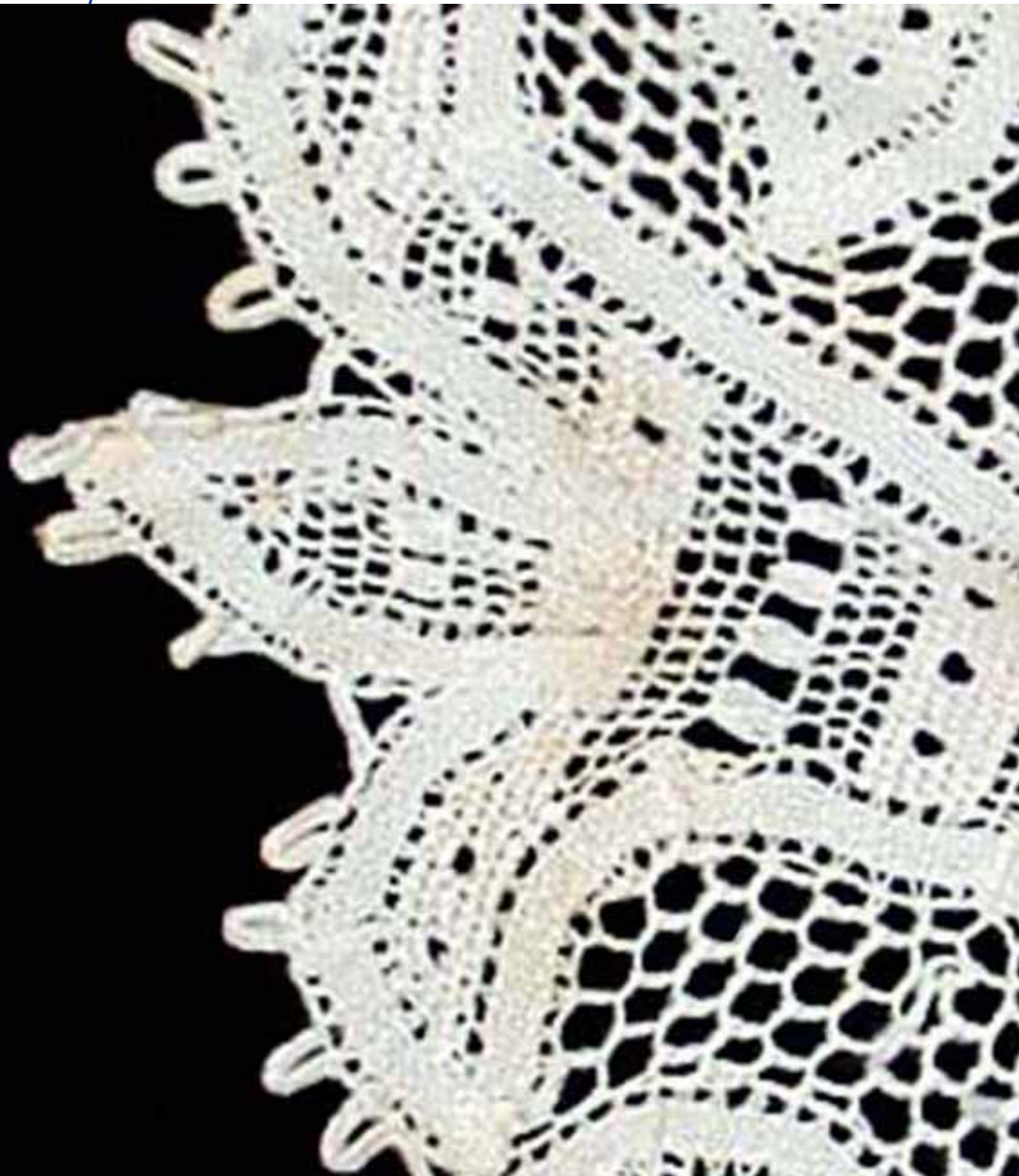


# Lexington

Community Education



Winter 2010

### Our "Cover Story":

Barbara Broughel, Detail of *Broken Lace #1*,  
Oil Paint on Poplar Panel, 58"x58",  
Courtesy of the Barbara Krakow Gallery, Boston.

Resonating with winter's opposing features of early night and bright holiday lights, as well as with the vertical paths taken by falling snow and rising heat, the stark contrast in Barbara Broughel's painting *Broken Lace #1* makes a beautiful and memorable statement for this winter's cover.

We are grateful to the artist and to the Barbara Krakow Gallery in Boston for the permission to share their artwork. - Craig Hall



(Photo courtesy of Lexington Historical Society - Depot Building.)

### What's New and Exciting?:

With nearly fifty new offerings, and many favorite classes returning, we think it's safe to consider this catalog a perfect antidote to the temptation for seasonal hibernation. Throughout these pages you will find a unique and wide ranging selection of courses created and compiled to meet the diversity of our community. From Adobe Photoshop Elements to An Evening with A Zen Master, opportunities for education, enrichment and enjoyment abound. We look forward to seeing you in the New Year!



### Lexington Community Education

251 Waltham Street  
Lexington, Massachusetts 02421  
Telephone (781) 862.8043  
info@lexingtoncommunityed.org  
www.lexingtoncommunityed.org

Director: Craig Hall

Manager of Programming: Andrea Paquette

Desktop Publishing: Caroline Ronten

Registration Staff: Amy Sullivan

### About Lexington Community Education

LCE is a self-sustaining, integral part of the Lexington Public School system, committed to offering lifelong learning to all. We provide practical, creative and fun educational opportunities at a reasonable cost. We seek to provide the best teachers and the most engaging subjects. Our programs are open to all adults and young adults, regardless of residency, for participants 16 years of age and over unless another age range is noted. Children's courses are for specified ages. We also provide an extensive summer children's program called Explorations, which offers creative and academic classes.

### LCE on the Internet

Complete course descriptions and a printable registration form may be found at our website. The status of classes is kept current. Please visit us at [www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org)

### No-School Dates

There will be no classes on January 18, February 15-19, and April 2. There will be no evening classes at LHS on February 10. Whenever Lexington High School is closed, there are no LCE classes at LHS. When public schools are closed due to the weather, then LCE is also closed. You may call LCE at (781) 862-8043 for a recorded announcement. Public School closings may be found online at <http://lps.lexingtonma.org/snow>

### Find the Fake

There is one fake class description somewhere within this catalog. If you can find it and submit a correct entry to our contest, you might win a \$75 gift certificate to LCE if your entry is drawn. The contest entry form is on page 12. Good luck!

### How to Register

**Phone:** Pay with a Visa or Mastercard. Call (781) 862-8043. Please have the course code, your card number, expiration date, and V code ready when you call.

**Mail:** Use registration form on page 27 or download a form from our website. Enclose a **check made payable to: Lexington Community Education**, or provide your Visa or Mastercard number. Please do not email credit card information.

**Walk-In:** The LCE office, located in the main office at Lexington High School, is open from 10 am - 9 pm, M-TH and 10 am - 3 pm Fridays, when school is in session. We have limited hours between semesters; call (781) 862-8043 to hear a recorded message with our current hours.

**FAX:** Completed registration forms may be faxed to the LCE office at (781) 861-2440.

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Lexington Community Education presents

## World Perspectives: Consumption, Justice, Consciousness, and Currency

As the law of cause and effect is globally made manifest on multiple fronts, it's increasingly clear that the phrase "We are the world" is much more than just the chorus to a pop song. This winter LCE welcomes four leading thinkers to examine their unique perspectives regarding how we can practically, compassionately, and consciously care for our planet and its people.



### **Dr. John Ehrenfeld: A Subversive Strategy for Transforming our Consumer Culture**

Wednesday, January 20, 7:00-8:30 pm, Lexington Depot, 13 Depot Square, Lexington, MA

• \$10

With a growing awareness of the environmental threats to the natural and social worlds, the issue of "sustainability" has become ever more popular, spawning a host of new strategies. This may be doing more harm than good in the long-run, as it perversely diverts attention from the real issue. Technocratic strategies like sustainable development, eco-efficiency, or corporate social responsibility are only Band-aids. Technological quick fixes can, at best, reduce unsustainability, but cannot create sustainability—the real, but hidden, driving force for action. In his book, *Sustainability by Design* Ehrenfeld shifts the focus from the problem-oriented, remedial frame of sustainable development to a positive vision beginning with a new definition: Sustainability is the possibility that humans and other life will flourish on the Earth forever. This evening Ehrenfeld will pinpoint ways we can challenge ourselves in terms of our behavior both as individuals and as a society, and will outline practical steps toward attaining the new mindset essential to creating sustainability.



### **Francis Bok: The Struggle for Social Justice**

Thursday, February 4, 7:00-8:30 pm, Lexington Depot, 13 Depot Square, Lexington, MA

• \$10

In 1986, at the age of seven, Francis Bok watched the Sudanese militia storm his village in southern Sudan. While the men of his village were slaughtered, Bok was strapped to a donkey and taken to the North to Kirio, where for ten years he lived as a slave. For ten years he endured daily threats and beatings, and was forced to sleep with the cattle and eat rotten food. Always called abeed (black slave), Bok was given an Arabic name – Dut Giema Abdullah – and forced to perform Islamic prayers. Finally, at 17, he escaped, running for miles to a neighboring town of Matari where he was enslaved by the very police officers to whom he reported his abuse. Later, in Khartoum, he was arrested and imprisoned by security forces for speaking openly about his years of slavery. Released in 1999, he escaped to Cairo, where he was granted UN Refugee Status and relocated to the U.S. Upon his arrival, he joined forces with the American Anti-Slavery Group. He has been featured in *The New York Times*, *The Wall Street Journal*, and *Essence Magazine*. His award-winning autobiography *Escape From Slavery* has received widespread acclaim.



### **David Abram: Consciously Expanding World Perception**

Monday, February 22, 7:00-8:30 pm, Lexington Depot, 13 Depot Square, Lexington, MA

• \$10

Regarding David Abram's first book *The Spell of the Sensuous: Perception and Language in a More-than-Human World*, Bill McKibben writes that Abram "has written the best instruction manual yet for becoming fully human." He was named by the *Utne Reader* as one of a hundred visionaries currently transforming the world, Abram's work engages the ecological depths of the imagination, exploring the ways in which sensory perception, poetics, and wonder inform our relation with the animate earth. In recent years the New England Aquarium and the Orion Society sponsored a public debate between David Abram and distinguished biologist E. O. Wilson on science, ethics, and the future of environmentalism. His essays on the cultural causes and consequences of ecological disarray have appeared in such journals as *Orion*, *Parabola*, *Environmental Ethics*, *Tikkun*, *Wild Earth*, *Resurgence*, and *The Ecologist*, and in numerous edited anthologies. Cultural ecologist, philosopher, and performance artist, Abram is the founder and creative director of the Alliance for Wild Ethics. His new book, *Becoming Animal* is due out in 2010.



### **Nigel Gault, Ph.D.: Currency, Economy, and the Course Ahead**

Thursday, February 25, 7:00-8:30pm, Lexington Depot, 13 Depot Square, Lexington, MA

• \$10

Nigel Gault is Group Managing Director of the North American Macroeconomics Service of Global Insight. He has more than 20 years of experience in economic modeling, forecasting, and analysis gained on both sides of the Atlantic. In his present role, he oversees Global Insight's macroeconomic forecast and analysis of the US and Canadian economies and is also responsible for macroeconomic modeling, including maintaining Global Insight's large-scale model of the US economy and developing the forthcoming 15-country Global Scenario Model. Before joining Global Insight in 2003, Gault worked as a senior global economist at Decision Economics Inc., providing international clients in financial markets with analysis of the major industrial economies, initially from London and later from Boston. Prior to that, Gault served as chief European economist for DRI/McGraw-Hill, based in London. This followed seven years as a senior economist in DRI/McGraw-Hill's US Economic Service in Lexington, MA. Gault holds a Ph.D. in Economics from Harvard University and an MA in Economics from Cambridge University in England.



Minuteman Bikepath, behind the Waldorf School.

## Around Our Town

From its revolutionary history to its celebrated Public Education System, the Town of Lexington is a place of pride. This winter LCE is proud to partner with a number of other outstanding Town organizations to provide you with new opportunities to become better informed and increasingly involved around our town.

NEW!

### Women in Business: Featuring Four Lexington Entrepreneurs

*Instructors: Michelle Ryan, Thelma Goldberg, Bobbi Carlton, and Jackie Kazenstein*

Part of what makes Lexington such a vital and original community is the large number of independent, creative, and successful businesses found throughout our town. This evening's special panel discussion will feature four of Lexington's prominent female entrepreneurs.

