and off-balancing techniques to control or defeat an opponent. Aikido techniques have a direct application in police work and personal self-defense methods. Taught by Sensei Watanabe.

PEB-Mat Room, \$260. K Watanabe.

- 14 Tues., Jan. 27-Apr. 28, 8:00-10:00 pm. #WJ-D548
- 14 Thurs., Jan. 29-Apr. 30, 5:00-7:00 pm. #WJ-D748

Save \$\$: Register for both sections for only \$460, use #WJ-D749

## Intro to Boxing

A great way to get into shape! Focus includes balance, footwork, defensive and offensive tactics. Men and women welcome. Ages 16 and 17 welcome, but must be accompanied by a parent.

20 M/W, Jan. 12-Mar. 30 (skip 1/19, 3/16 & 18), 5:30-7:30 pm, PEB-Boxing Studio, \$260 (+ textbook). S Acunto. #WJ-D092

## Cardio Kickboxing

A multi-dimensional fitness course consisting of basic kickboxing instruction, calisthenics, stretching, and aerobic conditioning. Students learn proper skill development and practical application.

10 Fri., Jan. 23-Apr. 3 (skip 3/20), 7:00-9:00 pm, PEB-Mat Room, \$180. R Varian. #WJ-D418

## Self Defense for Women

A multi-dimensional martial arts course consisting of basic striking/grappling techniques, rape defense, escapes, and weapons defense. Course includes fitness regimen.

10 Tues., Jan. 20-Mar. 31 (skip 3/17), 6:30-8:00 pm, PEB-Mat Room, \$150. R Varian. #WJ-D400

## Golf

First class held on campus at Phys. Ed. Bldg.; remaining classes held off-campus at local driving range. Cost of balls extra. Group instruction. Bring a 9 iron; sneakers not required.

6 Mon., Apr. 6-May 11, \$85 (+ \$7 materials fee, payable to instructor). T Stanton.  
**Beginner:** 5:30-6:30 pm. #WJ-D406  
**Advanced:** 6:30-7:30 pm. #WJ-D407

## Scuba Diving

Prepare to apply for Professional Association of Diving Instructors (PADI) certification. You must be at least an intermediate swimmer. Ages 10-14 must be accompanied by an adult; ages 15-17 must have written parental permission. Physician's approval may be required. For additional information, contact instructor at 201-327-2822. **NOTE:** To apply for PADI Certification, additional dives required. Textbook & materials (mask, fins, and snorkel) are required and will be available for purchase at the first session.

8 Sun., Jan. 25-Mar. 15, 1:00-4:00 pm, PEB-Pool, \$200. D Riscinti. #WJ-D006

## Swimming for Adults

For beginners (those who cannot float), and advanced beginners (those who have no deep-water experience) as well as intermediate and advanced swimmers (able to swim laps). Bring caps, goggles & several towels.

15 Sat., Jan. 17-May 2 (skip 4/11), or 15 Sun., Jan. 18-May 3 (skip 4/12), PEB-Pool, \$199. A Lee.

### Beginner

- Sat., 9:00-10:00 am. #WJ-D081
- Sun., 9:00-10:00 am. #WJ-D082

### Intermediate

- Sat., 10:00-11:00 am. #WJ-D083
- Sun., 10:00-11:00 am. #WJ-D084

### Advanced

- Sat., 11:00 am-12:00 noon. #WJ-D704
- Sun., 11:00 am-12:00 noon. #WJ-D705

### Mixed Levels

- 15 Mon., Jan. 26-May 4, 7:45-8:45 am. #WJ-D973
- 15 Fri., Jan. 23-May 1, 8:00-9:00 am. #WJ-D974

## Water Exercise/Aerobics

Designed for both non-swimmers and swimmers, this program improves your cardiovascular fitness, strength, and flexibility. Exercises are performed in shallow water and paced to individual levels. Bring caps, goggles and several towels.

PEB-Pool, \$199. A Lee.

