

Darien Continuing Education Spring • 2007



Find out what's cookin' in Darien this spring...page 7

January 22-May 23, 2007

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Darien Continuing Education

Box 1167

Darien, CT 06820

•

656-7467

www.darienps.org/dce/spring2007

General Information

Admission & Tuition: The Darien Continuing Education program is open to all residents and nonresidents. Course tuition is noted under each course description. Full payment for all courses must accompany your registration. Make your check payable to “**Darien Public Schools.**” Mastercard or Visa will be accepted. Fees listed include a non-refundable \$10 registration fee. There is a \$30 fee for checks returned due to insufficient funds.

5-Way Registration:

- Walk-in registrations accepted at the Board of Education offices between the hours of 9:00 a.m. and 4:00 p.m.
- Mail registrations may be mailed to the following address:

**Darien Continuing Education
P.O. Box 1167
Darien, CT 06820-1167**

• Internet registrations online at...
www.darienps.org/dce/spring2007

- Fax registrations to 656-7457.
- Phone-in registrations to 656-7467.

DCE will confirm all enrollment if an email is provided. Registrants will be notified if a course is cancelled due to insufficient enrollment.

Senior Citizens: Darien seniors, age 62 and over, are entitled to a 10% discount on all classes. If you pay full tuition, you help sustain this self-supporting program.

Course Cancellations: If Darien Continuing Education cancels a course, all tuition paid will be refunded. Darien Continuing Education reserves the right to limit or cancel any under-subscribed courses as late as the scheduled class starting date. Allow four weeks for the processing of refunds.

Satisfaction Guaranteed: If for any reason you are dissatisfied with any DCE course after the first class, your tuition will be refunded minus the registration fee. Requests for withdrawal from a one-session class should be made before the first class. Tuition credit certificates are available in place of withdrawal refunds with no deduction of the registration fee. In the event of illness or personal circumstances, registrants may request a refund or tuition credit.

Class Dates & Times: Check individual listings for class dates and times. Registrants will be notified by phone or mail about changes to class dates and times. Call 656-7467 for course information updates.

Class Location & Room Assignment: DCE classes will be held at Middlesex Middle School unless otherwise specified. Confirmations that include relevant course information and directions will be mailed or emailed to registrants. A DCE staff person will also be on location to direct registrants to assigned classrooms.

Faculty: Many of our faculty are local residents or teachers. A number of classes are taught by individuals who are actively involved in a business related to their topic. DCE provides these courses as a public service and does not endorse or recommend any product or service mentioned in connection with these courses.

Class Size: All classes will be kept to a reasonable number, depending on class content. Read each listing for specific information regarding class size. Registrations received after the maximum limit for any class has been reached will be held, pending the possible formation of another class.

Inclement Weather Cancellations: If the Darien Public Schools are closed for the entire day, all DCE classes will be cancelled and rescheduled as soon as possible. Call 656-7467 after 4:00 p.m. for a recorded message or listen to your local radio station for school cancellation information. DCE will attempt to call registrants when cancellations occur.

Administration: DCE is supervised by Dr. Edward L. Gomez, Director, and Marilyn Dunleavy, Secretary. If you have questions or concerns about the program, call 656-7467. If no one is available to answer your questions, a message may be left on the answering machine. Your call will be returned as soon as possible. You may also email for information at mdunleavy@darienps.org

Directions:

to **Middlesex Middle School**

Merritt Pkwy: Exit at 37.

Drive 1 1/2 miles south on Rte. 124, (Mansfield Ave). Right on Middlesex Rd..

Take Middlesex Rd. to Hollow Tree Ridge Rd. Take left. MMS on left.

I-95: Exit at 10, north on Noroton Ave. to West Ave.

Left on West Ave to Hollow Tree Ridge Rd. Right on Hollow Tree. MMS on right.

••••IMPORTANT DATES••••

DCE Walk-in Registration:

Mon.-Fri. 9 a.m.-4 p.m.

Office of Summer

& Continuing Education

Lower Lobby

Board of Education Offices

2 Renshaw Rd.

DCE Classes Start:

Monday, 1/22

DCE Classes End:

Wednesday, 5/23

DCE Classes Location:

Middlesex Middle School*

Check listing for exceptions.

No DCE Classes:

2/19, 2/21 DPS Winter Recess

4/16-4/20 DPS Spring Recess

Mandated Adult Education

*“Are you a Darien resident
who needs any of the following programs?”*

•
High School Credit Diploma
General Education Development Exam
Adult Basic Education
Project Succeed
Citizenship Education
English As a Second Language

•
*“If you are, call today! Why?
By law, all residents of Connecticut
who need these programs,
are entitled to them
...FREE of charge!”*

“Who do I call?”

Stamford Adult Education

977-4209

**369 Washington Blvd.
Stamford, CT**

656-7467

Darien Professional Staff & DCE Classes for CEUs

Members of Darien’s professional teaching staff who would like to apply their participation in any of the courses offered in this catalog toward the attainment of staff development CEUs should contact Judith Pandolfo, Assistant Superintendent for Elementary Education or Stephen Falcone, Assistant Superintendent for Secondary Education for information on application procedures. Call 656-7467 for registration information. •

Jewelrymaking

A050 Basic Bead Stringing

Learn the basics of bead stringing and have a lot of fun doing it! You create a necklace or bracelet with this fun introduction to jewelry making. All materials reflect the hottest trends in the fashion magazines and are guaranteed to bring out your hidden creative talents. You will string your beads, learn crimping techniques and how to attach a clasp. You will be taught to identify the stones and metals used in making jewelry. Please do not bring your own materials to class. Instructor will supply materials and tools for purchase. Material costs average \$25.



Mon.	3/5	7-9 p.m.
MMS	Galetta	\$29

Viola Galetta has taught jewelrymaking at the Wilton and Darien Senior Centers, Ridgefield Crossings, and the Ridgefield Continuing Education. Her passion for jewelry has sparked the creativity of many of her students.

Painting



A028 Representational Arts in Oils for Beginners and Experienced Painters

Learn definite principles and tricks that have been followed by the masters for hundreds of years. Learn the use of value scale, composition, color mixing, glazing, scumbling, and more. Get the basics to make painting easier and rid yourself of the guesswork. A materials list will be provided to registrants. Easels are recommended; students may purchase an easel through the instructor at a special discount (\$50). Limit: 15.

10 Thurs.	1/25-4/12	
7-9 p.m.		
MMS	Russo	\$199

Enzo Russo, born in Florence, Italy, is a graduate of the School of Fine Arts. He trained with Italian modern master Giorgio de Chirico. In addition to teaching, Mr. Russo has exhibited widely in numerous galleries throughout Europe and the U.S.

Norwalk Community College Yoga, Tai Chi, and Qigong

4348-5 Yoga for Beginners

Designed for men and women new to yoga or with limited experience with yoga. The sessions will focus on yoga breathing techniques and exposure to a variety of yoga postures to increase flexibility, and to help manage stress through mind/body union. Wear fitness clothing and please bring your yoga mat and a towel to class.

To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)

12 Mons.	2/12-5/14	6:00-7:15 p.m.
MMS	Stitt	\$135

Miles Stitt, MBA, is a Kripalu Certified Yoga teacher with over 10 years experience practicing yoga. A longtime runner, cyclist, and hiker, he emphasizes the practice of yoga to increase the body's overall health and to keep physically fit.