**Cake Bakery's** Michelle Ryan, **The Dance Inn's** Thelma Goldberg, **Carlton PR & Marketing's** Bobbi Carlton, and **Wild & Woolly's** Jackie Kazenstein will each share their thoughts on what makes Lexington an ideal home for their business, how they decided upon and began to implement their plans, and how they balance work and life beyond business. Whether you are interested in starting your own business and need a bit of inspiration and information, or are simply interested in learning about the brains behind four of Lexington's finest businesses you are sure to come away a satisfied customer!

**T001**, 1 Wednesday, 7:00-9:00 pm.  
Meets January 27, LHS, Room 147,  
\$10.

NEW!

### Getting Your Word Out in *The Lexington Minuteman:* Writing Persuasively

*Bryan Mahoney, editor of  
the Lexington Minuteman*

There's writing, and then there's *writing*. One of these methods will merely get the job done, but the other will leave your reader with something they'll remember and want to talk about with others. This class will teach you the basics of writing effectively, and how to create a message to have the most impact. This is especially helpful when trying to write persuasively, and as the season of political endorsements approaches, the skill is a useful one to have.

**T002**, 1 Monday, 7:00-9:00 pm.  
Meets January 25, LHS, Room 222,  
\$25/Seniors \$20

NEW!

### Historic Home Tour of Hancock Street and Avenue

*Instructor: Lexington Historical  
Society*

Two parsonages, many architectural styles, and houses spanning the centuries will be presented during December's house tour. The beautiful and historic homes of Hancock Street and Hancock Avenue will be featured. Unique homes decorated for the holidays will be open, including the recently restored Hancock-Clarke House, which will be decorated in the style of Christmas in the 1840s. A "mystery building" never before open to the public will also be on tour. The tour is designed for easy walking and will provide a festive addition to your holiday plans.

**T003**, 1 Sunday 11:00 am-5:00 pm.  
Meets December 13, Advance purchase tickets are \$20 for members, \$25 for non-members (\$25/\$30 day of tour). Reserve your tickets by calling Lexington Historical Society's office at 781-862-1703.

### Citizens Police Academy

*Lexington Police Department*

A 9-1-1 call is received. Dispatchers alert police officers to an emergency and cruisers respond with lights and siren. Admit it - you're curious. Here is an opportunity to learn more about Lexington Police services. Adults and young adults (ages 13+) are encouraged to participate. Some language and discussions are inappropriate for children. In five evenings, officers will share how they conduct their business and investigate crime. Some of the topics to be covered include: internet safety and ID theft, domestic violence, traffic laws, drugs and alcohol problems, and simulated arrest situations. We will test your knowledge with some fun quizzes rewarding those who do well with a police station tour and a cruiser ride-along. Plenty of time will be left for questions and answers.

**T004**, 5 Thursdays 6:30 - 9:00 pm.  
Begins January 28, LHS, Room 235.  
Free, but preregistration is required.

# LexMedia Series: Getting Involved in Town Television

## LexMedia Orientation

The orientation explains our policies, your responsibilities and your options for getting involved in community access TV. The 45-minute session will include a walk through of studios A, B and K, the control room, master control, and the edit classroom. We will give an overview of: how to get content on the air, borrow and return LexMedia production equipment, place a listing on the Community Bulletin Board (CBB), get involved in on-going productions, and become a supportive member of LexMedia in other ways.

D001, 1 Tuesday, 7:00-8:00pm,  
Meets January 12.

D002, 1 Tuesday, 7:00-8:00pm,  
Meets February 9.

D003, 1 Tuesday, 7:00-8:00pm,  
Meets March 2.

## Introduction to Field Production Operations

This two-hour course will introduce members to the Mini DV camcorders LexMedia has to offer, the Panasonic PV GS500, the Canon GL2 and the Sony HDR-HC7. We will cover basic on-location production techniques including: site evaluation, tripod use, hand-held camera techniques, shot composition, camera movement, audio considerations and equipment, and lighting. We will work through typical filming scenarios to prepare members for their own productions.

D004, 1 Tuesday, 7:00-9:00pm, Meets  
January 26.

D005, 1 Tuesday, 7:00-9:00pm, Meets  
February 23.

D006, 1 Tuesday, 7:00-9:00pm, Meets  
March 23.

## Introduction to Digital Editing

This class will introduce LexMedia members to Adobe Editing Software. You will learn the basics of digital video editing. Topics covered include: Setting up and organizing your project files, capturing digital video, basic editing techniques, b-roll selection and building sequences, and finalizing your program for playback on a DVD.

D007, 1 Wednesday, 7:00- 8:30 pm.  
Meets January 13

D008, 1 Wednesday, 7:00-8:30 pm,  
Meets February 10

D009, 1 Wednesday 7:00-8:30 pm,  
Meets March 3

## Introduction to Studio Production

This three hour course is designed to teach members how to set up a multi-camera studio shoot in one of LexMedia's studios. Topics covered include: an explanation of basic crew requirements and job titles, set-up of studio cameras and tripods, audio and lighting, and an introduction to the video switcher and the graphic generator. We'll also cover basic directing techniques. At the conclusion members are encouraged to join a production crew and become part of current LexMedia productions.

D010, 1 Tuesday, 7:00-9:00pm, Meets  
January 12.

D011, 1 Tuesday, 7:00-9:00pm, Meets  
March 16.

NEW!

## All Around Lexington Workshop

Join other members of the community who have a story to tell. This is a four-week workshop, led by LexMedia staff, that takes participants from a story idea to a produced piece ready-for-air. We meet as a group to discuss story ideas and development, then break down the tasks to culminate in a segment for our NEW All Around Lexington show which is produced by our members monthly. The workshop is on-going you can join at anytime.

D013, Wednesdays, 7:00-8:00pm,  
Begins January 13. Call LexMedia for further details about registration and duration.

**LexMedia classes are free but preregistration is required.** They are held at LexMedia studios and are taught by LexMedia staff. LexMedia is located at 54 Concord Avenue, Lexington, MA at the Avalon Lexington Hills residential development. Detailed directions to the LexMedia studios can be found at [www.lexmedia.org](http://www.lexmedia.org) or by calling LexMedia directly at 781-862-5388.



From Acting to Opera, Physics to Philosophy, there's a growing chance that our Humanities section has a corner of your intellectual curiosity covered.

## Humanities

NEW!

### **An Evening Talk with a Zen Master**

*Instructor: Zen Master Mark Houghton*

While the terminology and philosophy of Zen becomes more common each year, the opportunity to meet and talk with a modern Zen teacher remains an unusual opportunity. This evening Master Mark Houghton (Bon Haeng) will present a public Dharma talk on the way of Zen and answer questions regarding the path. A student of Zen Master Seung Sahn since 1976 Mark Houghton received Dharma Transmission from Zen Master Sahn in April 2000. He currently leads Lexington's Open Meadow Zen and is one of the two guiding teachers of Cambridge Zen Center, where he was abbot for twelve years and lived for fourteen years.

**H000**, 1 Tuesday, 7:00-8:30 pm.  
Meets February 2. LHS, Room 233,  
\$10.

NEW!

### **Philosophy Redux: A look at 15 Great Western Philosophers**

*Instructor: Sergia Hay*

Can you distinguish Hegel from Schlegel? Can't recall the categorical imperative? Do you vaguely remember names like Kierkegaard and Descartes, but wish to know more about them and their context in the history of ideas? In this four week series you will be introduced to (or perhaps reacquainted with) fifteen of the most interesting and influential thinkers of all time including Plato, Hobbes, and Hume.

**H002**, 4 Tuesdays, 6:30-8:00 pm.  
Begins January 19, LHS Room 232,  
\$60/Seniors \$45

### **Acting Workshop**

*Instructor: Steve Bogart*

This class will provide an eclectic approach to acting and theater that honors the artistic and creative source while reinforcing the necessity for an investment in the success of each other and the class material. The classes will include explorations in improvisation, Meisner techniques, self-scripting, viewpoint work, and some text work. Participants will find many ways into finding character while learning to trust intuitive choices.

**H001**, 5 Wednesdays, 6:30-8:30 pm.  
Begins March 3, LHS, Black Box,  
\$110/Seniors \$85

NEW!

### **The Revolution and Beyond: A Survey of Lexington's History**

*Instructor: Richard Kollen*

This course, co-sponsored with the Lexington Historical Society, surveys the history of Lexington from Cambridge Farms to the crèche on the Green controversy. The lectures are illustrated by materials found in the Lexington Historical Society Collection. Richard Kollen is the Historian for the Lexington Historical Society and teaches history at Lexington High School and Middlesex Community College. The course uses Mr. Kollen's book on Lexington as a reference: *Lexington: From Liberty's Birthplace to Progressive Suburb*.

**H003**, 10 Wednesdays, 7:00-8:30 pm.  
Begins January 13. Lexington Depot, 13 Depot Square. To register call the Lexington Historical Society at 781-862-1703 or send a check for \$150 to the Society at P.O. Box 514, Lexington, MA 02420

NEW!

### **Education Reform: From Accountability to Zero Tolerance**

*Instructor: Jenene Allison*

Almost half a century ago *Brown v. Board of Education of Topeka* held that racial segregation in schools was illegal. Are America's public schools integrated? The *Individuals with Disabilities Act* guarantees an equal education for special needs children, but is it fair for SPED students with extreme needs to be mainstreamed at great cost to a public high school? Does Zero Tolerance reduce school violence? We will look at where American schools are today. Readings will include *The Obama Education Plan* and *Letters to the Next President: What We Can Do about the Real Crisis in Public Education* and articles about specific issues.

**H004**, 5 Thursdays, 6:30-8:30pm.  
Begins January 14, LHS, Room 231,  
\$75/Seniors \$55

# Writing

NEW!

## What is Physics? A Look at What's Up and Why

*Instructors: Dr. Alan Lazarus and Dr. Herman Marshall*

Increasingly we are discovering that much of the wonder of our universe is built on the foundational and incredible laws of physics. A topic of unending surprise and discovery, an appreciation of physics doesn't require a Ph.D. in math. The only true requirement is an inquisitive mind, a little algebra, and a sense of wonder. In this class we invite you to explore that sense of wonder as two MIT researchers Alan Lazarus and Herman Marshall lead us on a lay person's journey through the fundamental laws of nature, the majesty of planets, the mystery of black holes, and the modern technology of satellites. Employing and enjoying the laws of physics is an Earthly birthright, this winter we invite you to step further toward the excitement of better understanding those laws.

**H005**, 6 Tuesdays, 7:00-9:00 pm.  
Begins January 19, LHS Room 100D,  
\$112/Seniors \$85

NEW!

## Let's Go To The Opera

*Instructor: David Collins*

From the Metropolitan Opera's HD screenings to Opera Boston and Boston Lyric Opera, this winter offers many exciting opportunities for opera aficionados. Through lecture, listening, and viewing video presentations we will examine Verdi's *Simone Boccanegra* featuring a premiere baritone performance by Placido Domingo. We will also enjoy Richard Strauss' *Ariadne auf Naxos* which combines the seriousness of myth with the manic frivolity of Italian improvised comedy. In addition we will experience the opera *Hamlet* by French composer Ambroise Thomas and learn about Opera Boston's world premiere of *Madam White Snake* starring Chinese soprano Ying Huang. A \$5 materials fee is payable to the instructor.

**H006**, 3 Tuesdays, 6:30-9:00 pm.  
Begins February 2, LHS, Room 222,  
\$60/Seniors \$45

NEW!

## String Ensemble for Adults

*Instructor: Karl Orvik*

This class is designed for a wide range of adults with a wide range of skills who are interested in playing string chamber music together. We will explore different pieces from the classical repertoire, and address both the technical and musical components of ensemble playing. Whether you are a recent beginner on a string instrument, or someone who has taken an extended break from playing but would like to resume (and need a motivational program to help!), this is sure to be a rewarding experience, collectively and individually. The class is open to violinists, violists, cellists and bassists who are comfortable with basic note-reading, and are playing at a "late beginner" level or higher (please contact instructor with any questions or concerns regarding playing ability). Depending on the interest of the group the last class can end with a performance for family and friends.

**H007**, 6 Tuesdays, 6:30-8:30 pm.  
Begins January 26, LHS, Room 147,  
\$125/Seniors \$95

NEW!

