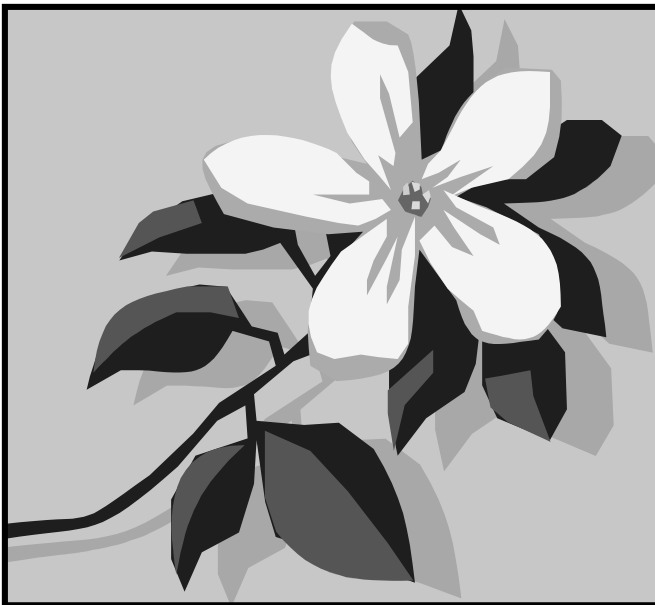


ADULT & CONTINUING EDUCATION PROGRAM



Spring 2009

EAST ISLIP & ISLIP PUBLIC SCHOOLS

**Offered Through
SCOPE Education Services**

**SCOPE Education Services
100 Lawrence Avenue
Smithtown NY 11788**

**Non Profit Organization
U.S. POSTAGE PAID
Permit No. 322
Smithtown NY 11787**

**ECRWSS
POSTAL CUSTOMER**

SCOPE CONTINUING EDUCATION PROGRAM

A well organized, comprehensive program of continuing education is brought to you by SCOPE Education Services. It is open to all East Islip and Islip residents, and to non-residents as space is available. Courses cover a wide range of interests. New courses may be set up in subjects in which the community is interested, provided a qualified teacher can be secured and a sufficient number of people register for the course.

**SCOPE Education Services
100 Lawrence Avenue, Smithtown NY 11787
631-881-9670**

**Any questions regarding this program should be directed to SCOPE at the above address and/or phone number.
Please do not call the School Districts.**

SCOPE is a not-for-profit education organization permanently chartered by the New York State Board of Regents to provide service to school districts. Founded in 1964 by school superintendents, it is a cooperative venture for sharing resources to deal with common concerns. It is governed by a Board of Directors of school superintendents and college representatives and serves as a regional School Study Council and School Board Institute.

SCOPE Education Services 2008-09 SCOPE Board of Directors:

Executive Director: Dr. Joseph J. Del Rosso

President: Dr. Roberta Gerold, Superintendent, Middle Country CSD
Vice President: Dr. Charles Russo, Superintendent, East Moriches UFSD
Treasurer: Mr. John Lorentz, Superintendent, Farmingdale UFSD
Past President: Dr. Evelyn Blose Holman, Superintendent, Bay Shore UFSD

Dr. Anthony Annunziato, Superintendent, Bayport-Blue Point UFSD
Dr. Constance Clark-Snead, Superintendent, Westbury UFSD
Dr. Carla D'Ambrosio, Superintendent, Rocky Point UFSD
Dr. James Feltman, Superintendent, Commack UFSD
Dr. Allan Gerstenlauer, Superintendent, Longwood CSD
Mr. Henry L. Grishman, Superintendent, Jericho UFSD
Dr. Sheldon Karnilow, Superintendent, Half Hollow Hills CSD
Mr. Neil Lederer, Superintendent, Lindenhurst UFSD
Mr. James Parla, Superintendent, Island Trees UFSD
Dr. Charles W. Rudiger, Dowling College Representative

SCOPE REGISTRATION FORM

Please make check payable to SCOPE.
Mail to: SCOPE Continuing Education, 100 Lawrence Avenue,
Smithtown, NY 11787 FAX: (631) 881-9672

Last Name _____ First _____

Street _____ Town _____ Zip _____

Phone (Day) _____ Phone (Eve.) _____

Cell Phone: _____ Email: _____

District Resident of: East Islip _____ Islip _____ Non Resident _____

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

3 or more courses with ☺ - \$10.00 discount \$ _____

Total Fee Paid \$ _____

Payment Method: Check Enclosed _____ or Credit Card:

Cardholders Name _____

Billing Address _____
Street _____

City _____ State _____ ZIP _____

Credit Card Number _____

Expiration Date _____ Total Amount Charged _____

Signature of Cardholder _____

ALL CHARGES WILL APPEAR AS SCOPE ON YOUR CREDIT CARD BILL

Please Duplicate As Needed

REGISTRATION INFORMATION

- **PRE-REGISTRATION REQUIRED FOR ALL COURSES. NO WALK-INS ADMITTED.**
- **No registration will be accepted without payment. No cash payments accepted.**
- **No acknowledgement will be sent. You will be called if a course is cancelled.**
- **No refunds, please plan carefully.**

WHO CAN REGISTER:

Residents - All persons 18 years of age or older (unless otherwise noted) not attending high school who reside in either the East Islip or Islip School District.

Senior Citizens (60 and over) - Courses with senior discounts are noted. **Photocopy of NYS Drivers License required to register at senior rate.**

Non-Residents - All out of district residents pay an additional fee of \$7.00 per class. This fee does not apply to East Islip residents taking Islip Courses or Islip residents taking East Islip Courses.

TO REGISTER:

Registrations are accepted by mail or fax only. Address and fax number located on registration form.

PAYMENT: By check or credit card, no cash payments. SCOPE accepts American Express, Visa, Master Card and Discover. All charges will appear on your billing statement as SCOPE. There is a \$25.00 fee for returned checks.

INSUFFICIENT REGISTRATION: SCOPE reserves the right to modify course hours or sessions as needed to maintain self-sustaining guidelines (with the original fee). In such cases all students will be informed of available options. When courses are cancelled, refunds will be issued to all registrants. Please allow 6 to 8 weeks for processing of refunds.

COURSE CANCELLATIONS: Adult education classes are cancelled when the school district is closed for holidays, weather or other safety and health concerns. In other cases, SCOPE or the instructor will notify you if there is to be no class.

COURSE DISCOUNTS: Enroll in three courses marked with an ☼ and receive a \$10.00 discount.

GENERAL INFORMATION

Adult Education Instructors are employed by SCOPE to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. SCOPE is not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

SPRING 2009 ADULT & CONTINUING EDUCATION CALENDAR

S	M	T	W	T	F	S	S	M	T	W	T	F	S
FEBRUARY 2009							MARCH 2009						
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
							29	30	31				

S	M	T	W	T	F	S	S	M	T	W	T	F	S
APRIL 2009							MAY 2009						
			1	2	3	4						1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

S	M	T	W	T	F	S
JUNE 2009						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

■ Schools Closed - No Adult & Continuing Education Classes.

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Last Name _____ First _____

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District Resident of: East Islip _____ Islip _____ Non Resident _____

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

3 or more courses with ☼ - \$10.00 discount \$ _____

Total Fee Paid \$ _____

Payment Method: Check Enclosed _____ or Credit Card:

Cardholders Name _____

Billing Address _____

Street

City

State

ZIP

Credit Card Number _____

Expiration Date _____ Total Amount Charged _____

Signature of Cardholder _____

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ARTS / CRAFTS / HOBBIES

EIS09-01 🌀 DRAWING AND PAINTING - Beginner & Advanced - Mario Politi
 Learn to draw and paint for relaxation and enjoyment. Build self-confidence and learn techniques from a patient, local trained artist. First, pencil and charcoal, then pastel and acrylic. Those who wish may explore other media, as they become more proficient. Progress at your own pace. **No** expensive materials and **No** experience necessary. Bring paper and pencil first night. **Tuesdays, Starts March 3rd, 6:00 - 9:00pm, 5 sessions. Resident: \$55, Non Resident: \$62, Senior Citizen: \$45 EIHS 104**

EIS09-02 CREATE YOUR OWN KNIT SCARF - Lynne Falcone
 Come to this one night class and you will learn the basics of knitting in the English style: casting on, knit stitch, and binding off. With this knowledge you will be able to duplicate the fabulous and expensive scarves, shawls, and belts shown in boutiques, at a fraction of the price. Feel free to bring in any yarns for evaluation that you choose. Designed by you, for you! Please bring a pair of knitting needles in size 10, 10.5 or 11. Instructor will collect a \$3 materials fee at the class, for which you will receive practice yarn, an instruction booklet, and a knitted sample. Limited to 12 students. **Wednesday, March 25th, 7:00-10:00PM, 1 session. Resident: \$25, Non Resident: \$35, Non Resident: \$42. EIHS 148**