4817-5 Intermediate Yoga

Designed for those who have taken Yoga for Beginners, or who have a basic experience with yoga. The sessions will include yoga breathing techniques and exposure to a variety of yoga postures with an emphasis on stretching, flexibility and stress release. Wear fitness clothing and bring your yoga mat and a

towel to class. To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)

12 Mons.	2/12-5/14	7:30-8:45 p.m.
MMS	Stitt	\$135



4339-5 Tai Chi

A meditative Chinese martial art characterized by profound slowness, absolute continuity of movement, and a concentrated awareness of what one is doing at all times. Tai Chi promotes well-being, relaxation, graceful movement and effective orchestration of mind and body. This class is open to all levels of experience. To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)

8 Mons.	2/12-4/9	6:45-8 p.m.
MMS	Schick	\$90

Deborah Schick, BA has trained in Tai Chi and Qigong as forms of healing and self-defense for over seven years. She currently teaches at WaterWheel Tai Chi in Norwalk and brings both enthusiasm and understanding of practical detail to her teaching of these arts. To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)



4340-5 Qigong (Chu Kung)

Cultivating the vital breath (Qi) is the foundation of acupuncture, Taoist meditation, Tai Chi, and Asian martial arts. Qigong benefits circulation, improves posture and joint alignment, and inspires a profound release of stress. This class will provide detailed, practical instruction in the most fundamental exercises, meditations and self massages for well-being. To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)

8 Mons.	2/12-4/9	8:05-9:20 p.m.
MMS	Schick	\$90

LP001A, LP001B CHILDREN'S POTTERY - Hand Building and Using The Wheel

The children afternoon program was designed to provide wide range exposure to pottery. The classes are small (max 10 kids per class). No prior ceramics experience is required. Hand building, painting, glazing and the potter's wheel will be covered. One-to-one attention will be given to each child. Examples of projects are: Picture frames mugs, trays, masks, soap dish, small sculptures and more



SPRING 1, 2007

A-8 Session Thursday, May 3 - June 21, 2007; 4:15 - 6:15PM

SPRING 2, 2007

B-8 Session Thursday, May 3 - June 21, 2007; 4:15 - 6:15PM

\$305 for tuition and firing fees. \$35 for clay and a 8-piece toolset (you get to keep) paid to Lakeside Pottery in first class.

Classes are taught at Lakeside Pottery, a ceramic school and a studio in Stamford, CT. Patty Storms, a life long artist, graduated from Wesleyan University. She began working with clay as creative outlet, and became a studio potter where she has been teaching both art and clay to children and adults at Lakeside Pottery. For more information about the studio and teachers, visit www.lakesidepottery.com.

LP001C, LP001D, LP001E, LP001F BEGINNING POTTERY (Adults) Using The Wheel and Handbuilding

Designed for those with some or no experience. This class provides the basics of wheel-thrown pottery: centering, pulling, trimming, glazing, studio techniques and handbuilding. Demonstrations, group discussions and close attention given to each student. The goal of this class is to learn what it takes to throw a pot, create functional pottery and provide the skills to participate in Lakeside Pottery's open studio hours.



SPRING 1, 2007

C-8 Session Thursday, March 8 - April 26, 2007;
10:00AM - 12:30PM or

D-8 Session Thursday, March 8 - April 26, 2007;
7:00PM - 9:30PM

SPRING 2, 2007

E-8 Session Thursday, May 3 - June 21, 2007;
10:00AM - 12:30PM or

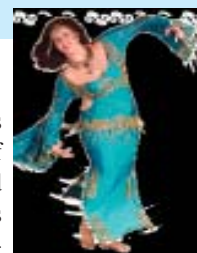
F-8 Session Thursday, May 3 - June 21, 2007; 7:00PM - 9:30PM

\$305 for tuition. Tools and clay cost to be paid to Lakeside Pottery in first class (\$35). Pottery made subject to firing fees (approx \$0.65 per inch).

Classes are taught at **Lakeside Pottery**, a ceramic school and a studio in Stamford, CT. Morty Bachar, the lead teacher at Lakeside Pottery. In addition to teaching at Lakeside Pottery, he is a ceramic consultant to several schools and organizations. Morty is an accomplished ceramic artist and his work is presented and sold in several shows and galleries.

For more information about the studio and teachers, visit www.lakesidepottery.com.

Belly Dancing!



BD001 Belly Dancing

Experience one of the most ancient feminine art forms of dancing using veils and zills! Join us for a class of music and movements that enhances the body and soul with Egyptian, Latin and contemporary styles of music. Bring a fringed shawl to adorn those graceful curves and shimmy your way to health!

8 Weds.	1/31-3/28	7-8 p.m.
MMS	Radice	\$99

Linda Radice, who has studied many styles of dance ranging from ballroom to belly dance since 1997, began teaching belly dancing five years ago. Recently she produced, directed, and choreographed a special Arabian Nights theme belly dancing event at the Terrace Club with students from Fairfield and Stamford.

SENIOR200 Graceful Curves @ the Darien Senior Center: Movement-Dance Class for Seniors

This "dancer friendly", basics class will incorporate primary traditional belly dance moves. Latin dance, meringue, cha-cha and mambo dance steps and music will be incorporated, and participants will learn to use castanet-like instruments called *zills*. Each class will begin with a "move and groove" piece of music to warm up the muscles. From there the class will progress to stretches (while standing) to help improve balance and posture and to strengthen the abdominals to ensure a healthy back. This class is open to those at least 55 years of age. Students should bring in their own veils and scarves. **Call Assistant Director Carolynn Lewis at 656-7453 for more info and to register.**

8 Fris.	1/26-1/22	10:45 a.m.
Darien Senior Center Large Gym, 30 Edgerton Street		
Radice		\$5

Linda Radice, who has studied many styles of dance ranging from ballroom to belly dance since 1997, began teaching belly dancing four years ago. Recently she produced, directed, and choreographed a special Arabian Nights theme belly dancing event at the Terrace Club with students from Fairfield and Stamford.

SENIOR001 Elements Yoga & The Darien Senior Center

This program as been designed for active seniors who want to experience the healing benefits of yoga. This program will strengthen, stretch and balance you, physically and mentally. Bring your own mats and any props you may need (blanket or large towel, blocks, strap or belt). This class is open only to seniors 55 or older. **Call Carolyn Lewis at 656-7453 to register.**

Bruce Bassock, owner of Darien's own, Elements Yoga & Wellness Center has been practicing yoga for over 15 years and teaching for 10. Elements Yoga has been voted "Best Yoga Studio" in Connecticut for the past two years. **This program will be held at Elements Yoga.** (See next page for directions.)

6 Thurs.	1/18-1/22	12:30 - 1:30 p.m.
Elements	Bassock	\$5

Yoga!

Y025 Yoga Basics

The Elements Yoga Basics program has recently received National Attention in "Fit Yoga" Magazine for its effectiveness and accessible approach. You will learn the fundamentals of yoga in this progressive program. Not only will you receive clear and professional instruction, but there will be an additional instructor in class to demonstrate the poses and to assist with alignment points. Great care is taken to ensure that each student is adept in the poses and that each individual's needs and questions are addressed. This program will also prepare you to take on any yoga class and to develop a personal home practice. Bruce and his team are all proficient in creating a class that is accessible to the beginner but is also challenging enough for the more seasoned yogi. This is accomplished by a layering technique where more difficult variations of the poses are offered to those students who are looking for more of a challenge.

Join us once per week or attend all four classes per week; it is up to you! For under \$17 per week, you could be on your way to a more happy and healthy life.

10 weeks – 1/22-3/30

Attend as many of the following beginners classes as you like.

Mon.	Basics	11 am – 12:15 p.m.
Mon.	Advanced Basics	5:45 pm – 7:00 p.m.
Wed.	Basics	5:30 pm – 6:40 p.m.
Fri.	Basics	11 am – 12:15 p.m.
Elements	Bassock	\$165.00

Y027A, Y027B Yoga for Girls

Share the magic of yoga with your daughter! Yoga is a fun, safe way for girls to explore their changing bodies and learn to calm their restless minds. Yoga builds strength and flexibility in a non-competitive environment.

A-(ages 7 – 10)

12 Weds.	1/24-4/11	4-5 p.m.
Elements	Motil	\$185

B-(ages 11-14)

12 Tues.	1/23-4/10	3:15-4:15 p.m.
Elements	Thompson	\$185

Kimberly Motil and **Erica Thompson** are Elements instructors with extensive experience working with young girls.



