

May/June 2009

# Main Line School Night

Learning for Life Since 1938



Day, Evening & Weekend Classes

[www.MainLineSchoolNight.org](http://www.MainLineSchoolNight.org) • 610.687.0460

# Art Appreciation

## The Three F's of International Art-Crime: Fakes, Forgeries and Fraud

Take a journey into the seamy underbelly of the international art market with the founder and former Senior Investigator of the FBI National Art Crime Team. PowerPoint presentation highlights notable cases.

*Robert K Wittman, FBI Investigator (ret.)*

**Wednesday, 7 pm to 9 pm, 4/29**

AA32145 Beaumont.....1 session, \$35

# Bridge

## Bridge: Continuing Beginners

Build on the basics, tune up your skills in declarer play and defense and learn new tricks. Improve your skill by practicing the key elements of the game. Good for advancing beginners and those needing a refresher course.

*Joe DeColli, Bronze Life Master*

**Tuesdays, 1:30 pm to 3 pm, starts 4/21**

SP21120 Creutzburg Ctr.....8 weeks, \$105

## Bridge: Duplicate

Learn how to compete against other players with the same hand. Compare your results with the experts and improve your game. Includes supervised play with light instruction. Good for advanced beginners and intermediate players.

*Joe Livezey, International and Life Master*

**Wednesdays, 1:15 to 3:15 pm, starts 5/6**

SP31121 Creutzburg Ctr.....5 weeks, \$68

# Computers

## Beginning Computers: The Next Step

Learn how to navigate using Windows and create documents, edit text and improve your computer skills using Word. Materials (\$7), payable to instructor.

*Bonnee Richer, PC 4 Elders*

**Tuesdays, 1 pm to 2 pm, starts 5/26**

CO21005 Creutzburg Ctr.....6 weeks, \$95

## Windows Made Easy

Master the basics of Windows including how to access programs, create folders, organize files for easy retrieval, change settings and open, save and print documents. Materials (\$7), payable to instructor.

*Bonnee Richer, PC 4 Elders*

**Tuesdays, 2:15 to 3:15 pm, starts 5/26**

CO21006 Creutzburg Ctr.....6 weeks, \$95

## Excel in Two Easy Sessions

In Excel 1, learn to navigate a spreadsheet, enter labels and values, and perform calculations. Create high impact charts. In Excel 2, analyze family budgets, track expenses and investments, and maintain detailed group member lists. Course includes pivot table, data filters, outlining methods, sorting and arranging windows, and charting. In each class, materials (\$5), payable to instructor.

*Paul Paluba, Professional Computer Instructor*

**Excel 1, Monday & Wednesday,  
9 am to 12:15 pm, 6/1 & 6/3**

CO11010 Surrey Svcs.....2 sessions, \$99

**Excel 2, Monday & Wednesday,  
9 am to 12:15 pm, 6/8 & 6/10**

CO11011 Surrey Svcs.....2 sessions, \$99

## Photo Editing 1: Introduction to Photoshop Elements

Learn the basics of Photoshop Elements. Import photos from your camera and organize, edit and improve them using toolbox. Prerequisite: knowledge of Windows and file management. Materials (\$5), payable to instructor.

*Bill Farrow, Computer Consultant*

**Tuesday, 9 am to 12:15 pm, 6/2**

C021007 Surrey Svcs.....1 session, \$59

## Cooking

### Ann Hazan's 30 Minute Menus

Get tips on do-ahead meals, boosting leftovers, simple suppers, soups, main courses, desserts and side dishes.

*Ann Hazan, Culinary Professional & Author*

**Mondays, 10:30 am to 12 pm, starts 5/4**

CW11116 Creutzburg Ctr.....3 weeks, \$49

### Sensational Starters with Ann Hazan

Sample appetite-teasing tidbits from Ann's kitchen as you learn simple ways to create do-ahead appetizers and first course dishes. Learn shortcuts and leave with ideas for your next get-together.

*Ann Hazan, Culinary Professional & Author*

**Mondays, 10:30 am to 12 pm, starts 6/1**

CW11117 Creutzburg Ctr.....3 weeks, \$49

### Gluten-Free Cooking for Summer

From barbeque sauce to strawberry shortcake, you'll learn how to make summertime classics healthy and gluten free. You'll be first in line at the BBQ with these mouth-watering, summer dishes — gluten-free can be just as enticing as traditional favorites!