EIS09-03 STAINED GLASS - BEGINNERS - Stella Castro
 An Opportunity to learn the art of stained glass using the same copper foil techniques used by Tiffany. Choose from window pieces, jewelry boxes, mirrors, etc. Students will furnish their own tools and glass. Cost of glass depends on the size of the project undertaken. **Wednesdays, Starts February 11th, 7:00-9:00PM, 8 Sessions, Resident: \$60, Non Resident: \$67. EIHS 104**

BUSINESS/COMPUTER EDUCATION

EIS09-04 🌀 INTRODUCTION TO COMPUTERS - Jim Pinzarrone
 Is the thought of using a computer overwhelming? If you're a new computer user, this course will take the mystery out of basic computer skills, in an easy-to-understand manner. Topics discussed will be: Your computer, inside and out; personalizing your computer; making sense of acronyms and "computer speak;" using the internet, search engines, and email; and making your computer a useful part of your daily life. If you have a laptop, feel free to bring it to class (fully charged, please). **Tuesdays, Starts February 10th, 7:00-9:00PM, 4 Sessions, Resident: \$40, Non Resident: \$47, Senior: \$35 EIMS 112**

EIS09-05 INTRODUCTION TO MICROSOFT WORD (2003) - Jim Pinzarrone

Learn the basics of Microsoft Word for creating different kinds of text documents. Topics covered include: Navigating word; creating, saving and printing documents; editing text; shortcuts to creating text with less typing; creating and editing tables; using Clip Art and Word Art for livelier documents; and finding and editing templates for everyday activities. If you have a laptop, feel free to bring it to class (fully charged, please). **Thursdays, Starts February 12th, 7:00-9:00PM, 6 Sessions. Resident: \$60, Non Resident: \$67, Senior Citizen: \$55. EIMS 112**

EIS09-06 HOW TO START A BUSINESS - Becky C. Long, Esquire, CPA

Learn how to start your own business, by understanding how to draft business and contingency plan. Tips and tactics on marketing, image, packaging and pricing formulas. Legal considerations, licenses, permits, accounting, bookkeeping and taxes. **A separate payment of \$20.00, check made payable to BC Long & Associates for manual due at class time. Tuesdays, February 24th & March 3rd, 7:00-9:00PM, 2 Sessions. Resident: \$20, Non Resident: \$27, EIHS 200**

EIS09-07 NOTARY PUBLIC TRAINING - Dina Elardo

Stand out among the competition! Add prestige to your resume and be an asset to your company by enhancing your credentials! The objective of this course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary booklet. Price includes: Supplemental study guide, Notary fact sheet, Practical exam, National Notary Organization pamphlets and brochures, sample forms, Notary Public Application, NYS exam schedule and booklet, 1 year free subscription to Notary Public Central & Legal Updates. Students are required to bring pen and/or highlighter. Sign up now for this unique training course. Commissioned Notaries are always welcomed to attend. **Thursday, February 12th, 7:00-10:00PM, 1 Session, Resident: \$55, Non Resident: \$62 EIHS 148**

EIS09-08 NOTARY SIGNING AGENT COURSE - Dina Elardo

This course is designed to equip you with the essential skills to properly perform Loan Document Signings. Topics include document preparation; identifying documents in a loan packet and the various loan types, proper execution of documents; what is expected of the Signing Agent (your responsibilities & limitations thereof); lender lingo; identifying individuals; current industry trends; where and how to find work (Signing Companies will be provided as possible leads) **Pre-requisite: A Commissioned New York State Notary Public or have at least attended or completed a Notary Public Training Course prior to taking this course. Tuesday, February 24th, 7:00-9:00PM, 1 Session, Resident: \$70; Non Resident: \$77. EIHS 202**

COOKING

EIS09-09 CAKE DECORATING - Lisa Basini

Learn how to make flowers, borders, leaves and frost a cake like a pro. Join The Baking Coach™ for this program that will have you creating the cakes of your dreams. **Materials**

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District Resident of: East Islip _____ Islip _____ Non Resident _____

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

3 or more courses with ☼ - \$10.00 discount \$ _____

Total Fee Paid \$ _____

Payment Method: Check Enclosed _____ or Credit Card:

Cardholders Name _____

Billing Address _____

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City

State

ZIP

Credit Card Number _____

Expiration Date _____ Total Amount Charged _____

Signature of Cardholder _____

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NOTES

fee \$20 payable to instructor at night of class. Tuesday, March 31st, 7:30-9:00PM, 1 Session. Resident: \$30, Non Resident: \$37. EIHS 206

HEALTH AND WELLNESS

EIS09-10 ADULT CPR - AED TRAINING - Jack Cuthbertson

As of June 2006, new standards have been introduced regarding CPR, obstructed airways, and the use of a AED (Automated External Defibrillator). This will be an original course, not a refresher. Upon completion of this course, a Red Cross Certificate will be issued **Tuesday, March 3rd, 6:00-9:00PM, 1 Session, Resident: \$65, Non Resident: \$72. EIHS 208**

EIS09-11 CHILD AND INFANT CPR - Jack Cuthbertson

As of June 2006, new standards have been introduced regarding CPR and obstructed airways. This course is meant for people with children or those who baby sit. Upon completion of this course, a Red Cross Certificate will be issued. **Thursday, March 5TH, 6:00-9:00PM, 1 Session, Resident: \$65, Non Resident: \$70. EIHS 150**

EIS09-12 STANDARD FIRST AID - Jack Cuthbertson

How to treat illnesses and injuries encountered in the everyday setting. This is an American Red Cross Certificate Course. **Tuesday, March 10th, 6:00-10:00PM, 1 Session, Resident: \$65, Non Resident: \$72. EIHS 150**

EIS09-13 PROFESSIONAL RESCUER CPR - Jack Cuthbertson

Professional Rescuer CPR is required in a number of Health Care Professions. Included in the course are Adult, Child & Infant CPR, 1 & 2 persons, use of BVM. Upon completion of this course an American Red Cross Certificate will be issued. **Wednesday & Thursday, March 11th & 12th, 6:00-10:00PM, 2 Sessions. Resident: \$85, Non Resident: \$92. EIHS 152**

EIS09-14 AMERICAN RED CROSS BABYSITTER'S CERTIFICATE COURSE - Claudine Campanelli

This class is for anyone interested in being a Babysitter, Mother's Helper, or Coaches Assistant. Learn what you need to know and what every parent wants in a safe and responsible babysitter. Designed for 11 to 15 year olds, the Babysitter's Training course can help you care for children and infants, be a good leader and role model, make good decisions and solve problems, keep children safe, handle emergencies, write resumes and interview for jobs. Fee includes participant manuals, resources and the American Red Cross Certificate. **Tuesday & Wednesday, March 24th & 25th, 6:00-9:00PM, 2 Sessions. Resident: \$50, Non Resident: \$57. EIHS 262**

EIS09-15 POSTURCISE® FOR MUSCLE AND JOINT PAIN - Dr. Michael C. Remy

Posturcise® is a revolutionary new exercise system that corrects your posture and movement habits. Used by professional athletes and chronic pain sufferers alike, this two hour seminar teaches the student self analysis and corrective exercises to improve posture, movement, and relieve the mechanical causes of a variety of muscle and joint pains. Taught by a board certified chiropractic orthopedist and certified Posturcise® trainers. Topics include corrective exercises to relieve back, neck, hip, knee, shoulder, TMJ pains and tension headaches, that are related to faulty posture and movement. Please note that this class is not intended to diagnose or treat any medical conditions, and clearance from your own physician to participate in an exercise class is strongly recommended. **Tuesday, March 3rd, 7:00-9:00PM, 1 Session. Resident: \$25, Non Resident: \$32 EIHS 212**

EIS09-16 THE MAGIC IN YOU - Joseph Fallarino

Your "Magic" comes from within. Your magic is "YOU at your best" - your best self image, self-esteem and self-confidence. And, when You look, feel and act your best, you ignite your magic...and step into greatness. The Magic in You is a new model in self discovery and self actualization. In this workshop you will discover a new you ... a powerful and magical you. You will examine and optimize every aspect of your life - your behaviors, patterns, attitude, fitness, health, thoughts, confidence, personality, self image and self-esteem. If you are still trying to find your formula for happiness or want to bring your life to the next level -- this workshop is for you. It will change the way you think, the way you feel and the way the world reacts to you. **Wednesdays, May 20th & 27th, 7:00pm - 9:30pm, 2 Sessions, Resident: \$25, Non Resident: \$32 EIHS 154**