Y022A, Y022B Pre & Post-Natal Yoga

Would you like to stay healthy and connected to your pregnancy? Whether you've been practicing yoga for years or you have no idea what a Downward Facing Dog is, this pre-natal yoga class could be just what you are looking for. Pregnancy is a time to explore gentle movement and to practice yoga exercises that will help you stay comfortable during your pregnancy and relaxed during labor and delivery. We will explore useful breathing techniques and will practice yoga that is safe and extremely beneficial for the mom-to-be. If a woman has her baby before the pre-natal classes are complete, she would then be able to use the left over classes on either "mommy and me" or on our regularly scheduled yoga classes. She must do so however within 3 months from the time she left the class.

A-10 Mons.	1/22-3/26	7:15 p.m. – 8:30 p.m.
B-10 Sats.	1/27-3/31	12:15-1:30 p.m.
Elements	Caputo/Gawreluk	\$195

Laurie Caputo & **Kerri Gawreluk** are certified Prenatal Yoga teachers. They have extensive experience teaching pre-natal yoga.

Y023 Mommy & Me...Pre-Crawlers

This class is specifically designed to meet the needs of women who are ready to begin or return to the practice of yoga with their babies after the giving birth. The class combines the unique bonding experience of sharing gentle contact yoga with their babies, as well as developing a method of personal practice that includes the interest of their budding child. Learn ways to encourage your baby's development, while finding the space to strengthen, stretch, and tone yourself.

Pre-Crawlers (6 weeks-10 months)

10 Mons.	1/22-3/26	1:30-2:30 p.m.
Elements	Meyers	\$195

Whitney Meyers is a certified yoga instructor, who is also trained in the Itsy-Bitsy Yoga Method and is a pre-natal yoga instructor

Y028 Yoga for Men

A recent Yoga Journal poll found that most men are reluctant to do yoga due to embarrassment. They may believe that most women are better than men in the basic poses, which tend to require more flexibility (especially in the hips) than strength. Put those worries aside and start yoga now! This program has been specifically designed for men & will focus on areas that men tend to be tight in. You will learn effective poses & breathing techniques to combat the stress & tension of everyday life, while learning in a comfortable environment just for men.

A-10 Tues.	1/23-3/26	7:30-8:30 p.m.
Elements	Bassock	\$185

Bruce Bassock knows first hand how healing yoga can be. After many years trading equities & commodities, he suffered from severe back pain & high blood pressure as a result of his daily stress. After healing his back pain & reducing his blood pressure through the practice of yoga, Bruce decided to become a yoga teacher and share the healing effects of yoga with others. He has been teaching yoga successfully for 15 years. Join Bruce and discover how you too can benefit from the healing effects of yoga!

656-7467

Y024 Young at Heart

Anyone looking for a gentle yoga practice? This gentle practice will include simple but effective yoga postures and light conditioning. The exercises will be aimed at opening the connective tissue, which will provide a freer range of motion and general well-being.

8 Thurs.	1/25-3/29	4:30-5:45 p.m.
Elements	Ortner	\$155

Robert Ortner has instructed and coached many students with a wide range of health issues, which has led to an interest in different yoga therapies and a strong belief in stress relief, breath work, and meditation.

DIRECTIONS: **Elements** is located directly across from the Noroton Heights train station in the Noroton Heights Shopping Center, behind Roxy Video. For more information call 655-YOGA or visit them at www.elementsyoga.com



**FC100
Positive Parenting
Discipline Techniques:
How to Get Your Child to Listen?**

Do you feel your child is running your household? Do you still have a child sleeping in your bed? Does your child tell you what's for dinner or when bedtime is? Do you want to be able to say "no" and mean it? Learn how to use discipline in an effective and consistent way by setting limits and creating boundaries that really work. Learn the different types of parenting styles and how these sometimes clash with the temperaments of children. Recommended for parents of children ages 1-5 years. Don't wait until it's too late.

Mon. 3/12 7-8:30 p.m.
MMS Carroll \$19



Christine Carroll is a Parenting Educator at Family Centers Inc. in Stamford and Greenwich. She has been working with children and families since 2000 as a home based visitor teaching

parenting skills and practices. She facilitates first time parenting groups and has designed curricula for parents to use within the home.

**FC140
When Tempers Flare:
A Parent's Guide
to Managing a Child's Anger**

Increase the tools you use to address the oppositional and/or angry behavior of your child. Increase the tools you employ to manage your reactions to angry behavior. Help your child manage their unhappy/angry behavior in a constructive manner. Help your child develop appropriate outlets for angry feelings.

Wed. 3/28 6:30-8:30 p.m.
MMS Basile \$19

Judith Basile, LCSW, CEAP, is the Clinical Manager of Family Centers' Mental Health Services. She has 25 years experience in working with children and families. She completed postgraduate training at the Minuchin Center for Family Studies and The Center for the Advancement of Group Studies both in New York City. She is a graduate of New York University School of Social Work.



**FC200
Parenting During
the Difficult Years:
Middle School and Beyond**

Learn straight-forward methods of raising strong, healthy, self-directed adolescents. Its intent is to empower parents with practical skills and guidance to support and help sustain healthy family relationships. Central to any effective prevention program is the cooperation of informed parents.

3 Weds. 1/24-2/7 7-9 p.m.
MMS Turner \$19 per session

Rose Marie Turner is a Licensed Clinical Social Worker and a Senior Director of Clinical and Prevention Services at Family Centers, Inc. Mrs. Turner has worked as a marriage and family therapist for over 20 years and also consults to health care providers, school systems, and community groups in Greenwich, Stamford, Darien and New Canaan to establish programs that reduce teen alcohol and drug use and improve family functioning. She often presents to local school groups and service organizations on positive parenting and de-stressing today's kids.



Mrs. Turner is an expert group facilitator of parenting education workshops, including Connecticut's mandatory Parenting Education Program for divorcing couples. She also oversees a statewide program recently launched by the Connecticut Council of Family Service Agencies called Focus on KIDS, which provides individualized parent counseling to divorcing or divorced parents in high conflict situations.

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Mrs. Turner holds a Masters of Social Work from Columbia University and has completed internships and training at Yale Child Study Center, as well as the Ackerman Institute for Family Therapy in New York City and Center for Family Learning in Rye, NY.

**FC130
A Parent's Guide to Bullying**

An opportunity to expand your bullying knowledge base. Learn what makes a bully a bully, and a victim a victim. Develop skills for managing your child when they have been identified as a bully or a victim. Special emphasis on building empathy.

Wed. 4/4 6:30-8 p.m.
MMS Moran \$19



Ed Moran is a licensed clinical social worker at Family Centers in Darien and Greenwich where he provides counseling and support groups for children and teens. He has developed and presented programs for public and private school students, parents, teachers and school administrators on preventing peer bullying and developing leadership and communications skills in young people. Prior to his career in social work, he was in the broadcast communications field in Fairfield County. He holds a Masters of Social Work from Fordham University.

**FC120
Heart Healthy
Life Style**

Heart disease is the #1 killer in the USA today! If you are 30, 50 or 80 this class will help you understand the elements that go into living a heart healthy life style. While genetics play a role in healthy hearts, we also know that other factors – diet, exercise, stress, personality style do so also. These are often not easy to change by yourself. Laurel Carey MA will lead the discussion on finding ways to help you live longer and live healthier – for those who are interesting in preventing heart disease and for those who have already experienced a heart event.

Mon. 2/5 7-9 p.m.
MMS Carey \$19



Laurel Carey MA directs the Hearts of Hope Program at the Center for Hope, a program of Family Centers. The Hearts of Hope initiative is a comprehensive program to help men and women deal with the psychosocial issues of heart disease. Prior to coming to the Center for Hope she was the Facilitator of Life Style Counseling for Cardiac Rehabilitation at Stamford Hospital and has taught medical residents and interns about the psychological aspects of illness. A developmental psychologist with an M.A. from New York University, Mrs. Carey became interested in the psychosocial component of cardiac rehabilitation after her brother-in-law suffered a heart attack and died at the age of 38.

