

# Instructor Bios

**David Adams, Esq.** is a resident of Arlington and founding partner at Pathway Law LLC (*PathwayLaw.com*). David's work includes estate, special needs, elder law and charitable planning.

**Erica Adelson** is assistant director of RoLa Languages and has more than ten years of experience teaching English, Spanish, French, and Arabic to students of all ages, from preschoolers to retirees.

**Susanne Agerbak** is a pop-up card enthusiast and a researcher who has been using Excel for more than two decades.

**Don Anderson** of College Funding Advisors, Inc. of Bedford, MA provides clients with strategies to maximize financial aid awards for college expenses.

**Paul Angiolillo** is a long-time tea connoisseur who has worked at Upton Tea Imports, a major purveyor of fine loose-leaf teas. He has lectured on the history of tea and held tea-tastings at the Peabody-Essex Museum and other venues. He stocks his pantry with several dozen black, oolong, green, and white teas, as well as herbal infusions.

**Alexandra Bartsch** is a master beekeeper certified by the Eastern Apiculture Society. She has also been a Massachusetts state bee inspector and the Massachusetts Honey Queen. Alix is currently the swarm coordinator for the Middlesex County Beekeepers Association and maintains about twenty colonies of bees in Lexington.

**Anne Black** enjoys an active career in the Boston area as both a visual artist and classical musician. She works in multiple media, including photography, painting, digital art, book art, and wearable art. Visit *CapriccioArts.com*.

**Jacob Bloom** has been dancing and leading contra, square, colonial and various kinds of folk and ethnic dance for more than forty years, and loves when people have fun while dancing.

**Boston By Foot** is dedicated to promoting public awareness and appreciation of Boston's rich history and architectural heritage by offering a wide range of guided tours and programs conducted by a dedicated corps of highly-trained and enthusiastic volunteer tour guides.

**Roland "Boot" Boutwell** is a teacher/naturalist who regularly leads nature hikes focused on the diverse flora and fauna of our region.

**Amber Breimeir** is an Indiana University and New England School of Law alum. She has completed three marathons and loves helping others relieve the stresses of life through teaching barre and spin.

**Barry Bridgedal** is a native of Trinidad who came to the states at the age of 8 and has studied more than 10 languages up to this point! With a bachelor's in international relations, and a bachelor's and master's in French literature, Barry has taught French, Italian and Latin in a variety of language institutes, schools and colleges around the Boston area for the past 12 years.

**Bill Butler** has more than 20 years of real estate experience. He specializes in small commercial and residential investment property sales. Bill is also productivity coach for RE/MAX Leading Edge.

**Alissa Butterworth** is a novelist, writer, and educator who received her master's in fine arts from Lesley University. Her work has appeared in numerous publications. Visit *alissabutterworth.com*

**Allison Tilly Carswell and Andrea Canty** founded Red Door DesignWorks in 2007. The firm works with clients in the Boston area, as well as Los Angeles, Austin, New York, and Washington, DC. Both are residents of Arlington. Visit *reddoorboston.com*.

**Kimi Ceridon** holds a Masters in Gastronomy and Chef's Certificate from Boston University as well as Masters in Mechanical Engineering from MIT. She combines her talents to create great food experiences through hands-on classes with a bit of science and engineering. Follow along with her blog at *www.noreturrticket.com*

**Daniela Cermenati** is an artist and native of Santiago de Chile. A graphic designer by education, her true passions are crafts and handmade art that reflect her way of seeing the world.

**Betsey Cogswell** has been making art for many years, and discovered wet felting only six years ago. She has taken workshops with expert felt artists Martien van Zuilen and Janice Zimmerman, and is also self-taught.

**Cedric Crowe** has more than 20 years of professional dance experience, including with the Alvin Ailey School of Harlem, the Adrian Hawkins Dance School of Boston, and the Janette Neil Dance Studio of Boston.

**Linda Del Monte** is a 40-plus year yoga practitioner with more than 18 years of teaching experience. Certified in Kripalu and Anusara yoga, she infuses her classes with joy and spirituality.

**Derby Farm Gardens & Flowers** is an award-winning flower, garden, gift and home decor boutique in Arlington.

**Cathie Desjardins** is the current poet laureate of Arlington. Her writing has been published in *Cognoscenti*, WBUR's online magazine, and in many newspapers, periodicals, and journals including the *Christian Science Monitor* and the *Boston Globe*. She is currently at work on her second book of poems, *The Muse in the Garden*.

**Gaggi DeStefanis** began her running career in high school as a sprinter, where she still holds a 1986 school record. As an adult she has run many marathons, and placed 11th woman in a USATF marathon. She is a coach at Ottoson Middle School and Gibbs School in Arlington.