FINANCIAL**EIS09-17 🌟 MAKING COLLEGE AFFORDABLE- Secrets Every Parent Needs to Know - Brian Glickman, CPA**

What is the most cost-effective way to finance a college education? Is your savings program harming or helping you? How do you shelter assets? Why do some families with similar income and assets qualify for more aid than others? If you don't know the answers to these questions and you want to be prepared to send your children to college and retire; this is a must attend workshop. Brian Glickman, a local CPA and specialist in college financial planning will reveal many secrets of the financial aid process to make college more affordable. He will provide insights from his extensive education in this field and his personal experiences sending his own children to college. Discussion follows the presentation. **Thursday, February 12th, 7:00-9:30PM, 1 Session, Resident: \$20, Non Resident: \$27 EIHS 154**

CERTIFIED MEDICAL ASSISTANT EXAM REVIEW

This course is designed to show the student if she is prepared to take one of the Medical Assistant Certification exams by the US Department of Education. Review questions of General, Administrative, and Clinical Medical Assisting are given along with correct answers. Three separate simulated Certification Exams are included for review. This is a thirty-nine hour eleven-week self paced course. **\$165.00**

in the problems. Detailed medical history reports, including post operative reports, are provided from which CPT codes are determined. **\$165.00**

ANATOMY & PHYSIOLOGY FOR THE MEDICAL OFFICE - PART ONE

Anatomy & Physiology - Part One. This eleven-week thirty-nine hour self-paced course presents the structure of organisms by body systems and analyzes the normal function of body organs. Topics include cells & tissues, the integumentary system, the axial skeletal system, the appendicular skeletal system, the muscular system, the general nervous system, the central nervous system, and the peripheral nervous system. Full color graphics and audio descriptions complement descriptive text material. **\$165.00**

ANATOMY & PHYSIOLOGY FOR THE MEDICAL OFFICE - PART TWO

Anatomy & Physiology - Part Two. This eleven-week thirty-nine hour self-paced course continues the study of body systems. Topics include the five senses, the endocrine system, the blood, the heart and blood vessels, the lymphatic system, the respiratory system, the digestive system, metabolism, the urinary system, and the reproductive system. Full color graphics and audio descriptions complement descriptive text material. **\$165.00**

AAPC, AHIMA, AND AMBA CERTIFICATION EXAM REVIEW

This online course is designed to prepare students to take the (1) Certified Professional Coder Examination (Hospital) administered by the American Academy of Professional Coder, (2) the Certified Coding Associate exam administered by the American Health Information Management Association and (3) the Certified Medical Reimbursement Specialist exam administered by the American Medical Billing Association. Topics for review include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1, 2 & 3), Diagnostic Coding, HCPCS Level 2, E/M coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers. This 39-hour 11-week course is offered via the Internet. Students must have access to an e-mail account. **\$165.00**

INTRODUCTION TO MEDICAL TRANSCRIPTION

Transcribe thirty nine doctor dictated medical reports using your own audio cassette player with head phones and your word processor. Course includes a fifty question practice exam for certification by the American Association of Medical Transcriptionist. A twenty-chapter, 136-page transcription manual is downloaded in Word format from our school server. Medical transcriptions on two cassettes are sent to you after registration. You need your own audio tape player with head phones and a word processor on your computer. **\$165.00**

EIS09-18 ⚡ DEBT-FREE LIFESTYLE—Bob Zambito

Get completely out of debt including your mortgage! Owe nothing to anyone!! This workshop is designed for MIDDLE CLASS families and individuals who want to live a stress-free, debt-free lifestyle....How would you like to pay off all your consumer debt, credit cards, car payments, etc., in one to three years? Then pay off your 30 year mortgage in another three to four years, saving thousands of dollars in interest along the way? You can do this with your current income! Learn Specific, Powerful And Time Proven Strategies That Work - Every Single Time! This workshop will help you eliminate all your debt and then operate 100% on cash never needing credit again! Bring a list of your debts (for your viewing only) with balances and monthly payments (principle and interest only for mortgage) During the class you will begin to develop you own debt elimination plan that can be implemented into your lifestyle. Please bring a pocket calculator to class. **Thursday, February 26th, 7:00-10:00PM, 1 Session, Resident: \$20, Non Resident: \$27. EHS 252**

EIS09-19 COMPLETE FINANCIAL MANAGEMENT WORKSHOP -

David Paciorek

This in-depth course, which has been taught nationally at universities, as well as Fortune 500 companies, will help you establish a written financial plan for your retirement .Topics include stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies, pension plans, IRA's, insurance and more. A comprehensive workbook, which will be a valuable resource for the rest of your life, is included in the fee. An optional personal financial analysis plan is also included. This plan may help you reduce taxes, establish retirement income, and enhance investment returns. **Wednesdays, Starts February 11th, 7:00- 9:00PM, 4 Sessions, Resident or Non Resident: \$45. EHS 252**

EIS09-20 CREDIT REPORTS, DEBT COLLECTORS AND IDENTITY THEFT -

Joseph Mauro, Esq.

With the recent downturn in the economy, many Long Islanders are experiencing problems related to debt and credit. This workshop is designed to provide the basics of addressing problems related to your credit reports, including the nightmare of identity theft. The program will also address the best methods of addressing problems related to credit card debt and debt collection harassment. Taught by a Suffolk County attorney experienced in representing Long Island consumers on these issues. **Wednesday, March 25th, 7:00-8:30PM, 1 Session, Resident: \$10, Non Resident: \$17, Senior: \$5. EHS 260**

EIS09-21 ⚡ELDER LAW - Protecting Your Assets, Advanced Directives (Power of Attorney, Health Care Proxy) - John Bigler

In this workshop you will learn various ways to preserve assets in the face of long term catastrophic illness. Discussions on Medicaid and the many misconceptions

surrounding the program as well as Medicare and how it could be used to the benefit of a seriously ill person will also be covered. Learn the pros and cons of long term insurance. Advanced directives including power of attorney and health care proxies will be analyzed. Planning vehicles such as wills, trusts and life estates will be examined and compared. **Tuesday & Thursday, February 24th & 26th, 7:00-9:00PM, 2 Sessions, Resident: \$20, Non Resident: \$27, Senior: \$10. EIHS 227**

EIS09-22 MORTGAGES AND REVERSE MORTGAGES IN DIFFICULT FINANCIAL TIMES - Matthew S. Seidner, Esq.

During these difficult financial times, the cause of which is largely attributed to mortgage issues, participants will have access to a real estate attorney that represents large lending institutions. The topic of mortgages (such as financing and reverse mortgages for senior citizens) will be discussed and participants can ask questions about their current situations and possible solutions. **Tuesday, February 24th, 7:00-8:00PM, 1 Session, Resident: \$20, Non Resident: \$27, Senior: \$10. EIHS 231**

SPECIAL INTEREST

EIS09-23 INTRODUCTION TO PIANO– Robert Watts

This course is for beginners and those who have given up on conventional lessons. Students are introduced to music fundamentals and piano study. Previous training is not necessary. Instruction is provided by an experienced piano teacher, with an emphasis on becoming comfortable with the electronic keyboard. Students are encouraged to bring electronic keyboards and headphones to class. **Thursdays, Starts February 26th, 7:00-8:30PM, 10 Sessions, Resident: \$85, Non Resident: \$92. EIHS 233**

EIS09-24 INTRODUCTION TO GUITAR– Robert Watts

This course will introduce the students to the fundamentals of guitar playing. Musical principles such as melody (single notes), harmony (chords) & rhythm (timing) are covered. The instructor, an experienced teacher and performer, will present the guitar in a variety of “stylistic settings” (i.e. Rock, Jazz, Blues, Classical). No previous experience needed! Whether seeking to acquire an initial ability or to further existing ones, come join us for an enjoyable musical experience on one of the most popular instruments of the day.....the Guitar! Students are required to bring their own guitars to class. **Thursdays, Starts February 26th, 8:30-10:00PM, 10 Sessions, Resident: \$85, Non Resident: \$95. EIHS 233**

EIS09-24 INTERNET: HOW TO BUY AND SELL ON E-BAY - Dina Elardo

Turn your household items into cash by selling them on E-Bay, one of the nations largest online auction houses. This class is designed to teach you all the steps required to list and sell items on E-Bay including; authorization number set-up, loading photographs, information to include in your item’s description, settling your auction, correspondence, shipping arrangements, pricing, choosing an item’s category and feedback. Course

**Please register for these courses online at:
www.dowling.edu/dowlinginstitute & follow prompts for
Medical Coding Specialist
MEDICAL CODING SPECIALIST - NON CREDIT**