Nutrition

"New Year, New You"
An Introduction to a Healthier Life
a series of informative seminars
with
Rachel Leslie.

NU150 The Sweet Life

Learn to enjoy sweets the healthy way. Learn all about sugar, how it affects the body, why we get cravings and how to deal with them in this interactive workshop. Examine natural sweeteners and recipes for naturally sweetened goodies with samples to taste on hand.

1 Mon.	1/22	7-9 p.m.
MMS	Leslie	\$29

NU151 Eating for Energy: Creating Balanced Meals

We all eat because we have to, but some of us use food for other things, like entertainment and emotional support. Did you know that you can change your energy levels by eating certain foods? In this workshop we will cover caffeine and other stimulating foods and how they affect the body as well as examining fruits, vegetables and whole grains as energy sources.

1 Mon.	1/29	7-9 p.m.
MMS	Leslie	\$29

NU152 Nutrition for Kids: A Guide to a Healthy Child

Everyone can benefit from this workshop which examines nutrition for children. Learn how certain foods affect children, common childhood food allergies, working with your kids in the kitchen, and some fabulous recipes and ideas for making each meal wholesome, delicious and fun.

1 Mon.	2/5	7-9 p.m.
MMS	Leslie	\$29

NU154...all three seminars \$69....SAVE \$20!

Rachel Leslie is a certified holistic health counselor. Trained at the Institute for

Integrative Nutrition in New York City, Rachel helps people to achieve a healthier, balanced lifestyle. Rachel has published articles on health and nutrition both in print and on the Web. See her latest newsletter, article or workshops at



What's Cookin' ?

CU101 Heart Healthy Spa Cuisine

Healthy eating doesn't have to mean dieting, calorie counting or the deprivation of the foods that make a meal great. This new series of classes will focus on the ingredients and techniques of light cooking. Learn Spa Cuisine and enjoy a great meal at the same time. There is a materials fee of \$10 per class. Students should bring an apron and two kitchen towels.

6 Mons.	2/26-4/2	7-9 p.m.
DHS	McClure	\$125

CU102 Serious about Seafood

Extensive introduction to fish and seafood. The classes will cover purchasing and storing, boning and filleting, the proper cooking techniques, curing and fish stocks, soups and stews. There is a materials fee of \$10 per class. Students should bring an apron and two kitchen towels.

6 Weds.	2/28-4/4	7-9 p.m.
DHS	McClure	\$125

Doug McClure



Doug McClure is the head chef at DHS. A member of the Institute of Culinary Education with over 25 years of experience as a chef, Doug has worked extensive teaching adults the fine art of cooking.

Register @ 656-7467

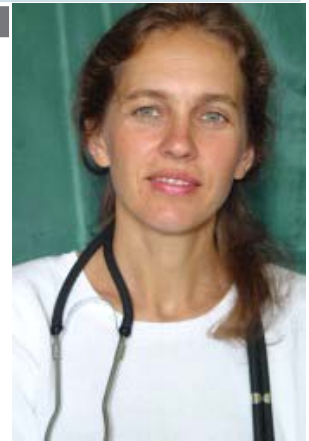
H900 The Natural Way to Optimum Health.

Are you currently dealing with poor health? Have you recently been diagnosed with a disease and wish to work with your doctor to restore your health? Or are you currently healthy, and want to maintain your health and increase your longevity? If you answer 'yes' to any of these questions this is the course for you.

You will learn how the body naturally seeks to maintain health and fight illness, and about the role of diet, food supplements, exercise, and stress reduction in sustaining and restoring health. You will then learn what happens to the body in such common conditions as obesity, osteoporosis, hypertension and type 2 diabetes, and simple steps that you can take to fight such diseases and restore your health. You will learn how best to communicate with your doctor and how to develop an optimum health and wellness plan that is just right for you.

3 Mons.	1/22-2/5	7-9:20 p.m.
MMS	V. Waks	\$59

Veronica Waks, M.D., N.D., is a licensed naturopathic physician with 10 years of experience in both conventional and alternative medicine. Dr. Waks' practice centers upon raising the client's conscious awareness and active involvement in preventing illness and initiating and maintaining the healing process to restore optimum health. She uses the latest techniques of botanical, physical, and behavioral medicine. In addition to her private practice, Dr. Waks currently teaches clinical diagnosis at the University of Bridgeport College of Naturopathic Medicine. She is a member of the American Association of Naturopathic Physicians.



www.darienps.org/dce/spring2007

H074A, H074B Pet First Aid

Pet first aid is the immediate and temporary care given to an injured animal until it can be taken to a professional veterinarian for more definite medical care and attention. The goal is to protect both pet owners and their pets from further harm, injury, or suffering during emergencies by teaching prompt, effective actions and care that will safeguard the life of an injured pet.



A-Mon.	2/12	6:30-9:30 p.m.
B-Wed.	4/4	6:30-9:30 p.m.
MMS	Red Cross	\$50

The **Red Cross** has been teaching pet owners how to care for their beloved pets the past five years.

H086 Sports Safety Training

The safety of athletes is the number one priority of a coach. Prepare yourself to be the best coach you can be. Learn the following: (1) how to keep athletes safe; (2) how to prevent, prepare for, and respond to sports-related injuries; (3) how to deal with issues related to the safety of athletes; and (4) how to provide an atmosphere in which athletes can train and compete with the confidence their coach is capable of handling sports-related injuries with the best interests of his/her athletes the first priority. This course will help you meet the CPR and first aid requirements mandated for coaches and athletic trainers by many states.

3 Mons.	2/26-3/12	6-9 p.m.
MMS	Red Cross	\$80

The **Red Cross** has been teaching this course for over ten years to many coaches in southwestern Connecticut.

Register by Phone 656-7467

AED
Automatic External Defibrillator



H084 AED Essentials

Learn how to safely operate the Automated External Defibrillator (AED) for victims of cardiac arrest. Registrant must hold a current Adult CPR or higher.

Mon.	3/19	7-9 p.m.
MMS	Red Cross	\$35

The **Red Cross** in Darien has been offering this course successfully since 2000.

H073A, H073B Infant & Child CPR:

Learn how to give rescue breathing and administer CPR to an infant and/or child. Learn how to help an infant and/or child who is choking. Special emphasis will be placed on injury prevention. This course is recommended for parents, babysitters and day care providers. Enroll in this course and receive a **FREE** enrollment in Quality Child Care held the third class session from 6:30-9:30 p.m.----a \$45 value!

A-2 Mons.	1/29-2/5	6:30-9 p.m.
B-2 Weds.	3/21-3/28	6:30-9 p.m.
MMS	Red Cross	\$65

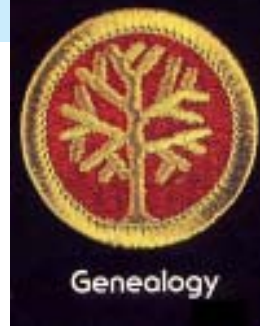


H081 TogetherWePrepare: First Aid and Preparedness

Together We Prepare is a nationwide initiative to help communities prepare for emergencies and disasters before they happen. Though this initiative, each person is challenged to take five steps to help make their families, workplaces, schools and neighborhoods safer. A 90-minute session is packed with information to help individuals stay prepared with valuable lifesaving skills. Topics include: The Together We Prepare 5 Emergency Action Steps, Bleeding, Shock, Muscle and Joint Injuries, Burns, Warning Signs of Heart Attack, Stroke and Cardiac Arrest. Every participant receives unique, high quality training materials, including: A First Aid and Preparedness participant's booklet, a Safety Tube, and a First Aid and Emergency Preparedness color coded quick reference guide that offers comprehensive step-by-step information. A \$19.95 value! Remember, March is Red Cross month...Prepare yourself for any emergency.