- 15 Sat., Jan. 17-May 2 (skip 4/11), 8:00-9:00 am. #WJ-D118
- 15 Sun., Jan. 18-May 3 (skip 4/12), 8:00-9:00 am. #WJ-D119
- 15 Mon., Jan. 26-May 4, 8:45-9:45 am. #WJ-D975
- 15 Fri., Jan. 23-May 1, 9:00-10:00 am. #WJ-D976

## Tennis for Adults (Beginners Only)

Bring comfortable clothes, tennis sneakers, racquet, and fresh can of tennis balls to first class. Classes held rain or shine (indoors or out).

- 6 Sun., Mar. 29-May 10 (skip 4/12), PEB-Courts (behind gym) or gym (if raining), \$80.
- 9:00-10:00 am. #WJ-D012
  - 10:00-11:00 am. #WJ-D013
  - 11:00 am-12:00 noon. #WJ-D014
  - 12:00 noon-1:00 pm. #WJ-D015

## Exercise Physiology

Starting with a basic framework of biological energy, learn how the body gains, stores, and converts energy. Provides the basis for understanding metabolism demanded for high physical exertion and adaptations of the body through exercise training. A background in physiology and chemistry is helpful but not essential.

3 Tues., Apr. 7-21, 7:00-9:00 pm, Room TBD, \$60. R Phillips. #WJ-D591

### REGISTER EARLY

**Please register at least one week prior to the course start date so your registration can be processed in a timely manner. Decisions to offer or cancel courses are generally made 3-5 days prior to the start date. Don't be disappointed by registering too late.**

# FAMILY & PARENTING

## **NEW** No Child Left Inside

This workshop is for parents and others who interact with children. You'll get the skills you need to promote safety, excitement, comfort and knowledge when spending time with children in the outdoors. Learn techniques to motivate children to get off the computer and go play outside, as well as a discussion on how to deal with common concerns, such as Lyme disease, child safety and supervision. This is an active course that includes a 1.5 mile hike, please dress appropriately. Meet at Teatown Lake Reservation, [www.teatown.org](http://www.teatown.org) or call 914-762-2912, ext. 10.

1 Sat., Apr. 18, 9:00 am-12:00 noon, \$30. B Rhines. #WJ-D342

## **NEW** Understanding Fertility

Get the understanding and tools you need to take control of your fertility! Western biomedical tests and treatments and Eastern medical philosophy (the basis for acupuncture and herbal medicine), along with the interplay of hormones will be discussed. You will be encouraged to understand and listen to the wisdom of your own body in determining how you plot the course of your fertility.

5 Wed., Jan. 21-Feb. 18, 6:30-9:00 pm, Class held at Whole Healthy Family, 401 Columbus Ave., Valhalla, \$125. P Levenson. #WJ-D949

### **NEW** Becoming a Caretaker for a Disabled Parent

Your parent was recently diagnosed with a stroke, dementia or other catastrophic illness and you're faced with the decision of becoming his/her caretaker. This workshop can help you make a decision by learning what to expect; resources available and emotional highs and lows you may experience. This class is an honest and personal appraisal of what it is like to be a caretaker of an elderly disabled parent.

2 Sat., Mar. 28, TEC-139 & May 2, CLA-208, 10:00 am-12:00 noon, \$25. J Audevard. #WJ-D834

### **NEW** "Great" Grandparenting

Explore the dynamics, boundaries and expectations that make for a smooth and joyous relationship with your children and grandchildren.

1 Thurs., Mar. 5, 1:00-3:00 pm, Room TBD, \$25. K B Rosenberg. #WJ-D660

### The Expectant Mom Workshop

This fun and inspiring workshop will provide moms-to-be with important information and support. Topics include mental preparation, an overview of sleeping and feeding philosophies, the registry, adjusting to your new role and more.

3 Tues., Apr. 14-28, 6:30-8:30 pm, AAB-308, \$75. K Rosenberg. #WJ-D746

### The Bully, the Bullied and the Bystander: For Teachers and Parents

This workshop addresses the phenomena of bullying as violent behavior. The class gives an overview of two major anti-bullying approaches, with the emphasis on conflict resolution as major preventive strategy. The class combines mini-lectures, exercises and icebreakers.