## Creative Writing: Getting Started

*Instructor: Mindy Pollack-Fusi*

Have you always wanted to write? This class is for beginner writers who are eager to try their hand at creative writing—fiction, memoir, essays, but, sorry, no poetry. The instructor will guide you through a simple process of taking your thoughts out of your mind and bringing them alive on paper. You will do short in-class writing and "homework" and share your work with the class, or not—your choice. We will cover introductory creative writing topics such as showing vs. telling, use of the five senses, strong details, metaphors, characterization and, most important, learning how to shut off the critic in your mind and have fun.

**W001**, 4 Mondays, 3:00-5:00 pm.  
Begins February 22, LHS, Room 220,  
\$60/Seniors \$45

### See Also

*Practice Workshop for String Musicians and Individual Music Lessons*  
**page 18.**



## Writing (cont.)

Whether for personal pleasure or publishing ambitions, our writing program's expert and experienced teaching staff are sure to inspire your muse and get your pen moving.

### Memoir Writing

*Instructor: Tom Daley*

*Memory is not an instrument for exploring the past but its theatre.- Walter Benjamin*

Summon incidents and characters from your past to the stage of your memory through writing prompts designed to create a personal literature. Let your unique life experiences help to create poems, short stories, song lyrics, flash fiction, personal essays, riddles or even the beginning of a book-length memoir. Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which weekly exercises will help you to transform the rich material of your life into unique works of art. The instructor, a published poet who teaches poetry writing and leads workshops on the creative process, will offer suggestions for getting your work published, either privately or in journals.

**W002**, 8 Wednesdays, 4:00-6:00 pm.  
Begins February 3, LHS, Room 222,  
\$140/Seniors \$105

### Poetry Writing Workshop

*Instructor: Tom Daley*

*Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundation for a future of change, a bridge across our fears of what has never been before.-Audre Lourde*

Poetry writing, largely, is a solitary endeavor. This workshop will provide the opportunity for poets, both beginning and practiced, to share their work with other poets in a collegial and supportive environment. We will concentrate on sharpening the impact of your poems through careful consideration of their strengths and their limitations. Optional, take-home writing exercises will give you the opportunity to explore the myriad forms poetry can take. Bring ten copies of a recent poem (no more than 2 pages long) to the first session.

**W003**, 7 Wednesdays, 6:15-7:45 pm.  
Begins February 24, LHS, Room 222,  
\$85/Seniors \$65

NEW!

### The Personal Essay

*Instructor: Kimberly Stirling*

There are experiences and moments in life that crystallize the human condition. Our course will help you craft short autobiographical pieces, translating personal stories into powerful essays. Through readings and exercises, we will work to bring stories into focus, and add the details that give a story punch. We will write and revise our own work, as well as "workshopping" class members' work weekly. Come to the first class with an object of sentimental value or one with a family history (or one in mind).

**W004**, 6 Thursdays, 7:30-9:00 pm  
Begins January 21, LHS, Room 244,  
\$75/Seniors \$55

### Writing Your First Novel

*Instructor: Adam Pachter*

Many people have ideas that would make great novels, but are too intimidated by the writing process to get those ideas started. This course helps bridge the gap between idea and execution, showing how to bring your characters to life. In a workshop format, classes will cover each stage of a novel's creation, from a good idea to plots and characters. You needn't have completed anything before class begins, but you'll be encouraged to conceive an idea for a novel and start writing as the class progresses.

**W005**, 4 Tuesdays, 7:00-9:00 pm.  
Begins February 23, LHS, Room 230,  
\$60/Seniors \$45

NEW!

### The Hitchhiker's Guide to Self-Publishing: Options, Opportunities and Pitfalls

*Instructor: John Oberteuffer*

Until quite recently self-publishing was an expensive undertaking and the options for selling a self-published book were limited. Now thanks to print-on-demand technology and Internet marketing, self-publishing can be inexpensive and revenue generating. The self-published author of *Swedish Blood*, John Amiard (Oberteuffer), will describe his experience and offer practical guidance on low cost and effective self-publishing. He will discuss text, cover design, assisted and subsidy publishing and the benefits of owning your own imprint.

**W006**, 1 Wednesday, 7:00-9:00pm,  
Meets January 27, LHS, Room 222,  
\$25/Seniors \$20

### See Also

*Getting the World Out in the Lexington Minuteman: Writing Persuasively*  
**page 4.**

*Grant Writing*  
**page 20.**

# Fine, Fabric and Graphic Arts

## Beginning Drawing

*Instructor: Elena Belkova*

By focusing on the essential basics and first stages of drawing we will practice drawing lines and circles, 3-D shapes, 3-D shapes in perspective, single objects, and build up to drawing groups of objects. Classes will include identifying the source of light in drawings; different methods of modeling, shading, and analyzing styles and techniques of the old masters. A supply list is available online or by calling LCE.

**A001**, 7 Mondays, 6:00-9:00 pm.  
Begins January 11, LHS, Room 210,  
\$160/Seniors \$120

## Beginning Traditional Oil Painting

*Instructor: Elena Belkova*

Learn to appreciate the traditional way of creating the glorious oil paintings of the Old Masters. Using traditional techniques (with modern tools and materials) you will learn about layering paints to create the look of a traditional oil painting. A supply list is available online or by calling LCE. Class meets January 12, 19, February 2, 23, and March 9, 23.

**A003**, 6 Tuesdays, 7:00-9:00 pm.  
Begins January 12, LHS, Room 210,  
\$135/Seniors \$100

NEW!

## Oil Portrait Painting from Life

*Instructor: Catherine Ezell*

Learn how to paint an oil portrait from life. Starting with a gray monochrome, we will advance to a limited palette and finally paint in full color. Setting up a model with direct lighting, we will look for the black and white values that define volume and the illusion of three dimensions on a two-dimensional surface. Then we will translate these values into color tones. Students will practice brushwork and color mixing as well. A supply list is available online or by calling LCE. A \$35 model fee is payable to the instructor at the first class.

**A002**, 6 Thursdays, 7:00-9:30 pm.  
Begins February 4, LHS, Room 210,  
\$170/Seniors \$125

## Daytime Watercolor

*Instructor: Peter Hines*

In this class we will practice the fundamental skills of mixing color and drawing with a brush. We will examine many of the qualities of appealing paintings, and how technique enables self-expression from the start. Cost of materials approximately \$65 to \$85. A supply list is available online or by calling LCE.

**A004**, 8 Wednesdays, 9:30-11:30am.  
Begins January 13, Cary Library  
Meeting Room, \$130/Seniors \$95

NEW!

## Mixed Media

*Instructor: Damian Barneschi*

Students will explore a variety of traditional media including printmaking, collage and pen and ink. Major emphasis will be placed on design, composition, creativity and experimentation. Toward the end of the class, students will use their knowledge to create a finished piece which combines a number of materials and techniques.

**A005**, 3 Wednesdays, 6:30-8:30 pm.  
Begins February 3, LHS, Room 210,  
\$60/Seniors \$45

## Evening Watercolor Painting for Every Level

*Instructor: Damian Barneschi*

Designed for students of all levels who want to develop their watercolor painting skills, this course will focus on composition, design, creativity, and balance of color. A variety of techniques will be used. Whether you are a beginner or advanced student you will receive individual attention. A supply list is available online or by calling LCE.

**A007**, 3 Wednesdays, 6:30-8:30 pm.  
Begins January 13, LHS, Room 210,  
\$60/Seniors \$45

NEW!

## Tips & Tricks to Improving Photo Portraits

*Instructor: Andrea Joliat*

Do you get excited while taking photos of children, family and friends, only to be disappointed in the results? In this course you will learn some basic tricks on lighting, posing, composition and camera technique that will lead to better portraits even with simple camera equipment.

**A024**, 1 Thursday, 7:00-8:30pm.  
Meets January 28, LHS, Room 230,  
\$40/Seniors \$30

## Digital Photography

*Instructor: Mark Regillo*

Want to maximize your skill with your digital camera? Bring your new or old digital camera to class. You will learn how a computerized camera works, learn tips on digital storage media, and how to print. We will cover the basics of composing a good quality photograph, how to use manual settings, and how to email photos to family and friends. We will also introduce you to basic photo software and how to edit and manipulate your photos using the digital darkroom. Prerequisite: basic working knowledge of computers and Windows operating systems. Must be comfortable opening and closing files and folders.

**A006**, 4 Tuesdays, 6:30-8:30 pm.  
Begins January 12, LHS, Room 224,  
\$50/Seniors \$40

## Fine, Fabric and Graphic Arts (cont.)

### **An Introduction to Picture Framing**

*Instructor: Larry Glickman*

Whether it is fabric, photography, painting, posters, or print, artwork always looks best within a fitting frame. In this introductory course you will design and frame your art with assistance from an expert. You will work toward the completion of two framing projects and learn about style and design, mat color coordination, mounting, and custom finishing. You will also learn about measuring, single and double matting, joining frames, and the adding finishing touches. All materials are supplied in class. Materials will cost approximately \$50.

**A009**, 5 Mondays, 6:30-9:00 pm.  
Begins January 25, LHS, Room 212,  
\$125/Seniors \$95

NEW!

### **Woodworking: Shaker Hanging Cupboard**

*Instructor: Christopher Nassise*

The beauty, simplicity, and functionality of Shaker woodwork is a staple of great American woodworking traditions. In this course you will have the opportunity to make a Shaker style hanging wall cupboard using traditional hand tools. All tools and materials will be provided. Materials fee \$55.00.

**A008**, 8 Tuesdays, 7:00-9:30 pm.  
Begins January 12, LHS, Room 212,  
\$120/Seniors \$90

### **Stained Glass Workshop**

*Instructor: MaLinda Howes*

This ancient art is much easier with modern tools. Learn the fundamentals of planning and executing a stained glass project from a pattern you choose. Learn how to follow a pattern, cut glass, grind the glass, wrap copper foil, and solder. Complete your project in this class. Tools are provided. Students must be 18+. \$10-\$15 materials fee is payable to instructor at first class.

**A013**, 5 Mondays, 6:30-8:30 pm.  
Begins January 25, The Glass Howes Studio, 200 Great Road, #5A (across from CVS), Bedford, \$185

For all sewing classes, please bring your own sewing machine to class, or LCE machines are available for classroom use for an additional fee as noted. Fee is payable with registration.

NEW!

### **Sew a Stylish and Versatile Woman's Jacket**

*Instructor: Jenene Allison*

You will learn to make a loose-fitting, lined jacket and how to adjust and cut out a pattern, add lining, and make buttonholes. Before the first class, buy the Vogue pattern #8625 in your size and appropriate fabric and lining of your choice as well as notions and thread indicated on the back of the pattern envelope. Supply list on website. Basic sewing skills required but all levels welcome. Sewing machine fee \$20.

**A012**, 4 Tuesdays, 6:30-8:30 pm.  
Begins January 19, LHS, Room 143,  
\$90/Seniors \$70

### **Beginning Sewing**

*Instructor: T/B/A*

Sewing is a skill that can be both practically and personally rewarding. In this class you will learn the basics of sewing with a mechanical sewing machine. You will learn how to thread the machine, and to hem both by machine and by hand. Possible projects will include a hat, pillowcases, pajama bottoms, or book bags. Please bring your own scissors, a spool of thread, and a hand needle to class. Sewing machine fee \$40.

**A023**, 8 Tuesdays, 7:00-9:00 pm,  
8 Sessions. Begins January 26, LHS,  
Room 143, \$180/Seniors \$135

NEW!

### **French Memo Boards**

*Instructor: Jenene Allison*

Discard that old bulletin board filled with thumb tacks and holes! They all look the same. Learn how to make your own, unique French memo board with beautiful upholstery fabric and complementary ribbon to hold notes and keepsakes. Papers and photos slip behind ribbon without need of being punctured by thumb tacks. Bring scissors and a manual staple gun with 3/8" staples. No sewing skills required. Students must be 18 or older. A materials fee of \$6.00 payable to the instructor at the first class to cover the cost of one 24" x 24" board and hardware. A supply list is available on the LCE website or by calling the office.

**A011**, 1 Tuesday, 6:30-8:30 pm.  
Meets February 23, LHS, Room 143,  
\$25/Seniors \$20



### Knitting

*Instructor: Pat Heggie*

This class for beginning and intermediate knitters will enhance your enjoyment of a creative, enjoyable, and relaxing hobby that can provide beautiful and cozy, wearable items for you or for others. Individual help provided as needed. American knitting style. Bring either your current project or a skein of worsted weight yarn and #8 needles.