Mon.	3/26	7- 8:30 p.m.
MMS	Red Cross	\$25

The **Red Cross** has been helping families "prevent, prepare for, and respond to emergencies" since its inception.



GEN001 Finding Your Roots

Are you interested in your family roots? Have fun as you learn the basics of family history research: (1) strategies for investigating family history online and in print; (2) documentary sources that record the story of your ancestors and their descendants.

4 Weds.	2/28-3/21	7-9 p.m.
MMS	O'Hara	\$79

Edward O'Hara is the Library Director at the College of Mount Saint Vincent. He brings 35 years of research experience and has lectured on genealogical research techniques and resources.



E70A, E70B Babysitter's Training

(Adolescents 11-15) Help your son or daughter become a successful babysitter. Help them learn the skills that will contribute to them being good parents someday. The following topics will be covered: (1) the responsibilities of a babysitter; (2) child development stage; (3) child care; (4) activities for children; (5) preventing accidents; and (6) basic first aid. Students attending all three sessions will receive a certificate of completion.

A-3 Weds.	2/28-3/14	6:30-8:30 p.m.
B-3 Weds.	5/2-5/16	6:30-8:30 p.m.
MMS	Yusko	\$60

Robin Yusko has been teaching Red Cross water safety classes for ten years and helping babysitters acquire skills for the past three years.

Computers & Technology

C505 Excel, the Stars, and Beyond



When it comes to spreadsheets, Excel is a powerhouse--five programs in one. Sadly, most people have little time to harness the power of Excel. Here's your chance to learn the neat things Excel can do for YOU in this hands-on workshop: (1) create lists that do math calculations; (2) do basic math at warp speed; (3) construct handy formulas to solve repetitive math problems; (4) turn numbers into all kinds of graphs; and (5) make charts and rubrics. All are welcome to learn with one of Connecticut's best computer teachers--Gary Webster.

3 Mons. DHS	2/5-2/26 Webster	7-9 p.m. \$99
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Gary Webster, a computer consultant at Cooperative Educational Services in Trumbull, is one of the finest computer instructors in Connecticut with extensive teaching experience in "hands-on" approaches to the teaching of software applications on the Mac and PC platforms. Gary's wonderful approach to computer instruction, coupled with a marvelous sense of humor, has demystified the computer for hundreds of adults and children in Connecticut. He has helped many students better utilize the computer as an important productivity tool in their lives.

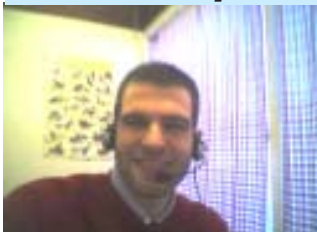
C450 Starting a Website: Website Editor Tells All!



The Internet is red hot and getting hotter. All media are moving into the game full force. Content is king. Domain names are in high demand. You will learn from the instructor's experience as the owner and editor of a successful website. We will discuss, primarily from an editorial and "entertainment" point of view, how to make your site intriguing, sexy, uncluttered, fast, easy to navigate, and stand out. We will discuss ways to keep people on your site -- so they don't just jump in and out -- there's a lot of competition for people's attention! Remember, everything is show-business -- no matter the business you're in!

Mon. MMS	4/2 Bandini	7-9 p.m. \$29
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Gina Pia Bandini is founder and editor of FashionFinds.com, the influential Internet magazine of fashion, style, and culture -- named one of the "Top 10" fashion websites.



C210 Classroom 2.0: Exploring and Experimenting with New Learning Technologies

There are many of us out there who would love to get a chance to play with the latest and greatest technologies available, but don't have the time or experience to know how to find and use them. This on-line course will solve both of those problems for you!

Join computer specialist, Luke Forshaw in an on-line class and learn by playing with technology! Using a Moodle class (<http://www.moodle.org>) participants will get instruction on the following topics/programs: (1) Skype, (2) Instant Messaging, (3) Google Earth, (4) Wikipedia, and (5) gaming. Participants will also have the chance to discuss, at their leisure, the implications for using these programs to create fantastic learning environments for their children and students. (Does this mean: Participants will interact with class participants using message boards, chat and video-conferencing. Imagine learning while playing with and talking about exciting new technologies in your pajamas! Sign up, enrollment will be limited to the first 15 registrants. Please include your email address. Teachers interested in taking this offering as staff development while earning CEUs should forward their registration without payment via interoffice mail to one of the following DPS administrators: Dr. Stephen Falcone or Dr. Judith Pandolfo.

The class will run for 2 weeks and will kick off with an optional face-to-face meeting on February 5th at Tokeneke School from 7-8:30 a.m. to make sure you can access and navigate the Moodle classroom.

2 Weeks Online	2/5-2/16	TBD
Online	Forshaw	\$20

Luke Forshaw (<http://www.lukeforshaw.com>) is the Technology Integration Specialist for the Darien Public Schools. Luke has a passion for technology and its implications for learning.

C049 eBay: The Pack Rat Solution



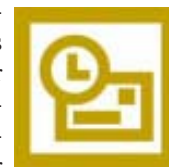
Do you dread tag sales? Is your home filled with stuff you've been dying to sell, but somehow you haven't had time to do it? Do you like working at your own pace? The solution? eBay! Learn how to use eBay to clear out your attic or garage and make some extra cash, all from the comfort of your home computer. Learn from an eBay "addict" the details of selling your "stuff" online. You will also learn how to search for and buy online. Some knowledge of Internet usage is helpful. Include your email address for use by the instructor. Students should register with eBay prior to the class session. Previous sessions have filled, so register early!

Wed. MMS	2/7 Ferber-Collins	7-9 p.m. \$29
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Diane Ferber-Collins returns for her third stint teaching eBay class. A Jill-of-All-Trades---mother of two boys, former marketing VP, and soon-to-be school psychologist---Diane knows the in's and out's of eBaying your stuff!

Beyond eMail: Improving Your Outlook

Harness the power of Microsoft Outlook, a program whose potential is limitless. Learn important tips that will add power to your emails. Learn how to integrate each of Outlooks powerful components into your workday: eMail, Calendar, Contacts, Tasks, Notes, and Journal in one seamless workflow. Save time while improving the quality of your email communications. This is a hands-on course. Students should have a rudimentary knowledge of Outlook. Class is limited to the first 12 enrollees.



3 consecutive nights 7-9 p.m.		
Tues-Thur	Feb 13-15	
Mon- Wed	Mar 5-7	
Tues- Thur	Apr 10-12	
DHS	Smith	\$69

Carol Smith is an Executive Assistant at UBS Investment Bank in Stamford. A former computer specialist with the Darien Public Schools, Carol has extensive experience teaching computer applications to students of all ages. Her patient teaching methods have resulted in hundreds of Darien residents gaining a better understanding of the power of computers.

**Register by Fax
656-7457**

Italian

E017 Ciao a Tutti!!! Italian for the Traveler



Are you planning travel to Italy in the near future? Learn how to communicate in common locations frequented by travelers: hotels, restaurants, stores, airports, etc. Using role playing, Daniela will teach you a number of common phrases and vocabulary that will help make your vacation a more pleasant experience. Buon viaggio!!

2 Mons. 3/5-3/12 7-9 p.m.
MMS Loomis \$39

Daniela Padovani Loomis, born in Milan, Italy, was educated at the Istituto Italiano per il Turismo in Rome and the University of Sociologia in Naples. A Darien resident since 1979, Signora Loomis frequently travels to Italy to visit family and friends.