*Julie Lacko, Gluten-Free Specialist*

**Thursday, 10 am to 2 pm, 5/28**

CW41118 Creutzburg Ctr.....1 session, \$65

### Cook from the Farmer's Market

Learn where to shop to get the most for your money. Discuss the benefits of buying locally grown produce, including the nutrient-rich value of foods that haven't traveled. Marilyn will cook up irresistible dishes; you get abundant samples and recipes.

*Marilyn Waxman, Family Health and Diet Counselor, The Nourishing Well*

**Saturday, 10am to 2 pm, 4/25**

CW61247 Creutzburg Ctr.....1 session, \$65

### Betty Foo's Authentic Chinese Cooking

The subtle balance of color, texture, and taste and the use of interesting and exotic ingredients prepared simply makes Chinese cooking one of the easiest, yet most interesting to learn. Find out how to prepare dishes selected from the varied menu at Hunan Restaurant, one of the Main Line's favorites.

*Betty Foo, Professional Restaurateur, Hunan*

**Mondays, 7 pm to 8:30 pm, starts 5/11**

CW12106 Hunan Restaurant....4 weeks, \$65

### Parent & Child: Make Dumplings & Wontons at Hunan

In this fun, family activity, you and your child will create several kinds of dumplings and make wontons, too. Please only one parent and a max of two children, between ages 6 and 10 (no exceptions). Price is for one adult and one child. Additional child, \$29.

*Betty Foo, Professional Restaurateur, Hunan*

**Sunday, 3 pm to 4:30 pm, starts 5/17**

CW71086 Hunan Restaurant..1 session, \$65

### More Frosting and Fun

Expand your cake-decorating skills to work with new icings. Learn new techniques, especially how to create fabulous flowers. Class open to new and continuing students. Supplies list (\$10 - \$25 ) given at first class.

*Charmaine Rusin, Cake Decorator, Whole Foods, Certified Wilton School Instructor*

**Mondays, 1 pm to 3 pm, starts 5/11**

CW11119 Creutzburg Ctr.....4 weeks, \$59

## Beer & Wine Tasting

### Beer and Cheese Tasting

Join Peter for a delicious evening of savoring local craft brews paired with artisan cheeses from DiBruno Brothers House of Cheese.

Peter's depth of knowledge will give you insights into beer's finer attributes. Learn about beer styles and cheese varieties that are well suited to one another. Bring your taste buds and your thirst — for flavor!

*Peter Cherpack, Dir., Beer Appreciation LLC*

**Wednesday, 7 pm to 8:30 pm, 6/10**

CW32010 Creutzburg Ctr.....1 session, \$45

### Summer Wines at Appleford

Experience eight wines from around the globe sublimely suited to summer menus. The tastings will be all the more enjoyable, set amidst the incomparable beauty of the Appleford Estate.

*Robert Peters and Rich Unti, Main Line "Wine Guys"*

**Wednesday, 6:30 pm to 8 pm, 5/27**

CW32011 Appleford.....1 session, \$45

## Dance

### Soul Line Dancing with Gloria Kingcade

Dance to R&B, jazz, the Philly sound, classic oldies and the latest soul favorites. It's easy and it's good exercise.

*Gloria Kingcade, Soul Line Instructor*

**Wednesdays, 2 pm to 3 pm, starts 5/20**

DA31120 Creutzburg Ctr.....6 weeks, \$79

## Fitness, Health & Exercise

### Water Aerobics

Trim and tone, improve your endurance and flexibility. Enjoy the results in this class which includes water-walking, aerobics and aqua abdominals.

*Staff, Lifetime Fitness*

**Mondays, 7 pm to 8 pm, starts 5/18**

FH12026 Beaumont.....6 weeks, \$75

### Body Sculpting

Rev up your metabolism, build energy, strengthen your bones, burn fat and improve your muscle tone. Includes a combination of exercises using hand-held weights, dynabands and floorwork. Look and feel younger with this total body workout! Achieve optimum results when you pair this class with Cardio Sculpt and Tone on Wednesdays.