1 Fri., Jan. 16, 9:00 am-5:00 pm, Room TBD, \$75. M Teverovsky. #WJ-D794

### The Art of Family Conversations: Make Peace with Money

The majority of family conflicts are caused by financial disagreements. Use various role-plays, coaching and interactive game to improve family communication skills around money.

6 F/S, Apr. 3-Apr. 18, 10:00 am-1:00 pm, Room TBD, \$175 (+ \$32 materials fee, payable to instructor). M Teverovsky. #WJ-D999

## Meet Our Faculty!

If you'd like to learn more about our Continuing Education faculty and course facilitators, please visit us online at [www.sunywcc.edu/CE/faculty](http://www.sunywcc.edu/CE/faculty)

## SELF-AWARENESS & RELATIONSHIPS

### Self-Awareness

#### **NEW** The Art of Emotional Intelligence: How to Make Emotions to Work for Us

Are you tired of being at the mercy of your uncontrolled emotions and feelings? Get simple, fast, powerful techniques to re-code your mind/body software. Learn to master unpleasant emotions and improve your thought process, with the goal of enjoying life more and confidently dealing with challenge.

4 Tues., Jan. 20-Feb. 10, 7:00-9:00 pm, Room TBD, \$75. V Ter-Nikoghosyan. #WJ-D298

#### Past Lives, Dreams and Soul Travel

This exploratory class incorporates workshop-style activities and informative discussions on new ways to improve the quality of your life, gain deeper insights, and experience more joy and happiness.

4 Tues., Mar. 24-Apr. 14, 7:00-9:00 pm, CLA-208, \$50. E Wong. #WJ-D103

#### **NEW** Life Transitions: You Have Questions!

Do you have questions or need advice about parenting, relationships and life transitions? We all struggle in these areas of our lives. Please join us in an interactive seminar that will explore information and tools to give you what you need to achieve your life goals.

At Somers: 1 Thurs., Apr. 16, 7:00-9:00 pm, \$25. B Martello. #WH-L619

#### **NEW** Introduction to Emotional Freedom Technique

EFT is a user-friendly method, using gentle fingertip tapping on acupressure points. EFT can help release fears, clear the cravings of emotional eating, ease painful memories, and more.

1 Sat., Mar. 7, 9:00 am-1:00 pm, Room TBD, \$50. L Snow. #WJ-D655

#### **NEW** Astrology of the Moon

An understanding of the symbolic phases of the moon is useful for timing events as well as self-awareness. Learn simple techniques to help your productivity and planning.

2 Thurs., Apr. 23 & 30, 7:00-9:00 pm, Room TBD, \$40. P Cucinell. #WJ-D858

#### **NEW** Personal Development & You

This course is designed to provide you with the critical tools needed for the self-development of your skills, talents, and abilities. Learn to take stock of your strengths while identifying and improving upon your weaknesses, and master the art of understanding your personal brand and maximizing your potential.

3 Sat., Feb. 7-21, 9:00-11:00 am, Room TBD, \$65. R Bush. #WJ-D740

## **NEW** Dreaming and Dream Interpretation

This is an interactive workshop that will explore dream reality, types of dreams, and the history of dream interpretation, as well as the significance of dreams in daily life, and ways to develop and use dream material for self-guidance and decision-making.

1 Sat., Feb. 14, 10:00 am-1:00 pm, TEC-131, \$30. P King. #WJ-D464

## The Happiness Workshop

This inspiring and interactive course will teach you how to bring more joy and happiness into your life through self knowledge, limit setting and conscious decision making.

1 Tues., Feb. 24, 6:30-8:30 pm, Room TBD, \$25. K Rosenberg. #WJ-D743

## **NEW** Venus & Mars in Relationship Astrology

If you know where Mars & Venus are positioned in your horoscope they can help you understand what you're looking for in a mate. Learn how astrology can show the chemistry and longevity potential in relationships.

2 Wed., Mar. 4 & 11, 7:00-9:00 pm, Room TBD, \$40. P Cucinell. #WJ-D859

## The Key to Success: Self-Esteem

The key to success lies within us. Learn about self-esteem, where it comes from, and explore ways to raise yours for a more successful, happier life.