**A014**, 8 Mondays, 7:00-9:00 pm.  
Begins January 11, LHS, Room 211,  
\$120/Seniors \$90

**A015**, 8 Wednesdays, 7:00-9:00 pm.  
Begins January 13, LHS, Room 211,  
\$120/Seniors \$90

**A016**, 9 Thursdays, 7:00-9:00 pm.  
Begins January 14, LHS, Room 211,  
\$135/Seniors \$105

### Applique, Hand Stitching, Etc

*Instructor Cathy Berry*

If you love the art of beautiful quilts, fine hand-stitching, and good conversation, this class is perfect for you. In a relaxed atmosphere you will learn the art of fine hand stitching for appliqué as well as hand piecing and hand quilting. Both beginning and experienced quilters are welcome to start, continue, or work toward the completion of their projects within a gently led and enthusiastic group environment. Optional field trips to quilt and fabric shops will be discussed in class.

**A010**, 6 Wednesdays, 6:30-9:00 pm.  
Begins January 13, LHS, Room 143,  
\$115/Seniors \$90

### Floating Necklace

*Instructor: Sue Ferguson*

Create a floating necklace in either a single strand or multiple strands. The multiple strands can be either intertwined or tiered. Using silver-colored jewelry craft wire, beads, and sterling silver crimp tubes you will learn how to create one of these popular necklaces. We will use Swarovski crystals and Swarovski pearls in these necklaces. No experience necessary. All supplies and tools will be provided. Materials fee of \$15.00 payable to the instructor

**A022**, 1 Monday, 6:30-8:30 pm.  
Meets January 25, LHS, Room 214,  
\$20/Seniors \$15.

### Crocheted Necklace

*Instructor: Sue Ferguson*

Create a stunning multi-strand necklace. You'll learn the technique to make this one-of-a-kind necklace using a crochet hook, craft wire, and a variety of beads. You'll be able to wear your new necklace home from class, or save it to give as a gift! No previous experience with crocheting or making jewelry is needed, and all supplies will be provided. Materials fee of \$15 is payable to instructor.

**A021**, 1 Tuesday, 6:30-9:00 pm.  
Meets February 9, LHS, Room 210,  
\$25/Seniors \$20.

### Pearl Spiral Bracelet

*Instructor: Gretchen Sommerfeld*

Use a needle and thread, small pearls and glass 'seed' beads to make an elegant bracelet using the spiral rope stitch. This technique has a core of beads with loops of beads and pearls spiraling up the core. A little experience in bead weaving is helpful, but not required. You can wear your completed bracelet home from class. \$15 materials fee payable to instructor at first class.

**A017**, 1 Monday, 6:30-9:00 pm.  
Meets March 8, LHS, Room 210,  
\$25/Seniors \$20

### Russian Spiral Bracelet

*Instructor: Gretchen Sommerfeld*

Weave beads into a simple, colorful tube using needle and thread, creating a beautiful bracelet. Learn to use a button or larger bead for a clasp. This stitch makes a lovely necklace or lariat as well. Great for beginners. Bracelet will be finished in class. Materials fee of \$15 is payable to the instructor.

**A018**, 1 Tuesday, 6:30-9:00 pm.  
Meets January 26, LHS, Room 210,  
\$25/Seniors \$20

NEW!

### Advanced Beading: Herringbone Bracelet

*Instructor: Gretchen Sommerfeld*

This class, for advanced beaders comfortable finishing projects on their own, will teach the challenging technique known as herringbone, which produces a lovely, delicate and complex design using needle, thread, and the smallest size of seed beads. Bead kits will be available in a choice of blue, black, white, or earth tones. Please specify color choice when registering. A materials fee of \$20 is payable to the instructor.

**A019**, 2 Thursdays, 6:30-9:00 pm.  
Begins January 21, LHS, Room 210,  
\$35/Seniors \$30

### Reality TV

*Instructor: Simone Cowell*

Are you interested in being on a reality TV show? Do you want to participate in a current show? Do you want to pitch your own show? Learn what it takes to get up in front of judges (and a national TV audience) day after day. We will talk about how to inflate your skills to match selection criteria, doctor your photo or video to increase your attractiveness quotient, and flatter the judges to avoid rejection. Tips on pitching your show ideas while bootlicking, gushing and otherwise demeaning yourself to studio executives will also be covered.

**A992**, 1 Monday, 5:00-7:00 am,  
Meets February 29, LHS Room 200,  
\$57.43



## ESL/Languages

*No matter where you travel in the world, communication is the key to success. Our courses are taught by instructors who both speak well and teach well in multiple languages.*

### Beginning English

*Instructor: T/B/A*

This class is for students who need to learn the fundamentals of speaking, reading, writing, and understanding English. We will focus on understanding and being understood using English. Writing, grammar, and vocabulary will also be studied.

**L001**, 10 Tuesdays, 6:30-8:30 pm.  
Begins January 12, LHS, Room 234,  
\$150/Seniors \$115

### Intermediate English

*Instructor: Arlayne Peterson*

This course is intended for students who can already speak, read, write, and understand basic English and want to focus on conversation practice. We will review grammar including verbs and prepositions as well as working on practical exercises to improve everyday conversation.

**L002**, 9 Thursdays, 6:30-8:30 pm.  
Begins January 14, LHS, Room 222,  
\$130/Seniors \$100

### English Conversation

*Instructor: Tom Peterson*

Have you studied English and perhaps traveled or even lived in an English-speaking country, yet you feel uncomfortable when Americans use informal English? Some American social customs are quite different. In this class you will learn to understand and make yourself understood dealing with schools, landlords, neighbors and government officials. Your confidence will grow as we converse about daily life, family, children, friends, shopping, travel and what to see and do in the Boston area.

**L003**, 8 Mondays, 9:30-11:30 am.  
Begins January 11, Cary Library  
Learning Center, \$115/Seniors \$90  
**L004**, 9 Tuesdays, 9:30-11:30 am.  
Begins January 12, Follen Church,  
\$130/Seniors \$100

### Beginning Spanish

*Instructor: Penelope Boyatt*

Students will work in groups as they listen, read, and write Spanish and draw from the learning resources gained through life experience. Vocabulary and grammar will be studied with a variety of language learning techniques. In addition, an appreciation of culture will be enhanced through readings in English and discussion questions. A \$10 material fee is payable to the instructor.

**L005**, 8 Thursdays, 6:30-8:30 pm,  
Begins January 14, LHS, Room 242,  
\$115/Seniors \$90

**NEW!**

### Spanish: Beyond Beginning

*Instructor: Penelope Boyatt*

This course will pick up where the Beginning Spanish class left off last fall. Students will work in groups as they listen, speak, read, and write Spanish and draw from the learning resources gained through life experience. Vocabulary and grammar will be studied through the use of a variety of language learning techniques. An appreciation of culture will be enhanced through readings, dialogue, and stories. A \$10 material fee is payable to the instructor.

**L006**, 8 Mondays, 6:30 to 8:30 pm.  
Begins January 11, LHS, Room 220,  
\$115/Seniors \$90

### Spanish Conversation

*Instructor: Anthony Marques*

Sustain and enhance your Spanish-speaking ability. You will love this interactive, funny, high-energy class. Students need to have at least two years of Spanish study, and must be comfortable translating the following: *Si Ud. quiere practicar español al completo, únase a nosotros. La clase será en español solamente. Después de un breve repaso de los principios básicos, tendremos presentaciones hechas voluntariamente por los estudiantes, y también tendremos discusiones culturales, turísticas, y alimenticias, sólo limitado por la imaginación y habilidad del presentador.*

**L007**, 9 Thursdays, 6:30-8:30 pm.  
Begins January 14, LHS, Room 240,  
\$130/Seniors \$100

### French

*Instructor: Patrick Moreno*

*Parlez-Vous Francais?* Join fellow Francophiles in this easy-going French Conversation class. This class welcomes those who speak French or those who had French in college or high school and want to refresh their skills. The instructor will provide guidance to students in their conversations as they explore more difficult vocabulary and subject matter. Materials fee of \$20 payable to instructor for text.

**L008**, 8 Wednesdays 6:30 -8:30 pm.  
Begins January 20, LHS Room 220,  
\$115/Seniors \$90

## Find the Fake!

*Correctly identify the FAKE (joke) class described in this catalog, and be eligible for our drawing on January 31, 2010. Winner will receive a \$75 gift certificate, good toward any adult or children's program at Lexington Community Education. Please mail this entry form to LCE.*

Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Fake Class Code \_\_\_\_\_

# Computers

## Italian: Beyond Beginner

*Instructor: Vanessa Parravano*

This class is specifically designed for students who have taken Beginning Italian at LCE or other institutions and wish to continue their studies. Students will build grammar skills necessary for communication, such as greetings, introductions, asking directions. Using a wide range of exercises including small-group projects, video viewing, and interpretation of authentic Italian texts. Students will also gain knowledge of fundamental aspects of Italian culture.

**L009**, 9 Thursdays, 6:30-8:30 pm.  
Begins January 14, LHS, Room 220,  
\$130/Seniors \$100

## Intermediate Italian

*Instructor: Wega Firenze*

If you have had one year of college Italian (or the equivalent) or participated in LCE's previous class, this class will help improve your fluency. The fundamentals of grammar will be reviewed and expanded, with continued emphasis on oral communication, good pronunciation practices, reading simple texts, and writing brief paragraphs. \$25 text for new students payable to instructor.

**L010**, 7 Tuesdays, 7:00-9:00 pm.  
Begins January 26, LHS, Room 220,  
\$105/Seniors \$80

## Conversational Italian

*Instructor: Monica Kammerman*

Whether your goal is to converse and understand Italian while on a trip to Italy or connect with your heritage, this class is for you. Through in-class exercises, role-playing, and instant immersion, students will gain the ability to communicate and understand Italian in various practical immersion settings. Various conversational travel themes will be explored. For students who have at least 2 years of experience with Italian and are comfortable in an Italian immersion environment.

**L013**, 8 Mondays, 6:30-8:30 pm.  
Begins January 11, LHS, Room 169,  
\$115/Seniors \$90

NEW!

## Beginning Portuguese

*Instructor: Jacqueline Ormondo*

The 6th most spoken language, Portuguese is a language that can be heard around the world. This beginner class, taught by a native of Portugal, will teach you the foundational elements of the language, introduce you to some of the cultural history of this Latin based Romance language, and enable you to engage in simple conversation by its completion.

**L011**, 8 Mondays, 7:00-9:00 pm.  
Begins January 25, LHS Room 100D,  
\$115/Seniors \$90

NEW!

## Beginning Hindi

*Instructor: Rita Pandey, Ph.D.*

This fun, friendly course proposes to introduce the most widely spoken language of South Asia to students with little or no prior knowledge of Hindi. Students will be introduced to the Devanagari writing system, however, the emphasis will be on speaking skills and listening comprehension. Hindi songs from contemporary Indian cinema will enhance the conventional teaching materials. Along with the language, students will have exposure to Indian culture through discussion about festivals and holidays during the course.

**L012**, 8 Thursdays, 6:30-8:30 pm.  
Begins January 21, LHS, Room 246,  
\$115/Seniors \$90

## Introduction to Computers

*Instructor: Kristen Butler*

Have you never used a computer ...or feel that you really need to learn the basics? Learn the lingo and the fundamentals of a computer. In this hands-on class, learn how to use a mouse; keyboard; pull-down menus; find and save files; basic file management; how to print; how to shut down. Class is taught in a Macintosh lab; skills learned can be applied to a Windows PC. Class will include a brief overview on what to look for when you buy a computer.

**C001**, 1 Tuesday, 6:00-9:00 pm.  
Meets January 12, LHS, Room 221,  
\$35

## An Introduction to Microsoft Office

*Instructor: Kristen Butler*

Learn the basics of Microsoft Word word processor, Excel spreadsheet, and PowerPoint presentation applications. Students must be familiar with the basics of how to use a computer.

**C002**, 1 Thursday, 6:00-9:00 pm.  
Meets January 21, LHS, Room 221,  
\$35



From learning a program, to selling items on eBay, to creating your own webpage, you are sure to find something here to match your ability and interest.

### **An Introduction to Microsoft Word**

*Instructor: Kristen Butler*

Learn how to use this powerful word processor to write your papers, create flyers, write your resume, modify document setups, change margins, change fonts, and other information. Students must be familiar with the basics of how to use a computer.