*Julie Seville, Lifetime Fitness*

**Mondays, 9:15 am to 10:15 am, starts 6/1**

FH11059 Creutzburg Ctr.....6 weeks, \$75

### Cardio Sculpt and Tone

Get your day in gear with this energizing, total-body workout which includes low-impact aerobics, weighted exercises, toning floorwork and stretches. Achieve optimum results when you pair this class with Body Sculpting on Mondays.

*Julie Seville, Lifetime Fitness*

**Wednesdays,**

**9:15 am to 10:15 am, starts 5/20**

FH31137 Creutzburg Ctr.....6 weeks, \$75

## Kettlebell Training

Quickly become lean, fit and flexible when you practice orchestrated pulling and pressing movements designed to link the skeletal and muscular systems with tension and breathing.

*Phil Scarito and Will Williams,  
Certified Trainers*

**Wednesdays, 6 pm to 7:30 pm, starts 5/6**  
FH32040 Creutzburg Ctr.....6 weeks, \$75

## Boot Camp

This energetic, simple and quick workout gets amazing results regardless of your age or fitness history. Fire up your fat-burning furnace as you strengthen your muscles through movement.

*Michelle Collier, Performance Fitness, LLC*

**Thursdays,  
9:30 am to 10:30 am, starts 5/28**  
FH41026 Creutzburg Ctr.....5 weeks, \$65

## Pilates

Achieve core control through strengthening your deep abdominal and back muscles. See improvements in your overall body strength and flexibility.

*Staff, Pilates & More, Inc.*

**Wednesdays,  
10:20 am to 11:20 am, starts 5/20**  
FH31025 Creutzburg Ctr.....6 weeks, \$75

## Rejuvenate with Qigong

Practicing this 5,000-year old healing and longevity-promoting art will result in renewed energy and less body stress. These easy-to-learn gentle movements and mind-calming exercises will help increase your feelings of well-being, regulate blood pressure and aid digestion.

*Rona Cordish Satten, Certified Qigong  
Instructor*

**Wednesdays,  
11:30 am to 12:30 pm, starts 5/6**  
FH31131 Creutzburg Center....5 weeks, \$65

## Yoga

### Yoga with Charo

Practice yoga postures which stretch and tone your entire body, while enhancing skeletal, muscular, circulatory, respiratory, and endocrine systems.

*Charo Cabello, Certified Hatha Yoga  
Instructor*

**Tuesdays, 8:45 am to 10 am, starts 5/19**  
FH21030 Creutzburg Ctr.....6 weeks, \$75

### Yoga Stretch & Strengthen with Charo

Through gentle and energizing postures, pranayama, mantras, chakras and meditation, build strength and flexibility, and fortify your immune and nervous systems.

*Charo Cabello, Certified Hatha Yoga  
Instructor*

**Tuesdays, 10 am to 11:15 am, starts 5/19**  
FH21031 Creutzburg Ctr.....6 weeks, \$75

### Gentle Yoga with Marie

Gently bring the body, mind and breath together as you practice a wide range of relaxing and energizing poses.

*Marie Roberts, MA, MS, Author*

**Fridays, 9:15 am to 10:15 am, starts 5/29**  
FH51018 Creutzburg Ctr.....6 weeks, \$75

**Register Today!**

**Call 610-687-0460**

**or visit**

**[www.MainLineSchoolNight.org](http://www.MainLineSchoolNight.org)**

# Gardening

## Many Faces of Container Gardening

Add accents to your outdoor spaces! Discuss plant selections; sun and shade differences; container options; soil mixes; watering needs; and care. Includes a soil preparation and planting demonstration.

*Joe Daniels, Penn State Master Gardener*

**Thursday, 2 pm to 3:30 pm, 5/7**

HG41098 Surrey Services.....1 session, \$35

## Create a Take-Home Garden with Your Child

In this hands-on workshop, introduce your child to the world of gardening through the basics of seed starting. Learn step-by-step procedures for growing seeds which you can use in salsa, pizza, salads or your flower garden. Fee includes materials, one parent and one child. Additional child is \$5.