MEDICAL TERMINOLOGY

Foundation for all other medical training courses. Over 1000 words and terms are defined in thirty three chapters outlined by body systems. Words are pronounced through your computer speaker. The CD-ROM used also contains a comprehensive audio medical dictionary. This is a thirty-nine hour eleven-week course. **\$165.00**

MEDICAL CODING

Prepares students for entry level jobs in a doctor’s office or other medical facility. Thirty-nine hour-eleven week course includes ICD-9-CM Coding, CPT Coding, Medicare Fraud & Abuse, and evaluation & Management. You will need access to an ICD-9-CM and CPT manual to use with this CD. **\$165.00**

MEDICAL BILLING

Prepares students for entry level jobs in accounting skills necessary in a doctor’s office or other medical facility. This thirty-nine hour eleven-week course includes Front Office Management, Filing Part B CMS 1500, Filing Part A CMS 1450, All About Medicare, Medicare Billing Problems, Patient Record Keeping using Medisoft, Medicare as Secondary Payer, Medicare & Home Health, Medicare and Women’s Health. Also included is a 1000 page 28 chapter Advanced Claims Processing Manual with everything you ever wanted to know about starting your own medical billing business from home. **\$165.00**

ADVANCED CODING ICD9

This course compiles and summarizes the official coding guidelines concerning the most common yet complex diagnosis coding issues. The Course is organized by major body system chapter, as found in the ICD-9-CM manual. Each chapter is organized by (1) Issues (2) Coding clarification (3) Physician Documentation Issues, and (4) Coding Scenarios. Real life coding problems illustrating the issues are presented with ICD-9-CM solutions. This eleven-week 39-hour course is offered online via the internet. **\$165.00**

ADVANCED CODING - CPT

This course is organized according to the sections in the CPT book. Frequently asked questions from real life situations are answered in an authoritative manner. This 39-hour eleven-week instructor led course provides advanced coding problems with their solutions. The main emphasis is on Evaluation and Management and Surgery codes. A five step outline is used to help you code the exercise/scenarios

IS09-38 YOGA - Shirley Cravotta

Revitalize body, mind, and spirit. The ancient art of Yoga combines gentle stretches with deep breathing and relaxation techniques to naturally soothe away the stresses of daily life. Come and experience profound well-being and inner peace. Suitable for men and women of all ages and levels of ability. Please bring an exercise mat. **Thursdays, Starts February 12th, 7:00-8:00PM, 10 Sessions. Resident: \$70, Non Resident: \$77, Senior \$60. Wing Gym**

IS09-39 PILATES MAT - Michele Ricciardi

Pilates is an exercise method created by Joseph H. Pilates. Originally developed for dancers, this method of exercise has become increasingly popular for all ages and fitness levels. Pilates focuses on the "powerhouse" which are the muscles of the lower back, buttocks, abdominals and hips. It increases flexibility, balance, strengthens muscles and improves posture. This method involves concentration and coordination of breath and movement thereby helping to balance mind and body. You will leave class energized and refreshed! Please bring exercise mat, towel and bottled water. **Thursdays, Starts February 26th, 6:30-7:30PM, 8 Sessions. Resident: \$65, Non Resident: \$75. Wing Gym**

IS09-40 VOLLEYBALL, INTERMEDIATE - Tracy Palulis & Theresa D'Orio - NEW

This course is designed for anyone interested in playing and improving their skills in the game of volleyball. It is an enjoyable night out allowing players to socialize, relieve some stress and at the same time exercise. This course is not for the advanced player who competes in tournaments but is for people at the intermediate level providing a nice game back and forth, while encouraging rules of bump, set and spike. **Thursday, Starts February 5th, 7:30-9:30PM, 10 Sessions. Resident: \$60, Non Resident: \$67. Middle School Gym**

ONLINE VOCATIONAL COURSES

The following courses are offered by SCOPE Education Services in cooperation with Dowling College. All of the courses listed below are taken over the internet. The courses consist of a combination of CD and internet interaction. These are graded courses and certificates of completion are issued with a passing grade. Each course runs for a period of 11 weeks. Once registered you will receive an email with instructions for purchasing the CD and any textbooks that are required. The CD cost is \$55.00 plus \$4.50 S&H. This is for Medical Terminology and Medical Billing. The coding courses require the CD plus ICD9 and CPT manuals. The ICD9 manual costs about \$65 to \$85 and the CPT manual costs about \$55 to \$75. A list of sources will be supplied to purchase these manuals.

**Spring courses run April 6 to June 20, 2009
Summer courses run June 22 to September 4, 2009**

includes a take home step-by-step guide covering pertinent class topics and a sample auction from beginning to end. Items virtually sell themselves. Sit back and enjoy the second income. Sponsor: E-Bay Ambassadors. **Monday, February 23rd, 7:00-10:00PM, 1 Session, Resident: \$55, Non Resident: \$60. EIMS 112**

EIS09-25 PERSONAL WATERCRAFT/BOATING SAFETY CLASS - Thomas Perricone

This is an approved U.S. Coast Guard & National Association of State Boating Law Administrators course for all boaters. It is intended to provide a comprehensive yet basic source of knowledge necessary to acquaint you with safe and legal boating practices in New York State. This course meets the requirements mandated for personal watercraft operators effective 1/1/2000. A written test will be administered at the end of the final class, and a passing grade must be achieved in order to obtain certification. You must attend BOTH sessions. Course completion for adults satisfies insurance reduction requirements. Upon completion students are provided with a temporary NYS certificate. Students are responsible for the \$10 fee paid directly to NYS Parks for the permanent certificate. Anyone wanting to operate a personal watercraft regardless of age, will need to complete this course. Registration in this class is limited to persons 10 and older. All students will need to bring a pen, pencil and a highlighter pen to class. **Mondays, March 9th and 16th, 6:00 - 10:00pm, 2 sessions. Resident and Non Resident: \$60. EIHS 148**

EIS09-26 UNITED STATES POWER SQUADRONS AMERICAS BOATING CLUB - SAFE BOATING COURSE - D/Lt/C Lawrence Postel, SN

An outstanding **Boat Smart Course** for new boaters as well as a review for the more experienced. It is limited to 15 students in order to provide maximum instruction. The class includes boat handling, equipment, marlinspike, safe operation, seamanship, trailering and more. Also covered, are New York State laws and regulations. Taught by certified instructors who are members of the Great South Bay Power Squadron. The course is open to anyone from the ages 10 and up, and is a great family activity. **Our course provides NYS Certification for PWC operation.** Most insurance companies provide discounts for certificate holders. contact: Michael Becker at SEO@GSBPS.ORG. **Material fee of \$40 payable to instructor first night of class. Wednesdays, Starts 2-4, 7:30-9:30PM, 5 sessions. Resident and Non Resident: \$10. EIHS 148**

EIS09-27 DEFENSIVE DRIVING - Christina Clayton

This program, sponsored by the Empire Safety Council, will reduce your auto liability and collision insurance 10% per year for 3 years and remove up to 4 points from your driving record. The course may be taken every 18 months to remove points from your license record. By taking this course, drivers with excessive points can avoid possible revocation or suspension of their license: however, it will not override a mandatory suspension or revocation. All drivers are eligible regardless of violation or accident record including assigned risks, persons under 25, senior citizens, commercial vehicle and motorcycle operators. The main focus of this course is to allow drivers to discover their driving attitude and the effect it has on the way they handle themselves on the highway. **Fee \$45 includes all course material and DMV certificate. Tuesday & Wednesday, February 10 & February 11th, 7:00-10:00PM, 2 Sessions. Residents and Non Residents: \$45. EIHS 237**

EIS09-28 THE WAR IN IRAQ AND PROSPECTS FOR WAR WITH IRAN - Saul Silas Fathi

History of Iraq and its many names; Islamic Iraq and Ottoman Empire; Iraq between the 2 World Wars under British Mandate; The rise of dictatorship and the end of the monarchy; The first invasions of Iraq; Kuwait and the oil factor; The second invasion of Iraq: End of Saddam's rule; The great military success and administrative failure; The illusive democracy: Sunnis vs. Shiites; Colossal mistake: The dismantling of the Iraqi Army; American forces as invaders, not liberators: How long? Prospects for war with Iran: The Israel factor. **OUTLOOK AND PERSONAL PERSPECTIVE.** Saul Silas Fathi was born in Baghdad, escaped to Israel, relocated to Brazil and finally immigrated to the United States in 1960. He is the author of the book "Full Circle; Escape from Baghdad and the Return." www.saulsilasfathi.com **Tuesday, March 10th, 7:00-9:00PM, 1 Session, Resident: \$20, Non Resident: \$27. EIHS 241**