**Barbara Deveau** is assistant director of SHINE Program (Serving the Health Insurance Needs of Everyone) a program of the Mass. Executive Office of Elder Affairs. SHINE provides free health insurance information, counseling, and education to Massachusetts residents with Medicare and their caregivers. Barbara has more than 25 years of community experience with seniors and their caregivers.

**William Devereaux** has been an instructor with the American Heart Association for the past 45 years. He was also an active EMT instructor, training police and fire personnel.

**Sarah Dredge** is a vocalist, actress, and educator residing in Boston, MA. She holds degrees from the New England Conservatory of Music (M.M. Vocal Performance) and Ithaca College (B.M. Vocal Performance). With a career balanced over multiple genres, Ms. Vincelett Dredge has worked professionally in musical theater, classical music, and on television. She is a proud member of NATS, the National Association of Teachers of Singing.

**Walter Driscoll** is an accomplished chess player and is ranked 1800 USCF and 1740 FIDE. He has played in Budapest and Reykjavik and is currently a member of the Boylston Chess Club in Cambridge, MA.

**Ulrike Dettling Kalthofer** is co-founder of Arlington Reiki Associates, a reiki master teacher and a licensed marriage and family therapist.

**Naomi Ellenberg-Dukas** is president of Beadesigner International, Co-Chair of the Belmont Art Association, and owner of *DukasDesigns.com*; she has been designing and teaching jewelry making for the past six years.

**Christopher Ellinger** is a trainer, presenter and award-winning author. For over 10 years, he has co-led active bystander intervention trainings at universities, civic agencies, nonprofits organizations, human rights commissions, and for the public. He is also director of True Story Theater.

**Lissa Franz** has a master's degree in creative writing from Boston University. She is a 2015 recipient of a PEN New England Discovery award for fiction, and is currently completing a novel.

**Karen Fullerton** began her journey to support letter-writing through the classroom during a six-month sojourn in southern France where she attended the Festival of Correspondence in the small stone village of Grignan. Since 2002, she has developed workshops and coursework to guide others in finding words for the letters they write. She has a masters degree of education from Tufts University.

**Sue Funk** is an exhibiting artist and a Massachusetts certified teacher. She has taught art classes in community education programs in Acton, Sudbury and Littleton.

**Severina Gates** is a former dancer and the first Level 4 certified Essentrics instructor in Massachusetts, training under creator Miranda Esmonde-White.

**Elizabeth Gompels** went to her first national tournament two months after learning to play duplicate bridge. She is a Life Master and an Accredited Teacher through the American Contract Bridge League (ACBL). When not playing bridge, she provides small business owners and nonprofit leaders with financial guidance and project management.

**Phillip Grannan** is a multi-instrumentalist, composer, and teacher from Cincinnati, OH. He loves to share his passion for music with people of all ages and walks of life.

**Joe Green** has been teaching adult education for 13 years and has taught all five subject areas for the HISET. He has been under contract by the City of Boston to provide Basic Adult Education services to predominantly immigrant patrons of the Boston Public Library.

**Kimber Green** is a licensed and board certified massage therapist and speech-language pathologist specializing in cognition who offers therapeutic and rehabilitation in massage and mindfulness meditation. Kimber was voted Best of Boston Wellness "Mindfulness Coach" in 2016. Visit *kimbergreentherapies.com*

**Suzi Grossman** received a Bachelor of Fine Arts from the School of the Museum of Fine Arts, Boston, and a Bachelor of Arts in English Literature from Tufts University. Her photographs explore family and group dynamics as well as living environments, often through the use of the multi-paneled image. Her work has been shown throughout New England. Visit *SuziGrossman.com*

**Yin Guang** is a jewelry designer and teacher who loves to play with beads and colors. She enjoys the meditation of Kumihimo and teaches at bead shows around the country. All students and customers alike love to Kumi with Yin! Visit *ancientmoon.com*.

**Maura Harrington**, GPC founded MJH Grant Consulting in 2016 to provide high-quality proposal writing and grant consulting services for nonprofits. With more than 20 years of experience in the non-profit sector, Maura has raised more than \$15 million collectively, to help dozens of nonprofits in various sectors, further and/or sustain their missions.

**Amanda C. Hsiao** works in estate planning, special needs and elder law, and estate administration. Prior to joining Pathway Law, Amanda worked as a staff attorney in legal services where she represented low-income clients in Social Security, housing, and other matters. Amanda is a member of the National Academy of Elder Law Attorneys and a volunteer attorney for the Elder Law Project run by the Women's Bar Foundation.

**Indigo Fire** is a pottery studio in Belmont that provides a friendly, non-intimidating environment for those interested in learning more about pottery.