*Joe Daniels, Penn State Master Gardener*

**Thursday, 11 am to 12 pm, 6/18**

HG41100 Creutzburg Ctr.....1 session, \$29

## Create a Sustainable Garden Using Hardy, Drought Tolerant Plants

Lower your maintenance requirements when you learn how to create garden spaces which incorporate hardy trees, shrubs and perennials. Get tips on keeping your plants healthy and which drought-tolerant species thrive in the changing Delaware Valley climate.

*Andrea Hallmark, Landscape Architect*

**Thursdays, 11 am to 12 pm, starts 5/14**

HG41105 Creutzburg Ctr.....3 weeks, \$45

# Hobbies & Creative Arts

## Introduction to Pastels

Explore the possibilities of this medium which combines the richness of watercolor with the details of a graphite pencil. Develop your style while working both indoors and outdoors at the beautiful Creutzburg Center grounds.

*Nancy Frankel-Halbert, MA, Exhibited Artist*

**Mondays,**

**10:30 am to 12:30 pm, starts 4/20**

HC11063 Creutzburg Ctr.....6 weeks, \$79

## More Adventures in Painting & Drawing

Whatever your level, you'll thrive in this relaxed, supportive environment where you and your colleagues receive aesthetic coaching in the visual language of color, line and contrast.

*Joe Krush, Philadelphia College of Art, Freelance Artist*

**Tuesdays, 1:30 pm to 3:30 pm, starts 5/19**

HC21050 Creutzburg Ctr.....6 weeks, \$79

## All About Digital Camera & Photo Techniques

This practical, how-to course will help you get the most from your digital camera. Learn about photo technology, image manipulation and more. Practice shooting on the Creutzburg Center grounds.

*John Ansley, Proprietor, John H. Ansley Studio*

**Mondays, 9:30 am to 11 am, starts 5/4**

HC11019A Creutzburg Ctr.....5 weeks, \$68

## Photography: An Afternoon at Appleford

Spend a delightful and productive afternoon on the stunning grounds of the Appleford Estate in Villanova. Owen will help you get the most from your images of the Estate's vistas, flora and architecture.

*Owen Biddle, Professional Photographer*

**Monday, 2 pm to 6pm, 5/18**

HC12045 Appleford.....1 session, \$45

## Investing & Money Matters

### Wealthy or Not, Your Estate Matters

Learn fundamental concepts including preparing for incapacity, common will and trust provisions, assets and debts, defining and clarifying relationships, revocable trusts, probate and taxes plus much more. Workbook fee (\$30), payable to instructor.

*Paula Jones Esq., Estate Attorney*

**Thursday, 1 pm to 3 pm, 5/7**

IM41111 Creutzburg Ctr.....1 session, \$34

### All About Powers of Attorney & Advance Medical Directives

Learn about Financial Powers of Attorney, Healthcare Powers of Attorney and Advance Medical Directives/Living Wills. Prepare your own living will in class.

*Carol Ryan Livingood, Esq., Davis Bennett & Spiess LLC*

**Wednesday, 9:30 am to 11:30 am, 5/20**

IM31132 Creutzburg Ctr.....1 session, \$31

## Literature & History

### Children Freed From Hiding: Life Changing Stories from the Resistance

WWII survivors present their amazing stories of personal triumph over incredible odds, as part of the Phoebe Vernon Memorial Lecture Series. Hear Hartz's story of survival as a small child hidden in a Catholic convent in France. Cahorn will share her family's wrenching yet uplifting experiences in their Odyssey-like escape from Nazi-occupied France.

*Ruth Kapp Hartz and Judi Olga Cahorn, Authors*

**Saturday, 10 am to 12 pm, 4/25**

LH61207 Creutzburg Ctr.....1 session, \$35

### A Child's Passage to India with Roslyn Blyn-LaDrew and George Blyn

Join father and daughter as they recount their fascinating experiences in post-colonial India during the family's 3,000 mile journey from Simla, high in the Himalayas, to Goa. Roslyn will present a school girl's eye view of India while her father provides the backdrop, describing the research that took them off the beaten track.