Russian



4859-5 Russian I

This course is designed for those who want to understand and speak Russian. Develop basic skills in grammar, reading, writing, and conversation. Language study involves both everyday situations and an overview of Russian Culture. To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)

8 Mons. 2/12-4/9 7-9 p.m.
MMS Bolgova \$170

4860-5 Russian II

This course is for intermediate students who are trained in using of basic Russian verbs, adjectives, and introduced to prepositional case. During the session, we will continue developing skills in Russian grammar and comprehension through reading, writing, and intensive conversational practice. Newcomers with practical knowledge of essential Russian are welcome to join. To register call 857-7080, or register on the Internet at www.ncc.commnet.edu. (Extended Studies)

8 Weds. 2/7-4/4 7-9 p.m.
MMS Bolgova \$170

Mariana Bolgova, PhD., is a native Russian speaker with over 10 years of teaching experience. She has taught Russian literature at Pedagogical University in Novosibirsk, Russia.

French

FL031 French I

With emphasis on pronunciation, basic vocabulary and expressions, this is the perfect course for any beginner eager to acquire a good foundation in the French language.

6 Mons. 2/12-3/26 6:30-8 p.m.
MMS Language Express \$109

FL032 French II

A great refresher course for intermediate students or those desiring to expand their vocabulary through conversation, idioms and writing exercises. This is a cross cultural experience that will take you beyond the mechanics of the language.

6 Weds. 4/2-5/14 6:30-8 p.m.
MMS Language Express \$109

Spanish

FL024 Spanish I

This course was especially designed to teach the basic vocabulary and necessary expressions of the language. This basic level will enable you to converse and /or travel in a Spanish speaking country.

6 Mons. 2/7-3/21 6:30-8 p.m.
MMS Language Express \$109

FL030 Spanish II

This course will reinforce as well as expand your knowledge of the language. Based on practical exercises it will help develop your vocabulary for conversation or reading.

6 Weds. 3/28-5/9 6:30-8 p.m.
MMS Language Express \$109

FL027 Spanish for Health Care Providers

Designed for professionals who need to communicate with Spanish speaking clients, this course is tailored for the specific vocabulary and expressions essential in your field. Get the extra edge!

4 Weds. 5/2-5/23 6:30-7:30 p.m.
MMS Language Express \$159

Stamford-based **Language Express** specializes in teaching French and Spanish in effective student-centered approaches.

Finance

F130 The New Retirement Mindscape



Learn how to navigate and survive the emotional roadmap of retirement. Discover a more personalized approach to retirement planning through this comprehensive workshop. Learn what steps you can take NOW to make your retirement dreams a reality. This workshop will answer following key questions: (1) What are the five emotional stages of retirement? (2) How do I make sure I don't outlive my income? (3) What financial concerns lie ahead for my generation? (4) How can I boost my savings if I'm off to a late start? (5) Should I convert my Traditional IRA into a Roth IRA? (6) How do I select the right retirement distribution plan? (7) Is long-term care important? and (8) Should I consolidate my retirement accounts?

Imagine feeling more optimistic, enthusiastic and empowered towards achieving your financial retirement goals. Your vision and planning are just as important as money in achieving retirement fulfillment.

Mon. 5/7 6:30-8:30 p.m.
MMS Cormier \$19

F300 Women & Money Take Charge of Your Financial Future



Your financial future will be much smoother if you take an active role in planning your finances and managing your investments now! Everyone regardless of age, income or net worth needs to make prudent investment decisions including what products and services are best suited for you. This dynamic presentation will help you take an active role in; planning your finances, managing your investments, improving your returns, lowering your costs, and achieving your goals. Understand the following topics: (1) Separately managed accounts vs. Mutual funds; (2) Tax-deferred annuities; (3) Life insurance as a good investment; (4) How to choose an advisor; (5) ETF, Exchange Traded Funds; (6) Roth IRAs; and (7) the Tax Control Triangle.

Wed. 5/16 6:30-8:30 p.m.
MMS Cormier \$19

Henry J. Cormier, CFP, M. Ed. is a Senior Financial Advisor and Certified Financial Planner Practitioner for Ameriprise Financial Services.

Publicity

Press Releases

J150 Spreading the Good News!

Do you have good news to spread? Do you belong to a group who wants the public to know about all the good things happening in your organization? Learn the ABCs of getting publicity for your group, club or business in newspapers, magazines and other media from an experienced newspaper editor. You will learn how to write a press release and get tips on how to get stories, photos and announcements for your group into the public eye. Class size will be limited.

Mon. 1/22 Time 7-9 p.m.
MMS Webster \$39

Gretchen Webster is a newspaper editor whose publication, The Fairfield Minuteman, has won 12 professional national and regional awards in the past two years. She also teaches at New York University.

"I want to start my own business!"

B060a, B060b, B060c, B060d, B060e The Secrets of a Successful Business Plan: Five Easy Pieces

Are you interested in starting or expanding a business? Then you need a business plan to transform your ideas into reality. This course gives you the chance to develop a whole business plan or just the pieces you may be missing. The result is a business plan that will answer the questions of potential investors. Pick and choose the seminars that interest you or attend all five – your choice.

B060a -The Big Idea	Mon.	1/22	7-9p.m.
B060b -The Marketplace	Mon.	1/29	7-9p.m.
B060c -The Business Model	Mon.	2/5	7-9p.m.
B060d - The Marketing Plan	Mon.	2/12	7-9 p.m.
B060e -The Path to Profitability	Mon.	2/26	7-9 p.m.
MMS	Lydecker		\$39 per seminar

Attend all **five** seminars for only \$149...and save \$46

DCE is thrilled to have *Wyn Lydecker* back for her fourth consecutive session. Wyn applies her 30 years of business experience to developing business plans that unlock your business's true potential. She has an MBA from Wharton and is president of Upstart Business Planning. For more information go to Wyn's website at www.upstartbusinessplanning.com.



www.darienps.org/dce/spring2007

Career Planning

JOB002 Resume Boot Camp

Identify and articulate your marketable skills and "value proposition" that makes you stand out from your competitors. Craft a targeted, accomplishment-based marketing document, while learning valuable components of a successful job search.

1 Mon. 3/19 7-9 p.m.
MMS Sweidan \$29

JOB001 Get the Right Job: How to Plan and Manage a Successful Job Search

While there are many more jobs available today than in the last few years, the rules of the job search have changed and finding the RIGHT job has become more difficult. Learn and apply the job search strategies of the acclaimed Five O' Clock Club. You'll do the following as you take this hands-on course: (1) Clarify your target job; (2) Create a personal marketing plan; (3) Apply effective job search tools and strategies while mastering networking skills; and (4) use the Internet effectively in your job search.

3 Weds. 1/31-2/14 7-9 p.m.
MMS Sweidan \$79

JOB003 Getting Back on the Career Track ...for Women Only!

Want to get back into the workplace? This interactive workshop will help women focus on what they want to do, and how to get there. Learn and apply the following: (1) reassessing job skills and interests and (2) effective job search strategies for getting back into the workplace.

2 Wed. 3/21-3/28 7-9 p.m.
MMS Sweidan \$49



Donna Sweidan of Careerfolk, LLC, is a career management specialist with extensive experience in career counseling and job search strategies.

Darien Continuing Education and the Darien Board of Education provide these courses as a public service and do not endorse or recommend any product or service mentioned in connection with these courses.

Memoir Writing

W150

Spiritual Memoir: Charting Your Sacred Journey

Spiritual memoir can enrich the inner journey by helping find meaning and sustenance in both positive and challenging experiences. By providing a safe writing and sharing environment, the instructor for this workshop will help participants explore this genre to both improve writing skills and deepen spiritual experience. The workshop, which will incorporate gentle stretching and non-denominational meditation practice, will be tailored to individual goals. No previous writing experience is required, but if you already write you are encouraged to bring an example of your own spiritual writing, or use part of the workshop time to write on topics suggested by the instructor. Reading out loud will be voluntary. Feedback, if desired, will be positive and nourishing. To provide examples, the instructor will draw on her own work and that of other contemporary writers like Anne Lamott, Dan Wakefield and Kathleen Norris.