**Charlotte Kaplan** has been creating works on paper and sculpture for many years, following a career in architecture. She teaches drawing classes at the Boston Architectural College and adult education programs in the Boston area and has completed commissions for the Boston Children's Museum, Logan Airport, and the Massachusetts Division of Conservation and Recreation.

**Julie Kaufmann** offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs, and movement class for cancer survivors. Visit [jkdance.com](http://jkdance.com)

**Cheryl Keane** is a certified Zumba instructor with a loyal following.

**Janet Kessenich** is a workshop and retreat leader in the New England area specializing in connecting participants with what brings meaning, purpose, satisfaction and empowerment into their lives. Janet is a holistic sound and energy healer who uses the essence of music—calibrated vibration—in her work with clients and workshop participants to, in a sense, tune them to their most aligned way of being. She is the author of Music Lessons for the Spirit, a collection of essays drawn from the spiritual/life lessons she learned as a pianist. [www.spiralenergies.com](http://www.spiralenergies.com)

**Dorien Kousseyan** is a certified personal trainer at Gold's Gym in Arlington and owner of Lighten UP, LLC, a home visiting training service. She is also certified in fitness nutrition and a weight-loss success story who has lost and kept off over 100 pounds.

**Judith King** originally took up tai chi to help alleviate the pain of a chronic illness. She has been teaching for many years.

**Juanita Allen Kingsley** was trained as a wilderness EMT instructor and has been an instructor-trainer with the American Heart Association, Emergency Care and Safety Institute, and Medic First Aid.

**Cher Kore** is a Boston-based aromatherapist, aromatherapy teacher, writer, and the founder of Kameleon Healing Aromatherapy. Her writing has been published in many Boston area magazines and Cher has been featured on *Chronicle* and *Fox Morning News* and written about in the *Boston Globe*, *Boston Magazine* and other publications. Visit [www.khealing.com](http://www.khealing.com).

**Vicki Krupp** has raised backyard chickens in Needham for the past five years. When not collecting eggs, Vicki writes cookbooks and manages her website, [bookclubcookbook.com](http://bookclubcookbook.com).

**Michel L'Huillier** studied Fine Arts and Art History in Strasbourg, France, where he discovered a love for glass. Michel moved to Boston in 1995 and worked for eight years in a prominent stained glass studio. With 20 years of experience in glass work, he drew from three different techniques for architectural commissioned works: kiln-forming, fusing and stained glass. Michel also creates objects using fusing and sandblasting techniques. Since 2004 he has taught stained glass and fusing in studios and schools in the Boston area.

**Marie Levey-Pabst** runs Create Balance, where she teaches parents strategies to help them get organized and balance their time and energy around what really matters most. In addition to leading workshops and a membership community with Create Balance, Marie also teaches writing and is a mother of two (mostly) adorable children.

**Cindy Lewis** is a retired lawyer who works at the Federation for Children with Special Needs. She believes that Essentrics is an effective full-body workout for people of all ages, but is especially grateful for its "age-reversing" effects that lead to stronger, leaner muscles, as well as improved mobility and joint function.

**Ruth Lieberherr** has practiced yoga for more than 30 years and has been teaching yoga for more than 10 years. Registered with the Yoga Alliance as an experienced yoga teacher, she brings compassion, joy, and humor to her teaching.

**Zhantao Lin** is a native of China, professional tai chi teacher, sixth-generation disciple of Yang Style tai chi, and president of the Yang Style Tai Chi Association.

**Howard Loewinger** has been working with computers since the days of the Commodore PET. He has worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years.

**Robert Lublin** is professor of Theatre Arts at the University of Massachusetts Boston. In addition to publishing books and articles on Shakespeare, theatre history, and dramatic literature, he reviews whisky, wine, and beer for the long established website [Drinkhacker.com](http://Drinkhacker.com).

**Aaron MacDougall** is the owner of *Broadsheet Coffee Roasters* in Cambridge, a certified Arabica Q-Grader, and a top competitor at the national level in both coffee roasting and coffee cupping.

**Lauren Mackler** is a renowned coach, consultant, speaker and educator. She is author of the international bestseller, *Solemate: Master the Art of Aloneness @ Transform Your Life*, fellow author of *Speaking of Success* with Jack Canfield and Stephen Covey, a frequent commentator for CNN and FOX, and blogger for the *Huffington Post*.

**Heather McCormack** is the station manager of Boston Free Radio and has been involved in radio since age 14. She graduated from the University of Massachusetts, Amherst in 2010, and received her M.Ed from Harvard University in 2015. Heather recently started podcasting her own show *Make it Stop*. She is passionate about using her power of community media to engage all people, especially those who are traditionally underrepresented in telling their stories in ways that are empowering, accessible, and active in promoting social change.