EIS09-29 THE HISTORY OF ISLAM AND THE MIDDLE EAST - Saul Silas Fathi

Muhammad, his life, wives and children. The genesis of the Sunnis and Shia'ahs. What followed Muhammad's death? Who authored the Koran and when? What is Jihad? Who are the Infidels? The Crusaders and Saladin Iraq and it's many occupying powers: The Assyrians, the Babylonians, the Persians, the Greeks, the Romans, the Mongols, the Ottomans, the British, the Americans, Iraq: Between the Great Wars. The Monarchy and the British Mandate. The emergence of the Ba'ath party and Saddam Hussein, The return of the Khomeini and the 8-year Iraq-Iran war. Saudi Arabia and Wahabism. The nuclear Pakistan factor. Outlook and personal perspective. SAUL SILAS FATHI was born in Baghdad, escaped to Israel, relocated to Brazil and in 1960 finally immigrated to the United States. He is the author of the book "Full Circle; Escape from Baghdad and the Return." www.saulsilasfathi.com. **Thursday, March 12TH, 7:00-9:00PM 1 Session, Resident: \$20, Non Resident: \$27. EIHS 260**

IS09-34 ORGANIZE AND CREATE THE NEW ORDER OF YOUR LIFE -**Jennifer Ryan -NEW**

What Solution do you want? Getting organized can be the solution you need. This organizing workshop will encourage you to make the changes that can lead you to easier living, decision making and increase your focus. Learn skills and methods from this instructor, a Certified Professional Organizer, who will encourage and motivate you to find and create your solutions. **Wednesday, March 11th, 7:00-9:00PM, 1 Session. Resident: \$20, Non Resident: \$27. IHS 216**

IS09-35 ECO-FRIENDLY REMODELING ON A BUDGET - Karen Mura

Remodeling can be challenging on a budget, but there are practical ways that you can save money and still save the environment. New construction materials and procedures will be discussed as well as the lessons we can learn from the past. Common environmental dangers associated with remodeling will also be discussed. **Tuesday, May 19th, 6:00-10:00pm, 1 Session. Resident: \$25, Non Resident: \$32. IHS 204**

SPORTS & RECREATION**IS09-36 SHALL WE DANCE - Touch Dance Staff**

Learn all the right moves whether you are a beginner, intermediate or an advanced Dancer. Focus is on Basic Lead/Follow, Floor Craft, Music and style. Touch Dancing staff are Professional Members with the National Dance Council of America. **Wing Cafeteria**

IS09-36A - BALLROOM DANCING CLASS - Tango, Fox Trot, Peabody, Polka, Quick Step, Waltz **Thursdays, Starts February 12th, 6:30-7:30PM, 8 sessions, Registration Fee: \$85**

IS09-36B - DISCO-LATIN DANCING CLASS- Disco Hustle, Cha-Cha, Rumba, Merengue, Salsa, Swing. **Thursdays, Starts February 12th, 7:30-8:30PM, 8 sessions, Registration Fee: \$85**

IS09-36C - BOTH BALLROOM & DISCO-LATIN DANCING, Registration Fee: \$160.

IS09-37 BELLY DANCING FOR FITNESS & FUN -**Harem Belly Dance Studio Staff**

Want to get into shape? Need help keeping your figure trim? Tired of the gym? Let me teach you the graceful, mystical dance of the Middle East. You'll gain better muscle coordination, build a more positive self image and lose those unwanted inches. Dress comfortably. Leotards or tights, ballet shoes or barefoot. Add some flair, bring a hip scarf or shawl. **Thursdays, Starts February 26th, 7:00-8:00PM, 8 sessions. Resident: \$65, Non Resident: \$72. Wing Cafeteria**

IS09-31 THE HISTORY OF ISLAM AND THE MIDDLE EAST - Saul Silas Fathi

Muhammad, his life, wives and children. The genesis of the Sunnis and Shia'ahs. What followed Muhammad's death? Who authored the Koran and when? What is Jihad? Who are the Infidels? The Crusaders and Saladin Iraq and it's many occupying powers: The Assyrians, the Babylonians, the Persians, the Greeks, the Romans, the Mongols, the Ottomans, the British, the Americans, Iraq; Between the Great Wars. The Monarchy and the British Mandate. The emergence of the Ba'ath party and Saddam Hussein, The return of the Khomeini and the 8-year Iraq-Iran war. Saudi Arabia and Wahabism. The nuclear Pakistan factor. Outlook and personal perspective. SAUL SILAS FATHI was born in Baghdad, escaped to Israel, relocated to Brazil and in 1960 finally immigrated to the United States. He is the author of the book "Full Circle; Escape from Baghdad and the Return." www.saulsilasfathi.com. **Wednesday, April 15TH, 7:00-9:00PM 1 Session. Resident: \$20, Non Resident: \$27. IHS 216**

IS09-32 JEWISH LIFE IN ARAB COUNTRIES - Saul Silas Fathi - NEW

Exile to Babylon: 597BCE; The destruction of Jerusalem and the First Temple 586 BCE; Jewish life in Babylon and the Middle East; Cyrus the Great: He frees the Babylonian Jews, 538 BCE; Return to Jerusalem and rebuilding the Second Temple; Jewish life under Islamic rule: Ottoman empire (1299-1922); The Balfour Declaration: 1917; My life and childhood in Baghdad; Krystallnacht in Baghdad (Farhood) June 1, 1941; Israel War of Independence: 1948; Escape from Baghdad to Israel; The war in Iraq and prospects for war with Iran. **OUTLOOK AND PERSONAL PERSPECTIVE.** SAUL SILAS FATHI was born in Baghdad, escaped to Israel, relocated to Brazil and in 1960 finally immigrated to the United States. He is the author of the book "Full Circle; Escape from Baghdad and the Return." www.saulsilasfathi.com. **Thursday, April 23RD, 7:00-9:00PM, 1 Session. Resident: \$20, Non Resident: \$27. IHS 216**

IS09-33 THE WAR IN IRAQ AND PROSPECTS FOR WAR WITH IRAN - Saul Silas Fathi - NEW

History of Iraq and its many names; Islamic Iraq and Ottoman Empire; Iraq between the 2 World Wars under British Mandate; The rise of dictatorship and the end of the monarchy; The first invasions of Iraq; Kuwait and the oil factor; The second invasion of Iraq; End of Saddam's rule; The great military success and administrative failure; The illusive democracy: Sunnis vs. Shiites; Colossal mistake: The dismantling of the Iraqi Army; American forces as invaders, not liberators: How long? Prospects for war with Iran: The Israel factor. **OUTLOOK AND PERSONAL PERSPECTIVE.** Saul Silas Fathi was born in Baghdad, escaped to Israel, relocated to Brazil and finally immigrated to the United States in 1960. He is the author of the book "Full Circle; Escape from Baghdad and the Return." www.saulsilasfathi.com **Tuesday, March 31ST, 7:00-9:00PM, 1 Session. Resident: \$20, Non Resident: \$27. IHS 216**

EIS09-30 JEWISH LIFE IN ARAB COUNTRIES - Saul Silas Fathi

Exile to Babylon: 597BCE; The destruction of Jerusalem and the First Temple 586 BCE; Jewish life in Babylon and the Middle East; Cyrus the Great: He frees the Babylonian Jews, 538 BCE; Return to Jerusalem and rebuilding the Second Temple; Jewish life under Islamic rule: Ottoman empire (1299-1922); The Balfour Declaration: 1917; My life and childhood in Baghdad; Krystallnacht in Baghdad (Farhood) June 1, 1941; Israel War of Independence: 1948; Escape from Baghdad to Israel; The war in Iraq and prospects for war with Iran. **OUTLOOK AND PERSONAL PERSPECTIVE.** SAUL SILAS FATHI was born in Baghdad, escaped to Israel, relocated to Brazil and in 1960 finally immigrated to the United States. He is the author of the book "Full Circle; Escape from Baghdad and the Return." www.saulsilasfathi.com. **Thursday, March 26TH, 7:00-9:00PM, 1 Session, Resident: \$20, Non Resident: \$27. EIHS 262**

EIS09-31 ORGANIZE AND CREATE THE NEW ORDER OF YOUR LIFE - Jennifer Ryan

What Solution do you want? Getting organized can be the solution you need. This organizing workshop will encourage you to make the changes that can lead you to easier living, decision making and increase your focus. Learn skills and methods from this instructor, a Certified Professional Organizer, who will encourage and motivate you to find and create your solutions. **Thursday, April 2nd, 7:00-9:00PM, 1 Session, Resident: \$20, Non Resident: \$27. EIHS 237**