*Roslyn Blyn-LaDrew, PhD and George Blyn, PhD, Professor Emeritus, Rutgers University*

**Saturday, 12:30 pm to 3:30 pm, 4/25**

LH61265 Creutzburg Ctr.....1 session, \$39

### Crime and Punishment

In this time of financial fraud and scandal, debate the issues in a provocative class taught by a legendary law professor. Included: what should and shouldn't be considered criminal; searches; seizures, interrogations; what can and cannot be done by the state, the role of judges and juries, plus much more.

*Donald Dowd, Emeritus Professor of Law, Villanova University*

**Tuesdays, 1:15 pm to 2:15 pm, starts 5/5**

LH21058 Creutzburg Ctr.....5 weeks, \$57

# Self

## Mindfulness-Based Stress Reduction

Learn how to incorporate meditation, yoga stretches and breathing exercises to calm your mind and body. Experience less stress and anxiety in your everyday activities.

*Marie Roberts MA, MS, Author*

**Fridays, 10:30 am to 11:30 am, starts 5/29**  
SE51080 Creutzburg Ctr.....5 weeks, \$75

## Makeup for Mature Women

Take the frustration out of choosing from thousands of products designed for the youth-oriented market. Béke will address specific makeup issues which challenge the mature woman. Learn which tools and techniques work best (no brand promotion).

*Béke Beau, Professional Makeup Artist*

**Tuesdays, 11:30 am to 1 pm, starts 6/2**  
SE21085 Creutzburg Ctr.....2 weeks, \$37

# Trips & Outdoor Adventures

## Sassafras River Kayak Adventure

Paddle this calm waterway where kayaks can easily maneuver and search for wildlife. Explore side channels with breaks along the way. For beginners and seasoned paddlers too. Includes transportation, kayak, guide.

*Staff, Great Valley Nature Center*

**Tuesday, 8:30 am to 6 pm, 6/16**  
TT21121 Grt Valley Nature Ctr.....1 trip, \$61

## Schuylkill River Canoe

Paddle through a beautiful stretch of river and catch glimpses of herons, hawks, ospreys and perhaps bald eagles. This serene day includes transportation, boats, paddles and instruction. Bring your lunch.

*Staff, Great Valley Nature Center*

**Wednesday, 9:30 am to 3:30 pm, 6/24**  
TT31125 Grt Valley Nature Ctr.....1 trip, \$45

## Kayak on Mill Creek & Furnace Bay

This calm, shallow bay is easily maneuverable and great for spotting wildlife. Explore the calm shallows of the Chesapeake and the Susquehanna River. Easy paddle for beginners and the more experienced alike. Included: transportation, kayak and guide.

*Staff, Great Valley Nature Center*

**Tuesday, 8:30 am to 6 pm, 6/30**  
TT21122 Grt Valley Nature Ctr.....1 trip, \$61

## Kayak on Beautiful Blue Marsh Lake

Here's your chance to see many areas where other boats can't go. Filled with wildlife, this quiet body of water offers a great paddle for beginners. Near Reading, the lake is part of the Schuylkill River Heritage area. Transportation, kayaks, paddles and instruction included. Bring your lunch.

*Staff, Great Valley Nature Center*

**Tuesday, 11 am to 5:30 pm, 6/2**  
TT21120 Grt Valley Nature Ctr.....1 trip, \$61

## Chanticleer Garden & House Tour

Take a guided stroll through Chanticleer's 35 acres of gardens and courtyards and enjoy the seasonal colors and textures. Go behind-the-scenes at the main house to see the family's art and antique collection.

*Chanticleer Staff*

**Wednesday, 5:30 pm to 7:15 pm, 6/3**  
TT32082 Chanticleer.....1 session, \$31

## Joe Poon's Wok 'N Walk Tour

Join Master Chef Joe Poon on his popular walking tour of Chinatown. Stop at a fortune cookie factory, herbal medicine shop and other venues. Afterwards, enjoy a four-course dinner at Joe's restaurant. Includes tax and gratuity.

*Joe Poon, Master Chef*

**Saturday, 3:30 pm to 7 pm, 5/9**  
TT61113 Chef Kitchen.....1 session, \$65

## Miller Estate Vineyard Tour, Tasting and Lunch

Visit the Chaddsford Winery vineyard, the Miller Estate in Elverson. Meet winemaker, Eric Miller, tour the vineyard and learn about the various varietals. Discuss and sample the wines with Unti and Peters while you dine al fresco among the vines.