6 Weds. 1/24-3/7 6:30-8:30 p.m.
MMS Parish \$120

Madeleine Parish is the author of "A Pilgrim's Way," a collection of meditations for healing published by Tyborne Hill. Her works of short fiction, spiritual memoir and essay have appeared in publications including "The Phoenix," "Buffalo Spree" and "Christianity and the Arts." Her novel "The Geography Lesson—A Novel of Forgiveness," published by Tyborne Hill, was recognized by the PEN Women of San Francisco in their annual competition. "The Pilgrimage, a spiritual memoir piece, will appear in My Body of Knowledge," an anthology due for publication in 2006. She's currently polishing her next novel, "At the End of the Storm," to be released in late 2007.

Journal Writing

W450

The Creative Journal

Are you just starting a journal? Or are you 'stuck' in your journal writing? Or do you want to take your journal keeping to a new level and use it to support your creative projects? If you answer 'yes' to any of these questions this is the course for you.



You will learn many different ideas about what journals are and what they are good for, and many myths and misconceptions that keep journal writers 'stuck'. You will then explore many creative journal techniques that have worked for others, and select and shape a journal format that is just right for you. Then you will learn how to use your journal to nourish your creative projects.

3 Mons. 1/22-2/5 7-9:20 p.m.
MMS L. Waks \$59

Leonard J. Waks holds a Ph.D. in philosophy from the University of Wisconsin, and his Ed.D in group psychology from Temple. He was a professor of philosophy at Purdue and Stanford Universities, and a visiting professor of philosophy at Carnegie-Mellon and Penn State.

Creative Writing

W030

Creative Writing

Creative Writing is a wonderful form of expressing ideas, thoughts, fantasies and fears, beliefs and opinions. This imaginative course is filled with lots of exercises for developing, expressing and freeing your creativity on paper. Participants will work towards creating their own individual creative writing portfolio which will include short-stories, one-act plays, opinion pieces, poetry and more.



6 Mons. 1/22-3/5 7-9 p.m.
MMS DeBenedictis \$119

Jon De Benedictis is an English teacher at the Unquowa School in Fairfield. He also teaches a Creative Writing seminar to high school students as part of the New Haven Board of Education/Yale University

Screenwriting

W400

The Art of Screenwriting

Do you have a great idea for a screenplay and would like to write it? Discover how to write a screenplay, whether it be a romantic comedy, thriller, horror or drama. Learn how to write a Log line - a one line sentence to describe your story. Learn how to write a synopsis, which can be a vital road map for telling your story. Begin the process of realizing your dream as we move from the beginning to the final act of your story. Other important aspects of the screenwriting world we will discover together include the following:



- **PLOT** The story itself. Discover the ingredients to write a compelling story
- **CONFLICT** Without it, your story can't be interesting. Learn how to create it.
- **ACT STRUCTURE** Discover the foundation of story building.
- **CHARACTER** Discover how character revelations propel your story forward.
- **PACING** Learn how to keep the audiences attention through it.
- **DIALOGUE** Learn techniques to write concise dramatic believable dialogue.
- **DESCRIPTIONS** Learn how to grab the reader's attention with short scene set ups.

Laptops are welcome. Students are advised to use either of the following software programs designed for writing screenplays: FINAL DRAFT or MOVIE MAGIC. Class size limited to the first 15 students.

6 Mons. 3/5-4/9 7-9 p.m.
MMS Evarts \$199

William Evarts recently signed an option agreement for his screenplay "Parallels", a feature romantic comedy, with Timothy Ryder of Rapture Productions, co-producer of "That 70's Show" and "Third Rock From the Sun". Since the writing of the stage play, "Pluto Squared" in 1995, William Evarts has authored numerous screenplays.



E041A, E041B
Total Driver Education:
the Driving School of Fairfield

Give your teenager the comprehensive and convenient driver education experience that provides the student driver with everything he/she needs to get a license in the shortest amount of time. Provide your teenager with all the state-mandated classroom instruction (30 hours) AND appropriate driving instruction (8 hours). Make sure your teenager has all the basic skills and knowledge of driving with an intensive 38-hour course that places additional emphasis on the following skills: defensive driving, impaired driving, road rage, and driving under adverse conditions----skills needed for driving safely in the real world. Students must be 16 years of age when the class starts. Students must attend fifteen (15) two-hour classes from the 30 available dates in the spring term. This list will be made available to students at their first class session.

15 Tues. or Thurs. 1/16-6/14 6:30-8:30 p.m.
 8 hrs. of driving instruction...individually scheduled.
 MMS Driving School of Fairfield \$750

The Driving School of Fairfield has been in operation for 15 years serving Fairfield County teenagers with comprehensive driver training. The time and effort put into the unique classroom curriculum is evident. Students and parents can rest assured they are getting the best driver education. For more information visit us on the web at the following web address: www.DrivingSchoolOfFairfield.com or call 203-255-7676 for more information.

SAT Preparation

SAT TEST DATES : May 5, 2007
 June 2, 2007



IB001A, IB001B
SAT Prep: Math & Critical Reading

The SAT is the biggest single test for determining college admissions offers and merit scholarship awards. Help your child maximize his/her SAT test scores, with the most comprehensive set of strategies and practice questions for SAT success developed by Ivy Bound.

Ivy Bound instructors are college undergraduates and graduates who scored in the top 1% on the SAT. They teach with clarity, enthusiasm, empathy, and test knowledge.

Ivy Bound students have been accepted to every Ivy League school and all but two of the colleges ranked in the "Top 50". Whatever a student's incoming abilities, the Ivy Bound course of study can boost SAT test scores enough to open up a whole profile of new colleges and numerous scholarship possibilities. Last year's Ivy Bound students reported average increases exceeding 125 points.

Twelve preparation classes and three practice test sessions will be held in preparation for the (A) **May 5**, and (B) **June 2, 2007**, SAT examination. In addition, Ivy Bound offers the following additional services **FREE** to all registrants: (1) Test Strategy Conference Calls; (2) Extra Math Help Conference Calls; (3) Verbal Skill Development Conference Calls; (4) SAT Vocabulary Lists and Quizzes; (5) PSAT Supplemental Strategy Packet; (6) Information Seminars for Parents; (7) E-mail Explanations to SAT Blue Book questions; and (8) Writing Conference Calls. An optional four-session Writing Prep is offered at a reduced cost to registered students on Mondays and Tuesdays. **All student course materials are included.**

Go to www.ivybound.net for more detailed information.

A-12 Monday Lessons	Jan 29 - April 30	6:30-8:45 p.m. except Feb. 19 & April 16
Two practice ests	April 2 and April 23	9 a.m- 1:15 p.m.
MMS	Ivy Bound	\$1150 After January 18...\$1350
B-12 Wednesday Lessons	Feb 7 - May 30	7:15 - 9:30 p.m. except Feb 21 & April 18
Two Practice Tests	May 2 and May 23	6:30 - 9:30 p.m.
MMS	Ivy Bound	\$1150 After January 18...\$1350

IB002A, IB002B
SAT Prep: Writing

Help your children achieve their best score on the written portion of the SAT examination! Help better their chances of gaining admission into the college of their choice. The grammar and essay writing skills taught here are also helpful for success in high school and college English courses. Students will work with college undergrads and graduates who scored in the top 1% on the SAT. They know teens! Ivy Bound's instructors do six essay evaluations for each enrolled student between the first and final sessions. Optional 20 minute extra help sessions are provided at no charge following each session. Target SAT dates: **May 5**, and **June 2, 2007**.

A-4 Wednesdays	March 7 - 28	6:30-8:45 p.m. OR
B-4 Tuesday	March 27, April 3, 10 & 24	6:30-8:45 p.m.
MMS	Ivy Bound	\$550 After Feb 18, \$750
If enrolled in SAT Prep: Math & Critical Reading \$350		

Ivy Bound has helped over 3,000 students prepare for the SAT and produces outstanding results. Dartmouth graduate Mark Greenstein created Ivy Bound as an intense, yet personal, approach to SAT preparation

ED100A, ED100B
Helping Your Child Excel in the Classroom



Every child has unlimited potential, however, to achieve this parents and teachers must be working together as partners. This course helps parents explore ways to assist their children that will support the school's educational objectives by providing strategies to assist children in reaching his/her potential in the fast-paced classroom. Four sessions will be held, one each on helping your child become better organized, improve their reading, math, and research/study skills.