2 Tues., Mar. 24 & 31, 7:00-9:30 pm, Room TBD, \$50. C Edwards. #WJ-D266

## The Online Dating Workshop

Do you want to try online dating but need some encouragement? This fun and informative workshop will give you all you need to be successful. Leave with the content for your profile.

1 Tues., Feb. 3, 6:30-8:30 pm, AAB-308, \$25. K Rosenberg. #WJ-D742

## Successfully Single Discussion Group

Connect with other singles for fun-filled evenings of lively discussion. Topics may include living successfully as a single and how to find what you're looking for.

3 Wed., Apr. 22-May 6, 7:00-8:30 pm, Room TBD, \$60. M Pappas. #WJ-D350

## Life Skills for Today's World

You're encouraged to take the series! All workshops meet on Wed., 6:30-8:00 pm, Room TBD, P Mastellone. Each workshop is \$25.

**Save \$\$\$.** Register for all 5 workshops for \$110. Use #WJ-D328.

## Learning to Separate

Learn how to successfully end a relationship, personal or professional, that is no longer rewarding, or worse, destructive.

Apr. 1, STC-117. #WJ-D438

## Assertiveness Training (Communication Skills)

Learn to communicate your wants, needs and desires effectively and clearly without invading the rights of others.

Apr. 8, STC-117. #WJ-D670

## Empowerment (Improving Your Self Esteem)

Learn to improve your self-image and project more confidence by conveying a strong and positive presence to others.

Apr. 15, STC-117. #WJ-D671

## Dealing with Difficult People

Learn the skills necessary to successfully and effectively deal with people that you perceive to be difficult.

Apr. 22, STC-117. #WJ-D672

## Anger Management

Identify, understand and cope with your anger reactions. Learn to change your reaction.

Apr. 29, STC-117. #WJ-D673



**Purchase College**

STATE UNIVERSITY OF NEW YORK

### Work Toward Your Purchase College B.A. Degree at Westchester Community College - Peekskill

Whether you are an associate degree graduate from Westchester Community College or another college, or have earned at least 60 college credits elsewhere and want to complete your bachelor's degree, Purchase College at Westchester Community College – Peekskill may be right for you.

#### Highlights Include:

- B.A Degrees in: Liberal Studies and Liberal Studies: Arts
- Up to 90 Transfer Credits Accepted
- Part-time or Full-time
- Affordable SUNY Tuition
- Evening Courses

(914) 606-7310

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# HOBBIES & CRAFTS

## Arts

### **NEW** Mr. Davis'

#### Cartooning Lessons

This class has it all, for beginners and experienced cartoonists alike! You'll learn all the necessary basics for creating your own outrageous cartoon/comic book characters while improving your drawing skills. Lessons include expressions, hands & feet, figures in motion, perspective, exaggeration, animals, action figures, gag writing, and shading techniques. All materials provided in class.

5 Sat., Jan. 10-Feb. 7, ADM-B15, \$95 (+ \$5 materials fee & \$15 for textbook, payable to instructor). V Davis.

Adults: 10:00 am-12:00 noon. #WJ-D593

Teens: 1:00-3:00 pm. #WJ-D998

#### Professional Matting and Framing

Learn from a professional how to mat and frame art works. Focuses on mat design and cutting and provide hands-on-training. Give your artwork the presentation it deserves! Call 914-606-7300 to register for this class.

At Peekskill Center: 1 Sat., Apr. 4, 6:00-9:00 pm, \$150 (+ \$50 lab fee). #PE-P264

### **NEW** Altered Books

Turn used books into sculptural works of art through paper folding and paint techniques. Bring a hard-covered book to class.

1 Sat., Jan. 24, 9:30 am-12:30 pm, LIB-G36 \$35 (+ \$15 materials fee, payable to instructor). G Gazes. #WJ-D822

### **NEW** Art of the Circle

Create multimedia art using one of the most ancient, basic shapes—the circle. Explore circles of all sizes from small to large, inspired by such artists as Klimt, Miro, Kandinsky, Seurat, and Chuck Close.