EIS09-32 ECO-FRIENDLY REMODELING ON A BUDGET - Karen Mura

Remodeling can be challenging on a budget, but there are practical ways that you can save money and still save the environment. New construction materials and procedures will be discussed as well as the lessons we can learn from the past. Common environmental dangers associated with remodeling will also be discussed. **Tuesday, May 26th, 6:00-10:00pm, 1 Session, Resident: \$25, Non Resident: \$32. EIHS 233**

SPORTS/PHYSICAL FITNESS**EIS09-33 HATHA YOGA - Diane Aronsen**

This Eclectic Hatha Yoga class is for all levels. You will learn a variety of Yoga poses (Asanas). While bringing awareness and mindfulness to the breathe/Prana (Life Energy) to create a union with the body, mind and spirit. The practice of Yoga can help manage stress and provide one with the tools for self-improvement. Bring a Yoga mat and wear comfortable clothing. Yoga is performed on an empty stomach, therefore, it is suggested that you do not eat at least one hour or so before coming to class. **Mondays, Starts February 9th, 7:30-8:30pm, 8 Sessions, Resident: \$55, Non Resident: \$62, Senior \$50. RCK Elementary Cafeteria**

EIS09-34 TAI CHI- Mike Dalia

Tai Chi uses slow, fluid, yet powerful movements to reduce stress, improve health and strengthen the immune system. Tai Chi may be practiced by anyone regardless of age or condition. No special equipment required. Wear loose, comfortable clothing. Relax and enjoy. **Wednesdays, Starts February 11TH, 7:00-8:30PM, 8 Sessions, Resident: \$70, Non Resident: \$77. ECC Cafeteria**

EIS09-35 PILATES MAT - Michele Ricciardi

Pilates is an exercise method created by Joseph H. Pilates. Originally developed for dancers, this method of exercise has become increasingly popular for all ages and fitness levels. Pilates focuses on the "powerhouse" which are the muscles of the lower back, buttocks, abdominals and hips. It increases flexibility, balance, strengthens muscles and improves posture. This method involves concentration and coordination of breath and movement thereby helping to balance mind and body. You will leave class energized and refreshed! Please bring exercise mat, towel and bottled water. **Thursdays, Starts February 26th, 8:00-9:00PM, 8 Sessions, Resident: \$65, Non Resident: \$72. RCK Elementary Cafeteria**

EIS09-36 SHALL WE DANCE - Touch Dance Staff

Learn all the right moves whether you are a beginner, intermediate or an advanced Dancer. Focus is on Basic Lead/Follow, Floor Craft, Music and style. Touch Dancing staff are Professional Members with the National Dance Council of America. **RCK Elementary Cafeteria**

EIS09-36A - BALLROOM DANCING CLASS - Tango, Fox Trot, Peabody, Polka, Quick Step, Waltz Wednesdays, Starts February 11th, 6:30-7:30PM, 8 sessions, Resident: \$85, Non Resident: \$95.

EIS09-36B - LATIN DANCING CLASS- Disco Hustle, Cha-Cha, Rumba, Merengue, Salsa, Swing. Wednesdays, Starts February 11th, 7:30-8:30PM, 8 sessions, Resident: \$85, Non Resident: \$95

EIS09-36C - BOTH BALLROOM & DISCO-LATIN DANCING, Resident: \$160.00, Non Resident: \$170

EIS09-37 BELLY DANCING FOR FITNESS & FUN - Harem Belly Dance Studio Staff

Want to get into shape? Need help keeping your figure trim? Tired of the gym? Let me teach you the graceful, mystical dance of the Middle East. You'll gain better muscle coordination, build a more positive self image and lose those unwanted inches. Dress comfortably. Leotards or tights, ballet shoes or barefoot. Add some flair, bring a hip scarf or shawl. **Tuesday, Starts February 24th, 7:00-8:00PM, 8 Sessions, Resident \$60, Non Resident: \$67. RCK Elementary Cafeteria**

SPECIAL INTEREST**IS09-28 PERSONAL WATERCRAFT/BOATING SAFETY CLASS - Thomas Perricone**

This is an approved U.S. Coast Guard & National Association of State Boating Law Administrators course for all boaters. It is intended to provide a comprehensive yet basic source of knowledge necessary to acquaint you with safe and legal boating practices in New York State. This course meets the requirements mandated for personal watercraft operators effective 1/1/2000. A written test will be administered at the end of the final class, and a passing grade must be achieved in order to obtain certification. You must attend BOTH sessions. Course completion for adults satisfies insurance reduction requirements. Upon completion students are provided with a temporary NYS certificate. Students are responsible for the \$10 fee paid directly to NYS Parks for the permanent certificate. Anyone wanting to operate a personal watercraft regardless of age, will need to complete this course. Registration in this class is limited to persons 10 and older. All students will need to bring a pen, pencil and a highlighter pen to class. **Wednesdays, February 25th & March 4th, 6:00 - 10:00pm, 2 sessions. Registration Fee: \$60. IHS 218**

IS09-29 DEFENSIVE DRIVING - Christina Clayton

This program, sponsored by the Empire Safety Council, will reduce your auto liability and collision insurance 10% per year for 3 years and remove up to 4 points from your driving record. The course may be taken every 18 months to remove points from your license record. By taking this course, drivers with excessive points can avoid possible revocation or suspension of their license; however, it will not override a mandatory suspension or revocation. All drivers are eligible regardless of violation or accident record including assigned risks, persons under 25, senior citizens, commercial vehicle and motorcycle operators. The main focus of this course is to allow drivers to discover their driving attitude and the effect it has on the way they handle themselves on the highway. **Fee \$45 includes all course material and DMV certificate. Tuesday & Wednesday, April 14th & 15th, 6:30-9:30PM, 2 Sessions. Registration Fee: \$45. IHS 218**

IS09-30 INTERNET: HOW TO BUY AND SELL ON E-BAY - Dina Elardo

Turn your household items into cash by selling them on E-Bay, one of the nations largest online auction houses. This class is designed to teach you all the steps required to list and sell items on E-Bay including; authorization number set-up, loading photographs, information to include in your item's description, settling your auction, correspondence, shipping arrangements, pricing, choosing an item's category and feedback. Course includes a take home step-by-step guide covering pertinent class topics and a sample auction from beginning to end. Items virtually sell themselves. Sit back and enjoy the second income. Sponsor: E-Bay Ambassadors. **Thursday, March 5th, 7:00-10:00PM, 1 Session. Resident: \$55, Non Resident: \$62. IHS 108**

IS09-24 COMPLETE FINANCIAL MANAGEMENT WORKSHOP - David Paciorek

This in-depth course, which has been taught nationally at universities, as well as Fortune 500 companies, will help you establish a written financial plan for your retirement. Topics include stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies, pension plans, IRA's, insurance and more. A comprehensive workbook, which will be a valuable resource for the rest of your life, is included in the fee. An optional personal financial analysis plan is also included. This plan may help you reduce taxes, establish retirement income, and enhance investment returns. **Wednesdays, Starts April 22nd, 7:00-9:00PM, 4 Sessions. Registration Fee: \$45. IHS 220**

IS09-25 CREDIT REPORTS, DEBT COLLECTORS AND IDENTITY THEFT -

Joseph Mauro, Esq.

With the recent downturn in the economy, many Long Islanders are experiencing problems related to debt and credit. This workshop is designed to provide the basics of addressing problems related to your credit reports, including the nightmare of identity theft. The program will also address the best methods of addressing problems related to credit card debt and debt collection harassment. Taught by a Suffolk County attorney experienced in representing Long Island consumers on these issues. **Wednesday, April 1st, 7:00-8:30PM, 1 Session. Resident: \$10, Non Resident: \$17, Senior: \$5. IHS 220**

IS09-26 UNDERSTANDING AND MAXIMIZING SOCIAL SECURITY BENEFITS -

Bill Kaufman

Secure retirement planning requires understanding how social security benefits can best work for you. You will learn how others maximize benefits, and minimize taxes. How do the rules apply to married couples, widows, divorcees and woman in general? Should you retire at age 62, 66, or even later? What do you need to know about early retirement and/or working full or part time after retirement? You will learn answers to many other critical questions. **Tuesday, April 21st, 7:00-9:00PM, 1 Session. Resident: \$20, Non Resident: \$27. IHS 220**

IS09-27 MORTGAGES AND REVERSE MORTGAGES IN DIFFICULT FINANCIAL TIMES -

Matthew S. Seidner, Esq.