*Rich Unti and Robert Peters,  
Main Line "Wine Guys"*

**Saturday, 9:30 am to 1:30 pm, 6/6**  
TT61150 Miller Estate Vineyard.....1 trip, \$69

## Art & Architecture of Laurel Hill Cemetery

Take a guided walking tour of Laurel Hill Cemetery where you will see monuments created by early architects, such as John Notman and Frank Furness. Examine the work of sculptors including Calder and Frishmuth. Then, cross the street to the Marketplace at East Falls where you can lunch and explore this farmer's market housed in a renovated space.

*Staff, Friends of Laurel Hill Cemetery*

**Thursday, 10 am to 12 pm, 6/4**  
TT41060 Laurel Hill Cemetery.....1 trip, \$26

## New York Botanical Garden & Hudson River Museum

Take a guided tram tour through this "museum of living botanical masterpieces." View lush rose garden, seasonal displays and a crystal palace style greenhouse. After lunch on your own in Garden cafés, visit the Hudson River Museum with its fine collection of Hudson River School artwork and new exhibit, "Dutch New York." Enjoy the splendid overlook of the Palisades. Includes admissions, tours.

*Docent Guides*

**Saturday, 8 am to 8:00 pm, 6/13**  
TT61265  
Radnor Financial Ctr.....1 day trip, \$95

# Writing & Communications

## How to Write for the Children's Market

Find out what makes a good story by focusing on writing issues specific to the children's market. Get tips on how to find a publisher. Writers of all levels and genres (children to young adult) are welcome.

*Vivian Grey Author, Member,  
NJ Literary Hall of Fame*

**Tuesdays,  
9:45 am to 10:45 am, starts 4/21**  
WC21090 Creutzburg Ctr.....6 weeks, \$75

## Getting Paid to Talk

Learn how to earn income in this exciting field by exploring all aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. Hear examples of professional demos and then record a commercial script under the direction of a voicecoaches.com producer.

*Creative Voice Development Group*  
**Wednesday, 6:30 pm to 9 pm, 6/17**  
WC32135 Creutzburg Ctr.....1 session, \$39

## Class Locations

Although most classes are held at the Creutzburg Center, directions to all off site locations can be found on our website by selecting the "Locations/ Directions" button.

*Main Line School Night is a not-for-profit 501 (c)(3) supported by tuition income and your generous contributions. Please consider making a tax-deductible contribution to help make our programs possible.*

## Four Ways To Register

### 1. Online

www.MainLineSchoolNight.org  
24 hours, 7 days a week

### 2. Mail

260 Gulph Creek Road  
Radnor, PA 19087-4519

### 3. In Person

Creutzburg Center  
260 Gulph Creek Road  
Radnor, PA 19087  
Mon-Thurs 9 am — 4 pm

Friday 9 am—2 pm

### 4. Phone 610-687-0460

Mon-Thurs 9 am—4 pm  
Friday 9 am—2 pm

## MLSN Policies

### Registration Fee

If you have not yet taken a class with us this spring, pay a one-time \$5 fee per person and enroll in as many courses as you wish. This non-refundable fee helps cover administrative expenses.

### Withdrawals

To qualify for a credit voucher, you must call MLSN (610-687-0460) during office hours. No email or voicemail withdrawals will be accepted.

### Credit Vouchers

These are transferable and are valid for one year. They may be used toward any MLSN course.

For a complete list of MLSN policies, check [www.MainLineSchoolNight.org](http://www.MainLineSchoolNight.org) under FAQ, or call 610-687-0460.

Student Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_

Night Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

Course Number	Course Title	Course Fee
1.		
2.		
3.		

One time non-refundable registration fee (*per person per term*)

\$5.00

**Yes! I would like to support Main Line School Night's program with a tax-deductible gift**

\$

Enclose check payable to "School Night" or use Amex, Discover, MC or Visa

**Total \$**

Cardholder \_\_\_\_\_

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

Exp. Date \_\_\_\_\_