1 Sat., Feb. 7, 9:30 am-12:30 pm, LIB-G36, \$35 (+ \$15 materials fee, payable to instructor). G Gazes. #WJ-D831

### **NEW** Fun With Monoprints

Using simple tempera paints, learn how to create original monoprints suitable for prints, cards, gift wrap, and decorative paper for collages.

4 Fri., Jan. 23- Feb. 13, 6:00-9:00 pm, LIB-G36, \$115 (+ \$25 materials fee, payable to instructor). G Gazes. #WJ-D832

### Watercolor for Fun

Explore the unique and beautiful qualities of watercolors! Learn the basic techniques of painting with watercolors such as washes and dry on wet. Brushes, papers, and other materials used in the process will be explained. Call instructor at 914-831-1987, for materials list.

8 Wed., Jan. 21-Mar. 11, 6:00-8:00 pm, Room TBD, \$150. J Cianflone. #WJ-D867

### Watercolor Workshop

This class is suitable for students who know the basics of watercolor painting but want to develop their skills. Color mixing, and individual projects will be emphasized.

Call instructor, 914-831-1987, for materials list.

6 Wed., Apr. 1-May 6, 6:00-8:00 pm, Room TBD, \$115. J Cianflone. #WJ-D719

### Beginning Drawing

Almost all art starts out with drawing as the first step. From quick sketches to detailed compositions, cover the basics of shading, crosshatching, proportion and size. Learn to use shape, line and texture. Call instructor, 914-831-1987, for materials list.

6 Mon., Jan. 26-Mar. 2, 6:00-8:00 pm, Room TBD, \$115 (+ \$25 materials fee, payable to instructor). J Cianflone. #WJ-D830

### Drawing Workshop

For students who want to expand their knowledge of drawing. Gain skill by using soft and hard pencils, charcoal and other materials. Guided instruction allows the process of individual growth.

Call instructor, 914-831-1987, for materials list.

6 Mon., Mar. 9-Apr. 20 (skip 3/16), 6:00-8:00 pm, Room TBD, \$115. J Cianflone. #WJ-D907

### **NEW** Ceramics

Come learn the basic techniques of making pottery, glazing, loading and firing the kiln, as well as some sculpture. Emphasis is on free expression and creativity, with individual attention.

At Somers: 6 Thurs., Mar. 5-Apr. 16 (skip 4/9), 6:30-8:30 pm, \$120 (+ \$41 materials fee, payable to instructor). T Parillo. # WH-L627

## Games

### Bridge: Learn and Play

Learn to play or improve your skills in this fun and challenging game. A blended class for beginners and advanced beginners. Beginners will learn the basics of bidding and playing a hand. Advanced beginners will be introduced to additional concepts in defense and play of the hand. Includes time for practice and playing. Class size limited, register early.

At Somers: Mixed Levels: 7 Wed., Sept. 10-Oct. 29 (skip 10/1), 6:30-8:30 pm, \$120. D Yates. #WH-L191

At Port Chester: Beginners: 6 Tues; Apr. 14-May 19, 6.30-8.30, \$120. E Zuckerberg. #PC-P005

At Port Chester: Intermediates: 6 Wed., Apr. 15-May 20, 6:30-8:30, \$120. E Zuckerberg. #PC-P009

### **NEW** Elements of Positional Chess

This is an introductory course to the elements of positional chess. It utilizes concepts from My System by Aron Nimzovich to help students use positional ideas in their games.

4 Fri., 6:30-9:00 pm, TEC-121, \$95. J Mauro. Level I: Feb. 20-Mar. 13. #WJ-D866

Level II: Mar. 27-Apr. 17. #WJ-D308

## Crafts

### Arts & Crafts Fun Day

Dream it, create it, share it and take it! This arts and crafts program is for parents, grandparents and children. Make hats, a coloring project, beading project, quelling, pinwheel punches, card making and more. Come spend some quality time together as a family. For ages 5 and up (adult and child must register together).