During these difficult financial times, the cause of which is largely attributed to mortgage issues, participants will have access to a real estate attorney that represents large lending institutions. The topic of mortgages (such as financing and reverse mortgages for senior citizens) will be discussed and participants can ask questions about their current situations and possible solutions. **Tuesday, March 31st, 7:00-8:00PM, 1 Session. Resident: \$20, Non Resident: \$27, Senior: \$10. IHS 219**

EIS09-38 FLUID POWER - Catheen Deutscher

Fluid Power produces optimum core strength in concert with long lean muscles and a fuller range of motion. This dynamic class fuses elements of pilates, yoga, dance, and strength training to burn fat, tighten and tone the entire body, and promote a relaxed and balanced state of being. It is designed for absolute beginners and seasoned athletes. All levels and backgrounds will see remarkable results! Please bring a yoga mat & 3 to 5 lb hand weights to class. **Tuesdays, Starts February 24th, 6:30-7:30PM, 8 Sessions, Resident: \$65, Non Resident: \$75. JFK Elementary Cafeteria**

EIS09-39 GOLF- BEGINNER - Joe Bermel Jr., "The Putting Doctor"

This class will cover the grip, stance, elementary rules, chipping along with pitching, and the full swing. One session will focus exclusively on putting. Students should bring a # 7 iron, plastic practice balls, and a small golf mat. **Tuesdays, Starts February 10th, 6:30-7:30PM, 7 Sessions, Resident: \$65, Non Resident: \$72. ECC Cafeteria**

EIS09-40 GOLF - INTERMEDIATE - Joe Bermel Jr., "The Putting Doctor"

This class will review the grip, stance, chipping, full shot, specialty shot, with a full session exclusively to putting. Students should bring a # 7 iron, plastic practice balls, and a small golf mat. **Tuesdays, Starts February 10th, 7:30-8:30PM, 7 Sessions, Resident: \$65, Non Resident: \$75. ECC Cafeteria**

ARTS / CRAFTS / HOBBIES**IS09-01 🌀DRAWING AND PAINTING- Beginner & Advanced - Mario Politi**

Learn to draw and paint for relaxation and enjoyment. Build self-confidence and learn techniques from a patient, local trained artist. First, pencil and charcoal, then pastel and acrylic. Those who wish may explore other media, as they become more proficient. Progress at your own pace. **No** expensive materials and **No** experience necessary. Bring paper and pencil first night. **Wednesdays, Starts March 4th, 6:00 - 9:00pm, 5 sessions, Resident: \$55, Non Resident: \$62, Senior: \$45. IHS 123**

IS09-02 CREATE YOUR OWN KNIT SCARF - Lynne Falcone

Come to this one night class and you will learn the basics of knitting in the English style: casting on, knit stitch, and binding off. With this knowledge you will be able to duplicate the fabulous and expensive scarves, shawls, and belts shown in boutiques, at a fraction of the price. Feel free to bring in any yarns for evaluation that you choose. Designed by you, for you! Please bring a pair of knitting needles in size 10, 10.5 or 11. Instructor will collect a \$3 materials fee at the class, for which you will receive practice yarn, an instruction booklet, and a knitted sample. Limited to 12 students. **Wednesday, March 4th, 7:00-10:00PM, 1 Session, Resident: \$25, Non Resident: \$32. IHS 204**

IS09-03 INTRODUCTION TO GUITAR– Robert Watts

This course will introduce the students to the fundamentals of guitar playing. Musical principles such as melody (single notes), harmony (chords) & rhythm (timing) are covered. The instructor, an experienced teacher and performer, will present the guitar in a variety of “stylistic settings” (i.e. Rock, Jazz, Blues, Classical). No previous experience needed! Whether seeking to acquire an initial ability or to further existing ones, come join us for an enjoyable musical experience on one of the most popular instruments of the day....the Guitar! Students are required to bring their own guitars to class. **Mondays, Starts February 23rd, 7:00-8:30PM, 10 Sessions, Resident: \$85, Non Resident: \$92. IHS 130**

IS09-04 INTERMEDIATE GUITAR - Bobby Watts

This course is recommended for intermediate level students. Students should have some previous experience with the instrument. Knowledge of the basic “garden variety” (major/minor) chord shapes and the ability to change chords in time would be helpful but is not required. Some of the topics to be discussed include finger picking, strumming, harmonics and tablature as well as melody, harmony and rhythm. Examples of these techniques will be presented in a variety of stylistic settings (rock, blues, classical). **Mondays, Starts February 23rd, 8:30-10:00PM, 10 Sessions, Resident: \$85, Resident: \$85, Non Resident: \$92. IHS 130**

FINANCIAL**IS09-21 🌀 MAKING COLLEGE AFFORDABLE- Secrets Every Parent Needs to Know - Brian Glickman CPA, RFC**

What is the most cost-effective way to finance a college education? Is your savings program harming or helping you? How do you shelter assets? Why do some families with similar income and assets qualify for more aid than others? If you don't know the answers to these questions and you want to be prepared to send your children to college and retire; this is a must attend workshop. Brian Glickman, a local CPA and specialist in college financial planning will reveal many secrets of the financial aid process to make college more affordable. He will provide insights from his extensive education in this field and his personal experiences sending his own children to college. Discussion follows the presentation. **Monday, March 9TH, 7:00-9:00PM, 1 Session. Resident: \$20, Non Resident: \$27. IHS 200**

IS09-22 🌀 DEBT-FREE LIFESTYLE—Bob Zambito

Get completely out of debt including your mortgage! Owe nothing to anyone!! This workshop is designed for MIDDLE CLASS families and individuals who want to live a stress-free, debt-free lifestyle....How would you like to pay off all your consumer debt, credit cards, car payments, etc., in one to three years? Then pay off your 30 year mortgage in another three to four years, saving thousands of dollars in interest along the way? You can do this with your current income! Learn Specific, Powerful And Time Proven Strategies That Work - Every Single Time! This workshop will help you eliminate all your debt and then operate 100% on cash never needing credit again! Bring a list of your debts (for your viewing only) with balances and monthly payments (principle and interest only for mortgage) During the class you will begin to develop you own debt elimination plan that can be implemented into your lifestyle. Please bring a pocket calculator to class. **Tuesday, April 28th, 7:00-10:00PM, 1 Session. Resident: \$30, Non Resident: \$40. IHS 204**

IS09-23 🌀ELDER LAW - Protecting Your Assets, Advanced Directives (Power of Attorney, Health Care Proxy)

In this workshop you will learn various ways to preserve assets in the face of long term catastrophic illness. Discussions on Medicaid and the many misconceptions surrounding the program as well as Medicare and how it could be used to the benefit of a seriously ill person will also be covered. Learn the pros and cons of long term insurance. Advanced directives including power of attorney and health care proxies will be analyzed. Planning vehicles such as wills, trusts and life estates will be examined and compared. **Tuesday & Thursday, March 17th & 18th, 7:00-9:00PM, 2 Sessions. Resident: \$20, Non Resident: \$27, Senior \$10. IHS 200**

IF09-16 CHILD AND INFANT CPR - Jack Cuthbertson

As of June 2006, new standards have been introduced regarding CPR and obstructed airways. This course is meant for people with children or those who baby sit. Upon completion of this course, a Red Cross Certificate will be issued. **Thursday, April 23RD, 6:00-9:00PM, 1 Session. Resident: \$65, Non Resident: \$72. IHS 220**

IF09-17 STANDARD FIRST AID - Jack Cuthbertson

How to treat illnesses and injuries encountered in the everyday setting. This is an American Red Cross Certificate Course. **Tuesday, March 28TH, 6:00-10:00PM, 1 Session. Resident: \$65, Non Resident: \$72. IHS 218**

IF09-18 PROFESSIONAL RESCUER HEALTH CARE CPR - Jack Cuthbertson

Professional Rescuer CPR course is required in a number of healthcare professions. Included in the course are Adult, Child & Infant CPR, 1 & 2 persons, use of BVM. This is an American Red Cross Certificate course. **Wednesday & Thursday, April 29th & 30th, 6:00-10:00PM, 2 Sessions. Resident: \$85, Non Resident: \$92. IHS 220**

IF09-19 AMERICAN RED CROSS BABYSITTER'S CERTIFICATE COURSE -

Claudine Campanelli

This class is for anyone interested in being a Babysitter, Mother's Helper, or Coaches Assistant. Learn what you need to know and what every parent wants in a safe and responsible babysitter. Designed for 11 to 15 year olds, the Babysitter's Training course can help you care for children and infants, be a good leader and role model, Make good decisions and solve problems, keep children safe, handle emergencies, write resumes and interview for jobs. Fee includes participant manuals, resources and the American Red Cross Certificate. **Tuesday & Wednesday, April 21st & 22nd, 6:00-9:00PM, 2 Sessions. Resident: \$50, Non Resident: \$57. IHS 204**