C004, 1 Monday, 6:00-9:00 pm.  
Meets January 25, LHS, Room 155,  
\$35

### **Introduction to Microsoft Excel**

*Instructor: Kristen Butler*

Learn how to use a spreadsheet application and create graphs using the data in your spreadsheets. Learn how to use multiple worksheets and share the data between the worksheets. MS Excel is a great tool for tracking any kind of numbers. Students must be familiar with the basics of how to use a computer.

C005, 1 Tuesday, 6:00-9:00 pm.  
Meets February 2, LHS, Room 221,  
\$35

### **Introduction to PowerPoint**

*Instructor: Kristen Butler*

Learn how to use a presentation package that will allow you to create slide presentations using text, charts, pictures, and graphics. Instead of using overheads PowerPoint allows you to create interesting, colorful, and interactive presentations. Students must be familiar with the basics of how to use a computer.

C006, 1 Thursday, 6:00-9:00 pm.  
Meets February 11, LHS, Room 221,  
\$35

### **Introduction to the Internet**

*Instructor: Kristen Butler*

Learn how to browse and search the Internet, and send and receive e-mail. Users must be familiar with the basics of how to use a computer.

C007, 1 Monday, 6:00-9:00 pm.  
Meets February 22, LHS, Room 155,  
\$35

### **Organizing Your Computer**

*Instructor: Kristen Butler*

Learn how to organize your files and folders, manage your "My Documents" folder, and how to back up your information. Students must be familiar with the basics of how to use a computer.

C008, 1 Tuesday, 6:00-9:00 pm.  
Meets March 2, LHS, Room 221, \$35

### **Intermediate Word**

*Instructor: Kristen Butler*

Learn how to use this powerful word processor to create your own letterhead, your own fax cover sheet, create footnotes and endnotes, use styles, make a table of contents and more. Students must be familiar with the basics of how to use a word processor.

C009, 1 Wednesday, 6:00-9:00 pm.  
Meets March 10, LHS, Room 221,  
\$35

### **Intermediate Excel**

*Instructor: Kristen Butler*

Learn how to import and link files, set up databases and mail merge, create your own labels, modify charts, define macros and more. Students must be familiar with the basics of how to use Excel.

C010, 1 Thursday, 6:00-9:00 pm.  
Meets March 18, LHS, Room 221,  
\$35

### **Intermediate PowerPoint**

*Instructor: Kristen Butler*

Learn how to create slide masters, tables, create custom shows, insert photos, add sound, animated graphics and more. Students must be familiar with the basics of how to use PowerPoint.

C011, 1 Monday, 6:00-9:00 pm.  
Meets March 22, LHS, Room 155,  
\$35

Register for classes with Kristen Butler and Save!

Sign up for 3 computer classes for \$95, a \$10 saving!

Sign up for 4 computer classes for \$125, a \$15 saving!

Sign up for 5 computer classes for \$155, a \$20 saving!

Sign up for 6 computer classes for \$185, a \$25 saving!

Sign up for 7 computer classes for \$215, a \$30 saving!

## Daytime Classes

NEW!

### Adobe Photoshop Elements: Beginner

*Instructor: Katherine Gorry-Hines*

Photoshop Elements is a photo-editing and organizing program designed for amateur photographers and graphic artists. Improve the look and composition of photographs, prepare images for sharing online or in print, and explore possibilities for creative projects. We'll explore the different Elements workspaces, and look at some of the tools and their functions and at layers. You'll learn how to resize, crop, and rotate images, and how to quickly fix some common problems such as red-eye, over- or under-exposed images.

**C015**, 2 Thursdays, 6:00-9:00 pm.  
Begins February 4, LHS, Room 214,  
\$75/Seniors \$60

### Buying and Selling on eBay

*Instructor: Tracy Marks*

We will discuss the on-line auction business, learn how to successfully buy and sell on eBay. Buying tips include searching for items, researching, and bidding. Selling tips will cover creating listings, photos, timing, auction management, financial transactions and security, shipping, handling buyers and understanding the eBay feedback rating system. The first class will use the Internet: the second will involve creating listings. Selling on Half.com and Amazon will be discussed.

**C012**, 2 Tuesdays, 6:00-9:00 pm.  
Begins March 23, LHS, Room 221  
\$50/Seniors \$40

NEW!

### Adobe Photoshop Elements: Beyond Beginner

*Instructor: Katherine Gorry-Hines*

In this follow-up class, you'll learn more advanced image-editing techniques such as how to use adjustment layers and masks, add text, filters, and blending modes and special effects. You'll learn techniques for repairing and restoring old, faded, or damaged photos, and retouching to bring out the best in your photos. We'll cover some methods for removing unwanted objects, and combining elements from different photographs. Learn to create projects like collages and panoramas, contact sheets, and slideshows.

**C016**, 2 Thursdays, 6:00-9:00 pm.  
Begins March 4, LHS, Room 214,  
\$75/Seniors \$60

### Introduction to Web Design: HTML, XHTML, and CSS

*Instructor: Stephen Greenstein*

Learn to create a website in code: HTML (Hypertext Markup Language), XHTML (Extensible Hypertext Markup Language) and CSS (Cascading Style Sheets). After this class, you'll be able to add or delete pages, change page styles, create links, upload pages and pictures, and more. Basic computer skills required. \$10 materials fee for a flash drive is payable to the instructor at the first class.

**C013**, 3 Wednesdays, 7:00-9:00 pm.  
Begins January 13, LHS, Room 221,  
\$75/Seniors \$55

### Website Planning and Design: Dreamweaver

*Instructor: Ben Vivante*

With its implementation of HTML and JavaScript elements, as well as its website management capabilities, Dreamweaver is powerful, multifaceted, and easy to use. Using Dreamweaver's object palette, students will learn how to create links, tables, forms, layers, and more. With the behaviors palette, students will learn how to create rollovers, pop-up windows, drag-able layers, and more. This class begins with the basics of importing text and ready-made graphics. Students will ultimately use Dreamweaver's site window to create a website. Experience with Photoshop, Fireworks, or website design is helpful.

**C014**, 7 Mondays, 7:00-9:00 pm.  
Begins January 25, LHS, Room 221,  
\$175/Seniors \$135

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# Test Preparation and College Planning

## Finding the Right Fit: The College Admissions Process

*Instructor: Larry Dannenberg*

Looking to find the right school for your child? If you have a child in high school you can't afford to miss this class! We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. Learn about how merit scholarship money works and what you can do to better your chances to receive it even if you are not a top student. This class is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. Learn why starting the process early can offer significant advantages, especially for business owners, divorced parents, or home-schooled children. Instructor will discuss recent changes in student loans. For adults only.

**P006**, 1 Wednesday, 7:00-9:00 pm.  
Meets January 20, LHS, Room 230,  
\$25 per family

## Driver Education

*Instructor: Cam's Auto School*

A complete driver's education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15 years and 9 months old to begin the program. Classes meet at Lexington HS beginning in January, February, March, April, May, and June 2010. Call LCE or visit our website for details. Program cost is \$565.

*Conquer stress and ace your test! Whether it be getting behind the wheel or getting into the school of your dreams LCE has the courses that will help you achieve your goals.*

## SAT Preparation

*Instructors: Karen Mechem and Albert Roos*

Get prepared for the SAT exams and review the critical components of the test. Each subject is taught by an experienced LHS teacher. Students receive individual attention as needed. Register early as enrollment is limited. Texts, to be purchased before the first class, are available at Barnes & Noble or online. Required Text for both Math and English Programs is: The Official SAT Study Guide for the New SAT (for the March 2005 test and beyond), published by the College Board: ISBN:978-0-87447-718-4/10 0-87447-718-2.

### ENGLISH:

**P001**, 6 Tuesdays, 6:30-8:30 pm.  
Begins February 23, LHS, Room 239,  
\$195, Mrs. Mechem

**P002**, 6 Thursdays, 3:30-5:30 pm.  
Begins February 25, LHS, Room 239,  
\$195, Mrs. Mechem

**P003**, 6 Thursdays, 6:30-8:30 pm.  
Begins February 25, LHS, Room 239,  
\$195, Mrs. Mechem

### MATH:

**P004**, 6 Mondays, 6:30-8:30 pm.  
Begins February 22, LHS, Room 235,  
\$195, Mr. Roos

**P005**, 6 Wednesdays, 6:30-8:30 pm.  
Begins February 24, LHS, Room 235,  
\$195, Mr. Roos

## Maximize Your Financial Aid

*Instructor: College Funding Advisors*

This one-night workshop is a must for all parents of college-bound high school students, including freshmen and sophomores. We will demystify the college financial aid process and teach you how to access the more than \$90 billion in financial aid dollars that are available to even high income families and business owners. The strategies presented will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time (before junior year) to get the strategies in place, and why if you wait until the financial aid deadline to file your forms, you miss out on the full amount of aid you qualify for. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. Bring a calculator and a basic knowledge of your income, taxes, and assets. A free, comprehensive analysis will be provided for those attending class. For adults only.

**P007**, 1 Wednesday, 7:00-9:00 pm.  
Meets February 24, LHS, Room 231,  
\$25 per family

# Classes for Children

## Babysitter Training

*Instructor: Alice Wadley*

This course will train students, ages 11-15, in babysitting responsibilities: characteristics of children; supervising and playing with children; basic care such as feeding and diapering; emergency response; and first aid. Learn to recognize and provide basic care for cardiac emergencies in children and infants until advanced medical personnel arrive. Upon successful completion of this course, you will receive an American Red Cross Baby-sitter's Course completion certificate, an Infant and Child CPR certificate valid for one year, and a first aid certificate valid for three years. Included in tuition: two participant's booklets, CD, babysitters backpack, and certificates. Bring a healthy snack and drink for the break.

**K005**, 3 Mondays, 4:00-7:00 pm.  
Begins February 1, LHS, Room 233,  
\$150



Our community knows that truly, "It takes a village to raise a child." From safety skills to game design, to playing with the band, LCE offers young people a selection of courses that are practical, educational, and fun.

**Manga, Fantasy, and Super Heroes: Creating Comics for Middle School Students**

*Instructor: Cara Bean*

Whether you are interested in super heroes, manga, fantasy, or simply enjoy dreaming up interesting stories and characters in your mind this program will provide the tools needed to manifest your creative imagination. All styles of drawing are welcome as we explore picture/word relationships, character design, facial expressions, perspective, background imagery, distortion and morphing. Prerequisites include a strong attention span, a love of drawing, and a vivid imagination! Please bring No. 2 pencils and black pens to class.

**K004**, 8 Wednesdays, 3:30-5:30 pm.  
Begins January 20, LHS, Room 210,  
\$160

NEW!

**Amazing Architects (Grades 3-6)**

*Instructors: Children's Technology Workshop*

Design your dream house, space station, or a building built by imagination! Architects need to consider many factors when they design a building including function, scale, measurements, environment and materials. Students will be guided through hands-on activities to learn the basics, and then through the planning and sketching stages. Students then use computer technology to create a 3D rendering of the plan-including everything from color schemes to interior decorations. Final designs are captured on video that can be shared with family and friends.

**K006**, 8 Mondays, 3:45-4:45 pm.  
Begins January 11, LHS, Room 224,  
\$185

**Gamemaker Whizards for New and Returning Students (Grades 3-6)**

*Instructor: Children's Technology Workshop*

Design your own video game and challenge your friends! This program introduces students to the fundamentals of creating a video game using carefully prepared elements. Our expert instructors and detailed step by step software guide students through the creation of their first fully functional 2-dimensional game. Each gamer will design their own levels and screens in the final take-home game. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic, and object-oriented programming. A strict nonviolence policy is enforced. Games can be played at home (MS Windows-only). Software used in class is available for free download for those who want to continue working on their games at home. New and returning advanced gamemakers welcome.

**K007**, 8 Mondays, 5:00-6:00 pm.  
Begins January 11, LHS, Room 224,  
\$185

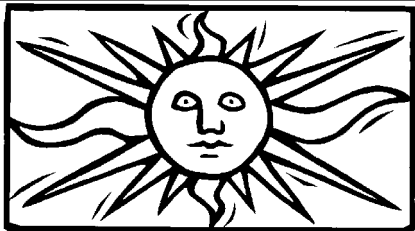
NEW!

**Apprentice Engineering (Grades 1-2)**

*Instructor: Children's Technology Workshop*

Do you like to build? Students work with LEGO kits and take home building materials, creating and decorating a variety of working toys while learning about common mechanical concepts such as levers, and different types of motion, energy conservation and transformation, and mechanical advantage. Six fun take-home toys and 2 LEGO constructions include a car launched by a rubber band, a bike that travels on a string, and movable art projects. LEGO materials are not taken home.