1 Sat., May 2, 12:00 noon-4:00 pm, Room TBD, \$35 per person (+ \$20 materials fee per person, payable to instructor). N Salama. #WJ-D667

### Fashion Projects: STYLE ReMIX

The ultimate cure for the wardrobe blues! Deconstruct your shrunken, old, out of style clothes to create sew or no-sew fashions that are all about you. Turn a T-shirt into a tube top, an old sweater into a new purse; make a hot dress from a pillow case; or create a fabulous necklace from a drab scarf. This class is a one-stop style guide to create fashion that will fit your sense of style and your budget. Bring an old item of clothing that you think has potential.

1 Sat., May 9, 9:00 am-4:00 pm, ADM-B15, \$65 (+ \$20 materials fee, payable to instructor). N Salama. #WJ-D600

### **NEW** Bookmaking:

#### Storytelling Through Paper Cutouts

Create a beautiful storybook using colorful paper cutouts in the traditional Polish folk art - Wycinanki. Students will create two-dimensional geometric and organic shapes out of paper. Using scissors, glue and paper, learn how to construct an accordion book. Bring 1 variety pack of colored construction paper (8.5"x11"); 3 pieces of poster board (28"x22"); scissors; 1 glue stick; 1 #2 pencil.

**At Somers:** 6 Mon., Feb. 23-Apr. 13 (skip 4/6), 6:30-8:30 pm, \$120 (+ \$10 materials fee for special book covers, payable to instructor). A Winters. #WH-L609

### Dress Making Using a Pattern

Learn to take measurements, cut your pattern and sew the fabric. Learn to attach zippers, pockets, elastic bands and finishes. Bring a skirt, pant, and blouse in one pattern, good scissors, cotton thread, needle, fabric, measuring tape, and your sewing machine (or \$30 payable to instructor).

1 Sat., Mar.22, 9:00 am-5:00 pm, LIB-G36, \$75. N Salama. #WJ-D781

## Gemology

### A Diamond is Forever

Learn the 4C's-color, clarity, cut, and carat weight-and apply them to understand the value of your diamonds. Understand GIA Grading Reports and familiarize yourself with the best selling types of diamond jewelry.

1 Sat., Feb. 7, 9:00 am-12:30 pm, Room TBD, \$45 (+ \$20 for loupe, payable to instructor). N Salama. #WJ-D315

### Jewelry Essentials

Learn which metals and settings are best suited for durability, wearability, and design. Become acquainted with different manufacturing techniques such as casting, die striking, electroforming, and hand fabrication.

1 Sat., Feb. 7, 12:30-4:30 pm, Room TBD, \$35 (+ \$20 materials fee, payable to instructor). N Salama. #WJ-D313

### Scrapbooking for Beginners

Scrapbooking got you baffled? Would you love to do it, but don't know how to get started? Bring a pair of scissors and all of your favorite photos and learn techniques, tips and ideas for creating beautiful scrapbook pages. All other materials will be provided in class.

1 Sat., Feb. 21, 10:00 am-1:00 pm, TEC-139, \$35 (+ \$15 materials fee, payable to instructor). R Halloran. #WJ-D325

### **NEW** Create Personalized Birthday Cards

Better than Hallmark! Create your own personalized cards using stamping, stickers, rub-ons, and other crafting materials. All supplies will be provided in class.

1 Sat., Feb. 28, 10:00 am-1:00 pm, TEC-131, \$35 (+ \$15 materials fee, payable to instructor). R Halloran. #WJ-D860

### Beginner Quilting

Learn the basic skills of quilt making, including all the techniques to complete a quilt: choosing fabrics, cutting, piecing, borders, quilting, and binding.

1 Sat., Apr. 4, 9:00 am-4:00 pm, Room TBD, \$65 (+ \$30 materials fee, payable to instructor). N Salama. #WJ-D506

### Crochet

Create fabric from a length of cord, yarn, or thread with a hooked tool in this popular pastime for people of all ages. Bring a size J hook and yarn to class.

1 Sat., Mar. 28, 9:00 am-1:00 pm, Room TBD, \$50. N Salama. #WJ-D652

### Knit Workshop

Learn the basics of knitting: knit stitch, purl, gauge, etc. and begin your first garment. Bring #7 needles, and 1 skein of worsted weight yarn (a light color, please).