IF09-20 POSTURCISE® FOR MUSCLE AND JOINT PAIN - Dr. Michael C. Remy

Posturcise® is a revolutionary new exercise system that corrects your posture and movement habits. Used by professional athletes and chronic pain sufferers alike, this two hour seminar teaches the student self analysis and corrective exercises to improve posture, movement, and relieve the mechanical causes of a variety of muscle and joint pains. Taught by a board certified chiropractic orthopedist and certified Posturcise® trainers. Topics include corrective exercises to relieve back, neck, hip, knee, shoulder, TMJ pains and tension headaches, that are related to faulty posture and movement. Please note that this class is not intended to diagnose or treat any medical conditions, and clearance from your own physician to participate in an exercise class is strongly recommended. **Tuesday, March 10th, 7:00-9:00PM, 1 Session. Resident: \$25, Non Resident: \$32. IHS 200**

IS09-05 BEGINNERS MAH-JONGG - Jane Bangel

Come join us for some fun learning the game of Mah-Jongg. Beginner classes now being formed to learn how to play according to the National Mah-Jongg League rules. We will discuss some of the history, the tiles and how to play while having a good time. Bring your friends and have fun while learning. If you have a Mah-Jongg set please bring it, as well as the current Mah-Jongg card to class. **Thursdays, Starts February 12th, 6:45-8:45PM, 6 Sessions, Resident: \$60, Non Resident: \$67, Senior: \$50. IHS 204**

BUSINESS/COMPUTER EDUCATION**IS09-06 INTRODUCTION TO MICROSOFT WORD - Rocco Cappella**

Microsoft Word is a powerful tool to create professional looking documents. This course will teach you how to use Microsoft Word. The topics covered in this course are: basic use of MS Word, producing documents using MS Word, getting to know the standard, formatting and drawing, Word toolbar buttons, entering and editing text, inserting and editing images, borders and shading, using bullets, templates, mail merge and creating labels. **Tuesdays, Starts February 24TH, 7:00-8:00PM, 8 Sessions. Resident: \$70, Non Resident: \$77, Senior: \$60. IHS 106**

IS09-07 INTRODUCTION TO EXCEL - Rocco Cappella

Microsoft Excel is a powerful spreadsheet software. Participants will learn how useful spreadsheets can be when used to compute and manage numbers. This course will guide participants through the process of creating and customizing spreadsheets for both home and business. **Tuesdays, Starts February 24th, 8:00-9:00PM, 8 Sessions, , Resident: \$70, Non Resident: \$77, Senior: \$60. IHS 108**

IS09-08 NOTARY PUBLIC TRAINING - Dina Elardo

Stand out among the competition! Add prestige to your resume and be an asset to your company by enhancing your credentials! The objective of this course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary booklet. Price includes: Supplemental study guide, Notary fact sheet, Practical exam, National Notary Organization pamphlets and brochures, sample forms, Notary Public Application, NYS exam schedule and booklet, 1 year free subscription to Notary Public Central & Legal Updates. Students are required to bring pen and/or highlighter. Sign up now for this unique training course. Commissioned Notaries are always welcomed to attend. **Thursday, February 26th, 7:00-10:00PM, 1 Session. Resident: \$55, Non Resident: \$62. IHS 216**

IS09-09 NOTARY SIGNING AGENT COURSE - Dina Elardo

This course is designed to equip you with the essential skills to properly perform Loan Document Signings. Topics include document preparation; identifying documents in a loan packet and the various loan types, proper execution of documents; what is expected of the Signing Agent (your responsibilities & limitations thereof); lender lingo; identifying individuals; current industry trends; where and how to find work (Signing Companies will be provided as possible leads) **Pre-requisite: A Commissioned New York State Notary**

Public or have at least attended or completed a Notary Public Training Course prior to taking this course. MONDAY, MARCH 2ND, 7:00-9:00PM, 1 SESSION,. Resident: \$70, Non Resident: \$77. IHS 216

IS09-10 HOW TO START A BUSINESS - Becky C. Long, Esquire, CPA

Learn how to start your own business, by understanding how to draft business and contingency plan. Tips and tactics on marketing, image, packaging and pricing formulas. Legal considerations, licenses, permits, accounting, bookkeeping and taxes. **A separate payment of \$20.00, check made payable to BC Long & Associates for manual due at class time. Wednesdays, February 25th & March 4th, 7:00-9:00PM, 2 Sessions. Resident: \$25, Non Resident: \$32. IHS 216**

IS09-11 MANAGING CAREER TRANSITIONS WITH CONFIDENCE - Maria Gorecki - NEW

A transition is a process of life change which provides an opportunity. It allows a person to move from one stage to another. In today's world change is to be expected in our work lives. Yet when change happens to us, whether from a merger, a weakened economy, or other causes, it can leave us disoriented. This workshop will help you manage the transition process by giving you the tools to handle this change and confidence and focus. Taught by a career development specialist certified in career instrument administration and facilitation. Materials fee of \$35 due instructor first night, includes workbook and career instrument. **Thursdays, March 12th & 19th, 7:00-10:00PM, 2 Sessions. Resident: \$30, Non Resident: \$37. IHS 216**

IS09-12 75-HOUR REAL ESTATE SALESPERSON COURSE-- Karen Mura

This course fulfills NYS requirement for authorized education to become a Licensed Real Estate Salesperson. Mandated topics include: License Law, Law of Agency, Legal Issues, Contracts & Leases, Valuation, Finance, Human Rights and Fair Housing, Land Use, Commercial & Investment, Condos & Coops, Mortgage Brokerage, Insurance, Municipal Agencies, Construction & Environmental, Property Management, Tax Issues, and Real Estate Math. **Students will need to purchase prior to class: New York Real Estate for Salespersons, 4th Edition, by Marcia Darvin Spada, Cengage Learning. Tuesdays & Thursdays, 6:30-10:30PM, Starts February 10th, 20 Sessions. \$375. IHS 217**

ADDITIONAL NEW YORK STATE REAL ESTATE COURSE OFFERINGS:

30-HOUR REMEDIAL REAL ESTATE SALESPERSONS COURSE

22-1/2 HOUR CONTINUING EDUCATION COURSE

Call SCOPE at 631-881-9670 for dates and locations.

COOKING

IS09-13 SCONE MAKING CLASS - Lisa Basini

Learn the art of making great tasting Scones with the Baking Coach™. You will go home with a great recipe and some great tasting Scones. **Materials fee of \$15 payable to instructor the night of class. Tuesday, March 24TH, 6:00-7:30PM, 1 Session. Resident: \$25, Non Resident: \$32. IHS 119**

IS09-14 CAKE DECORATING - Lisa Basini

Learn how to make flowers, borders, leaves and frost a cake like a pro. Join The Baking Coach™ for this program that will have you creating the cakes of your dreams. **Materials fee \$20 payable to instructor at night of class. Tuesday, March 24th, 7:30-9:00PM, 1 Session., Resident: \$30, Non Resident: \$37. IHS 119**

FOREIGN LANGUAGE

IS09-15 EVERYDAY SPANISH - Charles Osborne

For individuals who need to communicate with Spanish speakers. Basic grammar and vocabulary needed to communicate with co-workers, customers, clients and/or patients who speak Spanish. Develop practical everyday vocabulary, gain basic grammar, pronunciation and ease in conversation. **Tuesdays, Starts February 10th, 6:00-7:30PM, 12 Sessions. Resident: \$85, Non Resident: \$92. IHS 202**

IS09-16 EVERYDAY SPANISH FOR HEALTH CARE PROVIDERS – Charles Osborne

For Individuals who need to communicate with Spanish speaking patients. Basic grammar and vocabulary needed to communicate with patients and Spanish speaking co-workers. Develop practical everyday vocabulary, including healthcare vocabulary: gain basic grammar, pronunciation and ease in conversation. **Please purchase book prior to class, Spanish for Health Care Workers, by William C. Harvey. Tuesdays, Starts February 10th, 7:30-9:00PM, 12 Sessions. Residents: \$85, Non Residents: \$92. IHS 202**

HEALTH & WELLNESS

IF08-15 ADULT CPR - AED TRAINING - Jack Cuthbertson

As of June 2006, new standards have been introduced regarding CPR, obstructed airways, and the use of a AED (Automated External Defibrillator). This will be an original course, not a refresher. Upon completion of this course, a Red Cross Certificate will be issued. **Tuesday, April 21st, 6:00-9:00PM, 1 Session, Resident: \$65; Non Resident: \$72. IHS 200**