A-(K-6)	4 Mons. 1/22-2/12	7-9 p.m.
B-(K-6)	4 Weds. 3/5-3/26	7-9 p.m.
MMS	Satter	\$59

Darien teacher Keith Satter returns after successful teaching this class last fall for DCE. A business executive for many years, Mr. Satter practices what he teaches each day at Royle School.

Musical Fun...



M005 Adult Chamber Orchestra

The Adult Chamber Orchestra is a ten-week course, meeting one evening a week, culminating in a final public concert. Under the direction of Darien String Teacher Jane Minnis, the ensemble will work on orchestra music appropriate for a reentry level, or at a level that corresponds to the playing level of the group. This course is ideal for adults who have let their instrument rest for a while or who have just begun a new instrument. Instrumental music teachers who would like some practice on their non-primary instruments are also welcome to participate. No class 2/28.

10 Weds.	2/7-4/25	6:30-
		8:30 p.m.
DHS	Minnis	\$169

Jane Minnis has directed the ACO since its inception in the Fall of 2000. Jane is music teacher at DHS and Director of the Darien Summer School String Program.

Real Estate



HG099A, HG099B 101 Things to Think About When Buying or Selling a Home

Are you thinking about buying or selling your home? Come to an "expo" that will help you with all the details of buying and selling your home. Learn the "dos" and "don'ts" of selling your home. You'll pick up loads of helpful hints on buying a house. Local attorneys, mortgage consultants, and real estate representatives will be on hand to answer any of your questions. You'll be sure to leave with lots of useful information that will help make buying or selling a home easier!

A-Mon.	1/22	7-9 p.m.
B-Mon.	2/5	7-9 p.m.
MMS	Keena	\$10

Sarah Lexow Keena is a lifelong Darien resident and local real estate agent.



Bridge

R003A, R003B Bridge for Advanced Beginners & Intermediates

If you have a basic knowledge of bridge and want to improve your game this course could be for you! We will review the fundamentals of bidding, declarer play, and defense, then move on to explore modern bidding techniques, including the most popular conventions such as Jacoby transfers, weak 2-bids, unusual notrump, Drury, Michaels, and many others. Each week a lecture/dialogue followed by supervised play, using prepared hands that illustrate the theme of each lesson. Each table will play the same hands and an analysis with questions and answers will follow. The overall objective is to develop your "bridge logic" skills and reasoning processes - how to think at the bridge table!

A-6 Mons.	1/22-3/5	7-9 p.m.
B-6 Weds.	2/28-4/4	7-9 p.m.
MMS	Greer	\$89

Jim Greer has been playing bridge since 1960 and has competed since 1973. He holds the rank of an American Contract Bridge League Diamond Life Master, having won 14 Regional tournaments and numerous Sectionals. He is ranked 14th in Connecticut and 54th in New England. Jim has extensive experience teaching bridge to adults in Southwestern Connecticut.

Remember Our Vets



VD001 Remember the Vets: Yesterday's Heroes

Come, honor our veterans by spending an afternoon at the Darien Library with some local veterans of World War II: Everett F. Gidley, Jim Benham, Phil Morehouse, Bill Harford, and Rawle Deland. Listen, ask questions, and learn from these servicemen. All proceeds will go to the new Darien Library Building Fund.

Sun.	5/27	2-4 p.m.
Darien Library	Darien WWII Veterans	
Adults \$20	Children \$10	

GAR101 Gardening Basics

Learn the the fundamentals of gardening from UConn Master Gardeners. Topics to include the following: (1) plant physiology, including plant parts and functions and assessing the garden, including proper site and plant selection; (2) preparing garden beds, including amending soils, fertilizing and mulching, vegetable garden from seed propagation to harvesting; (3) composting, gardening with perennials, including planting for three season color, deer-resistant strategies, and care and maintenance; (4) common garden pests, including ID of damage done and how to deal with destructive insects in an environmentally sensitive fashion, garden maintenance including watering, weeding and pruning. Q & A sessions will follow each class. Call 203-322-6971 for more information.



4 Tues.	4/10-5/1	7-9:30 p.m.
BA&G	CT Master Gardners	\$89

The *Bartlett Arboretum & Gardens* Education Building is located at 151 Brookdale Road, Stamford CT 06903. Directions: From Merritt Parkway/Route 15, take Exit 35. Follow High Ridge Road/Route 137 north (left off north or southbound ramps) for 1.5 miles to Brookdale Road on left. Turn left. BA is within one mile on the right. Parking is located at the end of the entrance driveway.

Darien Continuing Education Registration Form

**Call 656-7467 now to register! Please, don't wait until the last day to register! Register today!
If we don't have sufficient advanced registration, the class will be cancelled!**

Last _____ First _____ Date ____/____/____

Street _____ City _____ ST _____ ZIP _____

Home Phone _____ Business Phone: _____

Fax Phone _____ E-Mail Address _____

Cate. No.	Course Title	Start Date	Day	Time	Fee
Make checks payable to "Darien Public Schools".....					TOTAL=

Check/Money Order: _____

CREDIT CARD REGISTRATION BY FAX OR MAIL:

Visa #: _____

MasterCard#: _____

Expiration Date: ____/____/____

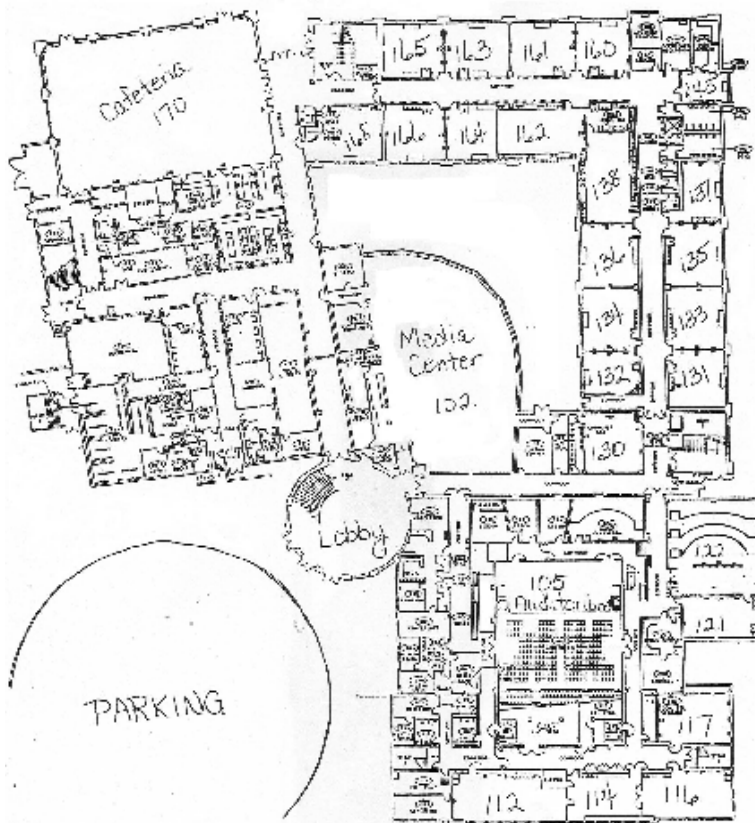
Signature: _____



**Register by Fax?
656-7457**

Mail Registration to:

Darien Continuing Education
Box 1167
Darien, CT 06820-1167



Map & Directions to Middlesex Middle School

WANTED

Darien Continuing Education is looking for enthusiastic & knowledgeable adults to teach...

Do you have hobby that you're passionate about? Teach a class!

Contact:
656-7466
edgomez@darienps.org

Darien Continuing Education • Spring 2007

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Darien Summer & Continuing Education
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