6 Tues., Mar. 31-May 5, 6:00-8:00 pm, Room TBD, \$115. D Freeman. #WJ-D277

### Colored Stone Essentials

Learn how to relate quality, rarity, and color to gemstone value. Practice with stones to learn many of the identification techniques.

1 Sat., Feb. 14, 9:00 am-12:00 noon,ADM-B15 \$35 (+ \$20 for optional loupe, payable to instructor). N Salama. #WJ-D317

### Pearl Essentials

Learn the 7 Pearl Value Factors™: size, shape, color, luster, surface quality, nacre quality, and matching. Understand the difference between natural and cultured pearls. Learn about post-harvest treatments, imitation pearls, and pearl testing.

1 Sat., Feb. 14, 12:30-4:30 pm,ADM-B15, \$35 (+ \$20 for optional loupe, payable to instructor). N Salama. #WJ-D319

## Pearl and Bead Stringing

Master the skills of stringing and restringing pearls and beads professionally. Learn to create simple, as well as more advanced pieces, with the tools provided. Topics include precautions and handling procedures; how to choose the right clasps and decorative accents; and how to successfully handle special requests or problems. Gain the necessary knowledge to help you buy, design, and sell custom-strung jewelry. Create a business all your own.

1 Sat., Feb. 21, 9:00 am-4:00 pm, ADM-B15, \$75 (+ \$30 materials fee, for bead and pearl kit, payable to instructor). N Salama. #WJ-D320

## Wire Jewelry and Beading Creations

Learn how to make beautiful home décor and jewelry projects. All it takes is a few inexpensive wires, pliers and beads (all supplied by the instructor).

1 Sat., Feb. 28, 9:00 am-1:00 pm, ADM-B15, \$30 (+ \$20 materials fee, payable to instructor). N Salama. #WJ-D780

### CAMPUS SECURITY INFORMATION

The federal gov't. requires institutions of higher ed. to disclose certain information to all students. This is to inform you of the availability of the information, briefly describe the information in the report, and advise you how to obtain a copy of our annual security report, which includes statistics for the previous 3 yrs. concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by the college; and on public property within, or immediately adjacent to and accessible from the campus. The report also includes institutional policies concerning campus security, alcohol and drug use, crime prevention, the reporting of crimes, sexual assault, and other matters. You may obtain a copy of this report by visiting us at [www.sunywcc.edu/security](http://www.sunywcc.edu/security) or the Campus Security Office, Student Center Bldg, Rm. 113.

### Class Locations:

Most classes (codes VA, WA, WJ, WK, XA, YA) meet on the Valhalla Campus

### Other Locations:

**Ossining (code OS):** 22 Rockledge Ave. (Arcadian Shopping Center), 914-606-7400

**Yonkers/Cross County Shopping Center (codes YR & YK):** 6 Xavier Dr. 5th floor, across from Sears, 914-606-7100

**Mt. Vernon (code MV):** 175 Gramatan Ave., 914-606-7200

**Peekskill (code PE):** 27 N. Division St., 914-606-7300

**Port Chester (code PC):** Port Chester Middle School, 914-606-6839

**Somers (course code WH):** Somers Middle School, 250 Route 202, 914-606-6839

Visit us online at [www.sunywcc.edu](http://www.sunywcc.edu) for directions.



### VALHALLA CAMPUS BUILDING CODES

<b>AAB</b>	Academic Arts Bldg.
<b>ADM</b>	Administration Bldg.
<b>BK</b>	Bookstore
<b>CLA</b>	Classroom Bldg.
<b>HSC</b>	Health Science Bldg.
<b>KNC</b>	Knollwood Center
<b>LIB</b>	Library
<b>PEB</b>	Physical Ed. Bldg.
<b>SCI</b>	Science Bldg.
<b>STC</b>	Student Center
<b>TEC</b>	Technology Bldg.

### OFF-CAMPUS CLASSES

If your course number contains an OS, MV, PC, PE, YK or YR, your class is located off-campus. See above for locations; visit our web site at [www.sunywcc.edu](http://www.sunywcc.edu) for directions to these sites.