**K008**, 8 Mondays, 3:45-4:45 pm.  
Begins January 11, LHS, Room 222,  
\$198



**LEXPLORATIONS**

is our summer program for children. Catalogs will be mailed to all Lexington households and will be available early February 2010.

# Family, Home, and Travel

## Practice Workshop for String Musicians of All Ages

*Instructor: Karl Orvik*

Practicing is generally considered to be one of the most important - if not the most important - means to the eventual mastery of a skill. Unlike academics or sports, where regular teacher/coach-supervised practice is standard, instrumental training is primarily individual, involving little more than weekly contact with a private teacher. This workshop is designed to present students with a model for how to organize individual practice time and maximize their practicing results. We will address each student's practice habits and explain specific strategies to keep their practicing focused and effective. Bring your instrument.

**K001**, 2 Wednesdays, 6:30-8:00 pm, Begins, March 3, LHS, Room 133, \$35

## Jazz in the Middle

*Instructors: Ken Gable and Jim Lutz*

Do you love Jazz? Joining the Jazz In The Middle band will get you playing cool Jazz every week! Young musicians get a solid grounding in jazz styles, music theory, and improvisation skills. This big band is just for middle school students and will prepare you for playing at the high school level, and beyond. Playing regularly with other musicians is one of the best ways to improve your instrumental skills. Not appropriate for beginners - students must have some level of proficiency on their instrument. Indicate your school & instrument on registration form. Auditions are not required. Concert will be held at the final class.

**K002**, 19 Wednesdays, 3:00-4:30 pm, Begins January 13, Clarke Middle School with Ken Gable, \$230

**K003**, 19 Wednesdays, 3:00-4:30 pm, Begins January 13, Diamond Middle School with Jim Lutz, \$230

NEW!

## Cake Decorating

*Instructor: Michelle Ryan, Cake Bakery*

Learn the basic techniques of putting together a layered cake from the owner operator of the **Cake Bakery** in Lexington! We will cover creating a cake base, icing, borders, and inscription. You will learn how to pipe on flowers, as well as how to create a "tie-dye" design cake top. This class will be a demonstration class held at LexMedia. While the course will be filmed for broadcast, one of the advantages to participation (besides potential TV stardom) is actually sampling some of the sweet creations.

**F001**, 1 Monday, 7:30-9:00pm, Meets February 1, LexMedia Studios, 101 Main Campus Drive, Lexington, (see page 5 for details), \$20/Seniors \$15.

NEW!

## Spring into an Organized Home

*Instructor: Anne Goodwin*

Spring is the perfect time to get organized. Use that new energy to tackle some decluttering or reorganizing that will refresh and renew your home. You'll learn a basic foolproof method for organizing your storage areas, kitchen, garage, attic, or any area of your home, and leave with great guidelines and inspiration to go forth and conquer your clutter.

**F003**, 1 Thursday, 7:00 -9:00 pm, Meets March 4, LHS, Room 230, \$25/Seniors \$20

## Help! I Have Too Much Stuff

*Instructor: Judy Wessells*

Is your home and life too full of stuff? Are you considering a move to a smaller home? In one fun class, you will learn skills and techniques to help you tackle living with too much stuff, downsizing and moving to smaller quarters, or simply tackling your over-stuffed closet. You can lessen the pain and learn to live with your new "lightness" with fewer, well-organized possessions. Class members will address the emotional impact of having a cluttered life and how to begin the process of simplifying it. You will learn the skill of sorting, separating, donating and finding a good home for your possessions.

**F004**, 1 Tuesday, 7:00-9:00 pm. Meets January 26, LHS, Room 222, \$25/ Seniors \$20

## Private Music Instrument Lessons

LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Flute, Oboe, Clarinet, Saxophone, Bassoon, French Horn, Trumpet, Trombone, Baritone Horn (Euphonium) Tuba, Percussion (Drums), Electric and Acoustic Guitar, Cello, Violin or Viola. Lessons are held in the afternoon and evening at Lexington High School. Each semester contains approximately 16 lessons. Students must arrange convenient weekly lesson times with the instructor. The fee is \$52 per hour of instruction. One may choose a 30 minute, 45 minute, or 60 minute course of lessons. To Register: Simply call the LCE office and we will put you in touch with our music teaching staff to arrange scheduling. Once your schedule has been set with the instructor, complete the process by filling out a signature-required registration form (found at our office, online, or available to mail or email). We accept Visa, Master Card, or personal checks. Teacher names and bios are available on the LCE website.



From organizing your home, preparing to travel, or decorating a cake, we think you will like what you can learn from this selection of courses.

NEW!

### **Interior Design on a Shoestring Budget**

*Instructor: Meghan Shadrick*

In this presentation you'll discover new ways to revive your interiors to create fresh and newly stylized decor without breaking the bank. Get tips on how to re-purpose and recycle your furnishings, create interesting groupings and create focal points that add that "wow" factor. Best of all you'll learn to decorate without spending a fortune and have some fun!

F007, 1 Thursday, 7:00-8:30 pm,  
Meets February 4, LHS Room, 231,  
\$25/Seniors \$20

### **Your Green Home: An Introduction**

*Instructor: Miyana Bovan*

What makes a home "green" and eco-friendly? What are Energy Star, LEED and Green Standard certified homes? Learn what these certifications mean and how you can make your current home more "green", eco friendly and energy efficient. If you are in the market for a new home learn how to find and purchase a green home. The instructor, a certified EcoBroker and Realtor Green, will discuss the future of green homes.

F010, 1 Thursday, 6:30-8:30 pm.  
Meets February 25, LHS, Room 231,  
\$25/Seniors \$20

NEW!

### **Healthy Home Tips**

*Instructor: Jeff May*

We all agree that home is where the heart is, but could your home also be a money pit that causes headaches, stuffy noses, and asthma symptoms? In this class, Certified Indoor Air Quality Professional and coauthor of *Jeff May's Healthy Home Tips: A Workbook for Detecting, Diagnosing, and Eliminating Pesky Pests, Stinky Stenches, Musty Mold, and Other Aggravating Home Problems* will explain how to avoid all sorts of common house problems that can lead to costly repairs and even serious health symptoms. Tips for diagnosing, addressing, and monitoring problems as well as finding out whether professional help is needed will be covered. Jeff is also author of *My House is Killing Me! The Home Guide for Families with Allergies and Asthma*, and co-author, along with Connie May, of *The Mold Survival Guide: For Your Home and for Your Health*.

F009, 1 Thursday, 7:00-9:00 pm.  
Meets March 11, LHS, Room 224  
\$25/Seniors \$20

NEW!

### **Paris: Off The Beaten Path**

*Instructor: Sally Peabody*

Love Paris? Get beyond the Champs Elysees and the Eiffel Tower to explore four delightful up-and-coming quarters with Paris-expert Sally Peabody. Sally will take you on a virtual tour of charming village-like Batignolles in the 17th arondissement, to the hot rue de Martyrs area in the 9th just south of Pigalle, to the funky Faubourg St. Antoine quarter in the 11th and to multi-cultural, arty Belleville in the 19th. Bistro, cultural and shopping recommendations will be included. \$5 materials fee payable to instructor

F006, 1 Wednesday, 7:00-9:00pm.  
Meets January 13, LHS, Room 220,  
\$25/Seniors \$20

### **Planning Your European Vacation**

*Instructor: Wim Nijenberg*

Learn how to book the best products and services: air hotels, rail, car, ferry, and sightseeing from an expert with 35 years experience! You can make your trip more enjoyable and save time by wisely planning it in advance. Become aware of the many discounts in Europe and avoid missed opportunities. For individual and escorted travel as well as cruises in Europe. Participants receive 2 months free access to a Europe Travel Reference web site.

F005, 1 Tuesday, 7:00-9:00 pm.  
Meets February 2, LHS, Room 230,  
\$25/Seniors \$20

NEW!

### **Walking in the British Isles**

*Instructor: Mary Hamilton*

England, Scotland, Wales, and Ireland all have extensive networks of well maintained, well marked walking paths that afford the luxury of finding your own pace in new, quaint, and beautiful places. While there are many costly companies that will set up an itinerary, transport luggage, and even provide rides for the tired, there is nothing like the sense of adventure and accomplishment that comes from independently learning about and affordably enjoying a new land. This evening, led by an Isle traveler with over 10 years of experience, you will explore your best route choices, maps and guidebooks, B&B's, travel etiquette, public transport options, and what to pack and carry for your perfectly paced tour.

F011, 1 Monday, 6:30-8:30 pm.  
Meets February 1, LHS, Room 230,  
\$30



## Business, Career, and Finance

NEW!

### **Your Age Advantage: Savvy Job Search for Older Workers**

*Instructor: Kit Harrington Hayes*

These interactive sessions will squarely address age discrimination and the implications for job seekers. Participants will discover how to conduct a job search campaign that will have you feeling productive every day, will get you in front of people who can steer you to where the action is and will get you reemployed within a reasonable time frame. While economists are predicting a very slow ("jobless") recovery, we know there are tremendous needs out there. And people with depth and breadth of experience have the most to contribute. Launch (or reboot) your job search campaign with new focus and energy.

**B002**, 4 Wednesdays, 7:00-9:00 pm.  
Begins January 13, LHS Room 100D,  
\$60/Seniors 40

### **Effective Interviewing Skills**

*Instructor: Suzan Wolpow*

The key to effective interviewing is knowing who you are, what you're offering, what the employer needs, and then conveying this clearly. In the first session you will crystallize the strengths you wish to convey to a potential employer. In the second session each participant will have a brief practice interview and receive peer and instructor feedback. For the first session bring three points you wish to convey in an interview (a strength, experience, or trait that sets you apart in some, even small way). This class is limited to 6 to allow for individual attention.

**B003**, 2 Wednesdays, 9:30-11:30  
am, Begins January 27, Cary Library  
Learning Center, \$60.

### **Grant Writing**

*Instructor: Meg Stone*

Learn the basics of researching potential funding sourcing and presenting the work of your organization effectively. Designed for the grant writing beginner, this workshop will help you research potential sources, appropriately communicate the work of your nonprofit organization, and use the grant writing proposal process to inform your program planning efforts.

**B001**, 1 Thursday, 6:30-9:00 pm.  
Meets March 4, LHS, Room 224,  
\$30/Seniors \$25.

NEW!

### **Long Term Care – What is Your Plan?**

*Instructor: Len May*

Nowadays, living a long life is almost a certainty, isn't it? But living a long life doesn't guarantee that it'll be a perfectly healthy one. The possibility of needing long term care is very real. At least 70 percent of people over age 65 will require some long-term care services at some point in their lives. If you need care, the question isn't who will take care of you. The question is how will caring for you impact your family, and how many months or years could you continue to afford to pay for care before you deplete your assets. A well-thought out plan for addressing the need for care is essential to the financial, emotional, and physical needs of you and your family. In this session you will learn about long term care risks and consequences, costs, appropriateness, options, and what to look for in a policy and company.

**B004**, 1 Wednesday, 7:30 - 8:45 pm,  
Meets February 24, LHS Room 230,  
\$20/Seniors \$15.

Our Financial Courses are not intended to substitute for individual financial counseling or advice.

Neither LCE or the Lexington Public Schools may give specific advice on personal investments.

## Body/Mind

NEW!

### **Understanding Weight Management**

*Instructor: Shari Solomon*

You want to lose weight but don't want to follow a diet out of a book. Learn what skills you need to reach and maintain a healthy weight. Understand yourself, your eating habits, your foods and your body. learn to be calm and present at each meal; discover which foods are beneficial and which are harmful; explore your own goals, motivation, and support. Please bring a notebook. Materials fee of \$10 payable to the instructor.

**M002**, 4 Thursdays, 6:30-8:30 pm.  
Begins January 21, LHS, Room 234,  
\$60/Seniors \$45.

### **The Raw and Living Food Diet for Health**

*Instructor: Beth Fishman*

In this class you will learn how to navigate a healthy way to eat in the midst of the many food choices available. Learn why eating raw food is a healthy choice. We will address how to increase your vitality, improve your health and lose weight. Learn how to eat gluten-free, dairy-free, process-sugar free and trans-fat free and be happy doing it. Instructor will supply handouts with recipes to try.

**M001**, 1 Tuesday, 7:00 - 8:00 pm.  
Meets February 2, LHS, Room 214,  
\$20/Seniors \$15.

LCE seeks to educate, enlighten, and offer opportunities that promote learning about holistic health and living well. In this section you'll find everything from courses on meditation, memory improvement, and weight management.

### Stop Dieting

*Instructor: Dr. Susan McCombs*

Imagine not being tempted to overeat? Would you like to have a feeling of indifference towards sugar, bread, pasta, too much snacking, and grazing from dinner to bedtime? You can shed those unwanted pounds, and easily change your eating habits forever. Using guided relaxation and imagery (techniques used in hypnosis) you will notice an improvement in your desire, determination and resourcefulness, which will lead you toward successfully instituting a healthier pattern of eating. Program is designed to help you let go of unwanted pounds gently, easily and permanently. Please do not consume any alcohol before class. Audio CD's will be available for \$30.00 for those who wish to take the program home with them.

**M003**, Tuesday, 7:00-8:30 pm.  
1 session, Meets March 2, LHS, Room 240, \$40.

NEW!

### Brain Boot Camp: Improve Your Memory at Any Age

*Instructor: Mary Driscoll*

Have you had the experience of meeting someone for the first time and immediately forgetting their name? In this interactive and enjoyable course you will learn how to eliminate common memory problems by learning simple memory strategies that can be used immediately. Nutrition and lifestyle choices for brain health will also be discussed. Meets January 28 6:30-8:30, February 4 & 11 6:30-7:30.

**M004**, 3 Thursdays, 6:30-8:30,  
Begins January 28, LHS Room 224,  
\$65.

### Assertiveness and Boundary Setting Workshop

*Instructor: IMPACT Staff*

Many people find that the ability to set and maintain boundaries greatly enhances their sense of safety and self-confidence. In this workshop you'll learn to set boundaries both verbally and with body language. You will practice effective strategies for communicating your needs in situations involving strangers, acquaintances, co-workers, friends, family, and relationship partners. You will also gain strategies for assessing challenging situations and relationships to determine the boundary you need to set. The class is taught by IMPACT, a nonprofit organization dedicated to promoting safety and well-being by giving people the tools to protect their safety through effective communication and self-defense strategies.

**M006**, 1 Thursday, 6:00-9:00 pm,  
Meets March 4, LHS, Room 231, \$58.

NEW!

### Practical Shamanism: A Path of Health, Energy, and Well-Being

*Instructor: Julie Hannon*

For thousands of years Shamans from every culture have believed that we have a luminous energy field that surrounds our physical body, and which holds a record of emotional, physical, and spiritual joys and traumas. They believe that this energy field is a blueprint that determines how one might heal, live, and die. In this introductory lecture, we will discuss the healing practices employed for 10,000 years by the Shamans of the Americas. The ancient practices are presented in a practical system of energy work that allows us to discover states of exceptional health, energy and well-being, as well the opportunity for conscious participation in our future evolution.

**M007**, 1 Tuesday, 7:00 -9:00pm,  
Meets March 9, LHS, Room 222,  
\$25/Seniors \$20.

#### See Also

*An Evening with a Zen Master*  
**page 6.**

## Exercise and Dance

NEW!

### **Practicing Self Inquiry: The Work of Byron Katie**

*Instructor: Neige Christenson*

*My partner doesn't appreciate me. My children should listen to me. I need more money. My body is not o.k. the way it is.* How do you react when you believe stressful thoughts like these? How would your life be different if you could meet your thoughts with understanding? 'The Work' of Byron Katie is a powerful process of identifying and questioning the thoughts that cause emotional pain. This series will introduce the practice of self-inquiry and allow us to discover what positive energy is available when we are open to our own truths. Suggested reading: Byron Katie's first book, "Loving What Is".

**M010**, 6 Thursdays, 7:00-9:00pm,  
Begins January 28, LHS, Room 232,  
\$90/Seniors \$75

NEW!

### **Mindfulness: A Way of Stress Reduction**

*Instructor: Cindy Gittleman*

Adapted from the world renowned teachings developed by Jon Kabat-Zinn, this class will examine ways to live more fully through easily accessible methods of increasing well-being and decreasing stress. By learning to pay attention to mind/body connections and moment-by-moment occurrences, and by letting go of judging and critical thoughts from the past, participants will become increasingly aware of inner calm and strength. Class sessions will include theme-based lessons, guided instruction in mindfulness practice, group discussion, and provide home practice materials.

**M009**, 6 Thursdays, 7:00-9:00 pm.  
Begins January 28, LHS, Room 233,  
\$90/Seniors \$70

### **An Introduction to Meditation**

*Instructor: Dr. Susan McCombs*

Meditation can reduce stress and boost energy and is a surprisingly easy skill to learn. Come join us for this one- night workshop to learn the basics of meditation. With a little practice, you will discover that meditation can help you manage the stress in your life, and increase your overall sense of well-being. Please note; any alcohol consumption prior to class will significantly reduce the effectiveness of these techniques.

**M008**, 1 Tuesday, 7:00 - 8:30 pm.  
Meets February 2, LHS, Room 240,  
\$40

NEW!

### **Strong Bones for Life**

*Instructor: Ellen-Marie DiGioia*

The 206 bones of the human body act as hidden heroes that can either support or "break" the realms of our potential. As we age, care for bone strength becomes essential as potential loss of bone density and risk osteoporosis, falls, or fractures increase. We will look at what we as adults can do to maintain, aid, and increase bone strength and density. Through learning about exercises based on bone strength and function we will take steps in the direction of strong, resilient, and long lasting bones.

**E011**, 4 Mondays, 7:00-9:00 pm.  
Begins January 25, LHS Room 140,  
\$70/Seniors \$50

### **Beginning Tai Chi and Chi Kung**

*Instructor: Sifu Shari*

T'ai Chi and Chi Kung have been practiced for centuries as exercise and a means of improving flow of internal energy. This class is designed to relax your mind and body and increase your concentration and balance. You will get to know the characteristics of Tai Chi and essence of Chi Kung. Movements are condensed and simple. Through regular practice of the exercises you will feel calm, balanced and flexible. Wear loose clothing, socks and bring a towel.

**E003**, 4 Mondays, 6:30-7:45 pm,  
Begins January 25, Clarke Middle  
School, Room 104, \$55/Seniors \$45

NEW!

### **Pick It Up: Practical Body Mechanics**

*Instructor: Susanne Sandberg*

How can you reach for something, lift something, move something to a nearby location, all without hurting yourself? In other words, while protecting your joints. The focus will be on body mechanics. This class will incorporate yogic breathing and awareness, meditation, warming up the joints and gentle stretching. Come to class with an example of something at home you want to pick up or move. Wear comfortable clothing. Be forewarned! You may be told not to attempt to pick up or move some things.

**E001**, 1 Monday 10:30am-12:30  
pm. Meets January 25, First Parish  
Church, Parker Hall, \$25/ Seniors \$20



### **Aikido for Beginning and Continuing Students**

*Instructor: Ted Goodman*

Aikido is a uniquely non-aggressive martial art that teaches practical self-defense without the need to punch, kick or attack. It also holds the distinction of being the only martial art prerequisite for the Tokyo Metropolitan Police Department. Through its beautifully circular flow, Aikido blends with and redirects the momentum of an attack to defeat the attacker. (If you push, I pull. If you pull, I push.) See why "a grab is a gift" and feel the power of its takedowns, throws and immobilizations. Besides the physical benefits of relaxed stretches and fluid movements, Psychological Aikido's non-confrontational approach to conflict resolution is an extra reward in sidestepping the stress and strain of daily life in the office, behind the wheel and at home. Practices are conducted in pairs as partners (never as opponents) and always at your own pace. Karate or judo uniforms are appropriate but any loose clothing can be worn in class.

**E002**, Mondays and Wednesdays for 16 Sessions, 7:00-8:30 pm. Begins January 11, LHS, Room 140, \$190/ Seniors \$145

### **Morning Pilates**

*Instructor: Betsy McLaughlin*

The concentration of this class will be on the mind/body connection using the basic principles of the Pilates method. Proper spinal alignment, as well as strength and endurance of the core will be emphasized. Focusing on flexibility and balance makes this a well rounded workout suitable for beginners and those with previous Pilates training. Please bring a yoga mat.

**E004**, 7 Mondays, 9:15-10:15 am. Begins January 11, Cary Library Meeting Room, \$95/ Seniors \$75

**E005**, 8 Thursdays, 9:15-10:15 am. Begins January 14, Cary Library Meeting Room, \$110/Seniors \$85.

Both sessions \$185/Seniors \$140

NEW!

### **Anusara Influenced Yoga**

*Instructor: Linda Del Monte*

Students of all ages, levels, experience and abilities are able to partake and enjoy this style of yoga, frequently known as a "celebration of the heart". This is yoga that combines a Kripalu (heart centered) and Iyengar style (detail oriented), where you work from inside the body, where your pose will originate, and move to the outside of the body. We will work on finding balance, distributing weight equally and aligning the body in a very therapeutic way that will keep you "safe" while practicing. You will also gain strength, and flexibility while finding the connection of body, mind and spirit. Yoga mat required, comfortable loose fitting clothing, and bare feet, is all you need.

**E010**, 6 Tuesdays, 6:30-7:45 pm. Begins January 12, LHS, Room 140, \$90/Seniors \$70

### **Hatha Yoga**

*Instructor: Asha Ramesh*

Join our basic Hatha Yoga class to stretch and strengthen. You can enjoy this class without fear of competition or performance anxiety. The 60-minute practice will include standing, sitting, and supine poses with a focus on breath. Postures are basic, without compromising on the wellness they deliver. The format changes from one week to another, thus allowing for variation and multiplicity in poses. The yoga you take home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.

**E012**, 9 Wednesdays, 7:00-8:00 pm. Begins January 13, Diamond Middle School Cafeteria, \$90/ Seniors \$70

*From the energy of Bollywood Dance to the spills of Aikido, to a host of courses in Yoga and Pilates, our Exercise and Dance classes provide many low-impact, affordable, and fun ways to help you get in shape and stay that way.*

### **Yoga with a Chair**

*Instructor: Susanne Sandberg*

If you cannot get down on the floor but want to stay fit, try this Hatha Yoga class that uses a chair for balance. You do not need to lie down to get the benefits of yoga, including stretching, flexibility, balance and strength. Learn yogic breathing, postures and meditation. Wear loose clothing and bring a bath towel. You'll feel stronger, healthier and more relaxed after every class!

**E013**, 8 Mondays, 9:00-10:15 am. Begins January 11, First Parish Church Parker Hall, \$100/ Seniors \$75

### **Iyengar Yoga**

*Instructor: Mary Ellen Wixted*

Tired? Stiff? Start a weekly exercise program and watch your energy and suppleness increase. Using stretching, balance, aerobic exercise and beginning yoga poses, you will get stronger and reduce your stress level with every lesson. Wear comfortable clothes. All exercise props, including a yoga mat, are provided for you. If you have physical problems, please check with your physician prior to registering for this program.

**E006**, 9 Tuesdays, 9:15-10:45 am. Begins January 12, Hancock Church, \$115/Seniors \$85

**E007**, 9 Thursdays, 9:15-10:45 am. Begins January 14, Hancock Church, \$115/Seniors \$85

Both sessions \$210/Seniors \$155

NEW!

### **Swing Dance**

*Instructor: Tamar Myers*

Swing dancing is a fun, social partner dance which originated in the 20's. It has had many incarnations since then from Charleston to Lindy Hop to Jitterbug and West Coast Swing. There are many places in Boston where you can go swing dancing almost every night of the week. The kind of swing dancing we will learn in this class is done mainly to music from the 30's, 40's and 50's. We will cover basic 6-count "east coast" swing as well as some 8-count "lindy-hop" techniques. As well as techniques, we will cover connection and frame at an introductory level. At the end of the class, we can decide, as a group, if we would like to go together to one of the local dances. Students should come to this class with a partner, one of whom would like to learn the leader's role and one the follower's. It is not mandatory, but you will be strongly encouraged to dance with everyone in the class.

**E008**, 4 Tuesdays, 7:30-9:00 pm. Begins February 2, Clarke Middle School Cafeteria, \$65

### **Zumba®**

*Instructors: Steven and Cheryl Adcock*

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. It's different and fun and may become the type of exercise you'll want to do everyday while feeling good about doing it. You probably never thought you'd be exercising effectively and aerobically to this type of music!

**E014**, 8 Wednesdays, 7:00-8:00 pm. Begins January 20, Clarke School Cafeteria, \$120

NEW!

### **Bollywood Dance**

*Instructor: Steven Adcock*

Bollywood Dance is a dance fitness workout based on the music and drum beat of the Punjab region in India. Originally danced by men, the modernized dance movements were made popular by the India's film industry (Bollywood). The class is high energy, cardiovascular and will provide overall toning, body conditioning, stamina and balance. Every class segment is easy to follow and can be modified to the comfort level of each participant. Join in the fun and learn a new culture while working out!

**E009**, 8 Wednesdays, 8:00-9:00 pm. Begins January 20, Clarke School Cafeteria, \$120

## Our Instructors



Above: Steve Bogart, instructor, Acting Workshop, page 6.

**Steven and Cheryl Adcock** are former USA Argentine Tango representatives.

**Jenene Allison** is a quilter and tailor who has been sewing for many years.

**Damian Barneschi** has taught art classes and workshops and is an LHS art teacher.

**Cara Bean** received her MFA in painting, and is a LHS art teacher.

**Elena Belkova** is a Russian born artist who studied in both Moscow and the US.

**Catherine A. Berry** has been quilting and teaching traditional quilt techniques for 18 years.

**Steve Bogart** is an accomplished theater director, actor, artist, and LHS Drama teacher.

**Penelope Boyatt** believes in the power of cross cultural learning.

**Miyana Bovan** is a certified ecobroker, green realtor, and has built two 'green' homes.

**Kristen Butler** has been a computer teacher, repair tech, and network designer, and computer consultant for over 21 years.

**Bobbie Carlton** has worked with the largest high tech companies during her more than 20 years in marketing and PR.

**Children's Technology Workshop** is focused on the development and delivery of applied-technology curriculum.

**Neige Christenson** has an MA in Expressive Arts from Lesley University.

**College Funding Advisors** provides financial aid information to the Boston area. [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com).

**David Collins** is an opera aficionado and the pre-opera lecturer for Opera Boston.

**Tom Daley**, a published poet, tutors poets, and has extensive poetry workshop experience.

**Larry Dannenberg** is a professional college placement consultant.

**Linda Del Monte** has been teaching for over 10 years, and practicing for almost 30. She is a Kripalu certified yoga teacher.

**Ellen-Marie DiGioia** is the founder and owner of WellSpree, LLC, a fitness and wellness company.

**Mary Driscoll** is a nationally certified Developmental Educator.

**Catherine Ezell** teaches private art lessons in her studio and classes and workshops.

**Sue Ferguson** is an accomplished teacher and craftsperson.

**Wega Firenze**, a native of Italy, taught Romance Languages in the Belmont Public Schools, and presently teaches at BHCC.

**Beth Fishman** trained as a Living Foods teacher with Alissa Cohen, owner of Grezzo.

**Ken Gable** is a jazz and band instructor at Lexington High School.

**Cindy Gittleman** completed the Stress Reduction Program.

**Larry Glickman** has operated his own framing business since 1977.

**Ted Goodman** has been a black belt since 1987, and has been teaching Aikido since 1993.

**Anne Goodwin** is a long-time professional organizer. Her company is Visible Results.

**Katherine Gorry-Hines** is the co-owner of Complex IT, providing computer consulting, training, and repairs.

**Stephen Greenstein** is a freelance graphic and web designer and has a Multimedia Designer certification.

**Mary Hamilton** is an avid traveler and has over 10 years of experience walking the British Isles.

**Julie Hannon** is a graduate of the Healing the Light Body School, and is personally trained by The Four Winds Society.

**Sergia Hay, Ph.D.**, is a professor of Philosophy with a degree from Columbia.

**Kit Harrington Hayes** is a Career Counselor who has been counseling and coaching adults in transition for 25 years.

**Pat Heggie**, manager of Wild and Woolly Yarn shop, has been teaching knitting for 17 years.

**Peter Hines** has a BFA from University of PA.

**MaLinda Howes** is the owner of the GlassHowes Studio in Bedford.

**IMPACT** promotes safety and well-being by teaching defense techniques.

**Andrea Joliat** is a professional photographer and owner of The Family Album Photography in Lexington.

**Monica Kammerman** is a native Italian speaker with a BA in Psychology and Italian Studies.

**Alan Lazarus & Herman Marshal** are researchers at MIT.

**Jim Lutz** is music teacher in the Lexington School system.

**Bryan Mahoney** has been the editor of the Lexington Minuteman since March 07.

**Tony Marques** has been speaking Spanish for most of his life and has been teaching it for 16 years.

**Tracy Marks** is a certified eBay trainer, tutor, teacher, and consultant.

**Jefferey May** is Principal Scientist at May Indoor Air Investigations and published author.

**Len May** is one of 23 representatives in the state of MA authorized to offer long term care insurance plans endorsed by AARP.

**Dr. Susan McCombs** is a board-certified clinical hypnotherapist.

**Betsy McLaughlin** is Stott-certified in Pilates and believes that everyone can benefit greatly from Pilates.

**Karen Mecham** is an English teacher at LHS.

**Pat Moreno** has over 25 years teaching experience and a lifetime love of French & Italian.

**Tamar Myers** has been in private practice since 1992 in the field of therapeutic bodywork and movement education.

**Christopher Nassise** makes country chairs and other traditional crafts in his shop in North Easton, Massachusetts.

**Wim Nijenberg, CTC**, has been planning European travel for 35 years.

**Dr. John Oberteuffer** is self-published author of Swedish Blood.

**Jacqueline Ormonde** holds degrees in communication and language from universities in Spain, Portugal, and Emmanuel College.

**Karl Orvik** is an experienced teacher and performer, currently enrolled in the DMA program at B.U.

**Adam Pachter** is a published novelist and editor.

**Reeta Pandey** received her Ph.D. in Sanskrit and Philosophy from Banaras Hindu University and has taught Hindi at M.I.T.

**Vanessa Parravano** is currently teaching Italian throughout Cambridge, Wellesley, and Natick.

**Sally Peabody** is a consummate traveler, travel writer, tour guide and president of Your Great Days in Paris.

**Arlayne Peterson** has a Master's Degree in Education and has taught ESL for several years.

**Tom Peterson** is a former professor of international business law and a certified ESL instructor.

**Mindy Pollack-Fusi** is a regular contributor to The Boston Globe.

**Asha Ramesh** is a certified yoga teacher from The Yoga Studio in Boston and a 200 hour-registered hatha yoga teacher.

**Mark Regillo** has been a serious photographer for over 20 years and is passionate about digital photography.

**Al Roos** is a math teacher at LHS.

**Michelle Ryan** is the owner and operator of Cake in Lexington. [www.cakeperiod.com](http://www.cakeperiod.com)

**Susanne Sandberg** is an occupational therapist who has her yoga teacher training from Kripalu.

**Meghan Shadrack** owns Meghans Inspired Interiors, a home staging and design company.

**Shari Solomon** is a holistic nutrition consultant.

**Sifu Shari** has taught Tai Chi for 8 years and has been studying with Bow Sim Mark since 1997.

**Kimberly Stirling**, a teacher at the International School of Boston, has a Masters in English.

**Meg Stone** has written many successful grant proposals for Boston area non profits.

**Gretchen Sommerfeld** is an accomplished beader.

**Ben Vivante** is the webmaster for the Town of Brookline and owns his own web consulting company.

**Alice Wadley** is a Red Cross certified teacher.

**Judy Wessells** owns Organize This! a professional organizing business in Arlington.

**Mary Wixted** is a graduate of the two year Iyengar Teaching Training Program.

**Suzan Wolpow, M.S., L.M.H.C** is an experienced psychotherapist and career coach specializing in critical life issues.

**For programs sponsored by the town Recreation Department, contact them at Lexington town hall:**

*Lexington Recreation Department: (781) 862-0500 Ext. 262*

## Important Information

### How to Register BY MAIL/FAX

Use a form on inside back cover. Fill out completely, including telephone numbers with area codes, so that we can reach you if needed. LCE does NOT share your personal data with anyone. Write one check for total amount; make payable to Lexington Community Education. OR you may give us your credit card number (Visa or Master Card only). Our address is 251 Waltham St., Lexington, MA 02421. Or fax to (781) 861-2440. You may also register at our office at LHS on the 1st floor in the LHS Main Office. Once registered, plan on attending. LCE does not send confirmations.

### How to Register BY PHONE

You will need your credit card to register by phone. Please call any time and leave the following information on the voice mail: your name, home phone number, street address, zip code, card number & expiration date, V-code (3 last digits above signature on back of card) and the class or classes you wish to take. Once registered, plan on attending. LCE does not send confirmations.

### Office Hours and Location

The LCE office is open from 10:00am - 9:00 pm, Monday through Thursday and 9:00 am - 3:00 pm Friday when school is in session. We have limited hours between semesters. Once registered, plan on attending. We will send a confirmation only if you send us a SASE. There is a \$25 fee for returned checks.

### Discounts and Scholarships

Our classes are open to everyone, regardless of residency. Reduced tuition is available as noted to Seniors (65 years of age and over), and also to employees of the Town of Lexington for most, but not all, of our classes. Limited scholarship assistance is available for Lexington residents; please call to request an application.

### Holidays and Closings

Whenever Lexington High School is closed, there are no LCE classes at LHS. When the Lexington Public Schools are closed due to inclement weather, we are closed also. Please call us for a recorded announcement.

### Cancellation and Refund Policy

Refunds will be issued for all class cancellations or for medical emergencies. If you withdraw from a class at least three business days before the start of your class you may request a refund, minus a \$10 processing fee. If you choose to receive a credit toward another course, the processing fee will not be applied. Please note that refund checks can take six to eight weeks to process. Special series lectures are non-refundable. No refunds or credits are given for changes in instructors, or locations. If you are dissatisfied with a class, please call us immediately.

## Directions To Sites in Lexington

### Lexington High School 251 Waltham Street

LHS is located near the corner of Waltham St. and Worthen Rd. Enter through new main entrance via parking lot on Worthen Road. Most classes are on the 2nd floor of main building. Our office is in the LHS main office on the first floor, past the gym.

### Diamond Middle School 99 Hancock Street

Please enter front door only from Hancock Street entrance.

### Clark Middle School 17 Stedman Road

Access from Waltham St.

### Cary Library 1874 Massachusetts Avenue

From Lexington Center, go north on Mass Ave, then turn left on Muzzey Street. Then turn right on Raymond, then right on Clarke Street. The Library parking lot is on the right. The Learning Center and the Meeting Room are on the lower level.

### First Parish Church 7 Harrington Road

Steepled white church facing town Green in Lexington Center. Park behind church building in big lot. Parish Hall is upstairs. Parker Hall is downstairs.

### Depot Square 13 Depot Square

Mass Ave to Lexington Center. Depot Square is old train station building. Parking available in public lot in rear.

### Follen Church 755 Massachusetts Avenue

Located in East Lexington next to the East Lexington branch library. Enter through side door at rear of building. Classroom is on 2nd floor. Please park on Mass Ave.

### Hancock Church 1912 Massachusetts Avenue

The stone church facing the Battle Green.

Our tax id number is E-04-600-1200

LCE complies with equal opportunity legislation (chapter 622 and Title IX). We are committed to serving the needs and interests of the community—adults, seniors, and children.

Any information and/or advice, either expressed or implied, in any LCE class, is solely that of the instructor. LCE assumes no responsibility for the course content. Courses are designed for education and enjoyment, and are not intended to serve as the basis and/or rationale for any decision on the part of the participants.

### Contact Info

Lexington Community Education  
251 Waltham Street  
Lexington, Massachusetts 02421

Phone: (781) 862-8043  
Fax: (781) 861-2440

info@lexingtoncommunityed.org  
www.lexingtoncommunityed.org





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Photograph courtesy of the Lexington Historical Society - Buckman Tavern.

LexingtonCommunityEd.org | 781.862.8043

## Register Early *WHAT IS NEW AND EXCITING THIS WINTER?*

*Classes to make winter more vibrant:*

**Historic Home Tour of Hancock Street and Avenue** p.4  
*A December holiday tour of beautiful and historical homes.*

**Lexington Women in Business** p.4  
*A special panel discussion with four entrepreneurs.*

**Brain Boot Camp: Improve Your Memory at Any Age** p.21  
*Learn some tricks on how to eliminate memory problems.*

*Classes for Relaxation and Fun:*

**Acting Workshop** p.6  
*Explore acting and theater with improv, self scripting, and text work.*

**Adult String Ensemble** p.7  
*Play string chamber music with a group.*

**Bollywood Dance** p.24  
*Dance fitness workout based on the music of the Punjab region.*