**Colleen McGilpin** is a recent graduate of Gallaudet University in Washington, D.C. with a bachelor's degree in English. ASL is her primary way to communicate and she loves sharing this language with others.

**Katherine McGough** is an artist and fashion illustrator living in Arlington. Her artwork of dogs has been selected twice as a finalist at Westminster Kennel Club's poster contest and exhibited in other nationwide contests. She has a bachelor's degree from Parson's School of Design in fashion design. Visit [katherinemcgough.com](http://katherinemcgough.com).

**Shruti Mehta** is a native of India and a cooking enthusiast. Shruti enjoys teaching others how to prepare Indian vegetarian dishes, and has taught cooking courses for several adult education programs.

**Melissa Merres** is a certified life coach who supports people to build meaningful and satisfying relationships through increased self-awareness, clearer communication, and healthy boundaries. Melissa brings a lifetime of professional and personal experience in conflict and education to her coaching. She is a mama to two young boys.

**Sandra A. Miller** has published essays in over one hundred publications and is a regular contributor to *The Boston Globe's* Sunday "Connections" column. She teaches writing at UMass Lowell and takes pride in helping her students get published.

**Francesca Montillo** is owner of Lazy Italian Culinary Adventures, which provides culinary tours to Italy as well as private cooking classes and social events in the Boston area. She is a native of Italy and returns often to gather new knowledge and culinary techniques from her large family living throughout Italy. Her recipes are easy yet maintain the authenticity of Italian cuisine.

**Elyse Montoya** has been performing since the age of seven and received her Bachelor of the Arts in theatre from the University of California. She has participated in community, school, and professional shows throughout Southern California, and most recently starred in Jason Robert Brown's *The Last Five Years* as Cathy Hiatt. She is excited to work with Arlington Community Education and hopes to bring the joy of theatre and acting to all who are interested!

**Dee Morris** is an independent scholar and educational consultant specializing in 19th-century history of greater Boston. She presents walking tours at Forest Hills Cemetery (Jamaica Plain) and programs at libraries, schools, and historical societies. Her goal is to connect people with their civic ancestors.

**Mosaic Oasis Studio & Supply** owner Suzanne Owayda, offers mosaic classes and workshops, and sells tools, supplies and materials. Visit [mosaiccoasis.com](http://mosaiccoasis.com).

**Nathan Muehleisen** is a graduate of Massachusetts College of Art and has worked as a carpenter, cabinetmaker, and furniture maker. Most recently he taught in woodshops and Makerspaces, first in Chestnut Hill, and now at Arlington High School.

**Eileen Murphy-McNamara** is an artist and designer with a love for teaching both art and architecture. She lives in Arlington with her husband and three children.

**Rania Nasser** a native of Lebanon, holds bachelor's degrees from the American University of Beirut in electrical engineering and physics. She began learning Arabic in elementary school, inspired by her father who was an Arabic literature teacher.

**Andrea O'Leary** is a native American English speaker, holds a master's degree in Education from Northeastern University and has taught English for many years to students of all ages and levels. Her experience includes senior management positions in higher education and private industry.

**On The Mark** believes that archery should be safe, fun and accessible. Our goal is to empower individuals through motivational coaching and meaningful instruction that can be applied to overcoming challenges experienced on the range and throughout life.

**Monique Ouimette** has a doctorate in sociology with specializations in environment and consumption, and has taught courses in those topics at the college level. Her doctoral and master's research projects focused on social and environmental aspects of everyday consumer products used in personal care and house cleaning.

**Farheen Owais** has been passionate about dancing since she was a child. She has taken classes in Indian dance forms, belly dancing and Zumba, before falling in love with Bollywood.

**Elif Ozkafeli** is a food enthusiast who is lucky to be born in a region where spices, natural produce and other food ingredients are so varied; and where cooking has always been an integral part of the daily life. Elif is happy to be cooking and introducing the healthy and delicious Anatolian and Mediterranean cuisines at Magic Bites Bakery and Cafe since 2015.

**Parkour Generations Boston** was founded in 2012 as a branch of Parkour Generations Americas and is based in Somerville, Massachusetts. PKGen Boston runs classes and workshops for all ages and abilities throughout the New England region, working with a variety of municipalities, community organizations, schools, private companies, and individuals.

**Nicole Patience** is a nutrition counselor who works with clients to foster a healthy relationship with food, eating and body image. She is a certified diabetes educator and certified eating disorder registered dietitian.

**Janet Peluso** learned to make her first granny square in high school and has been crocheting ever since. Funky, colorful, wearable creations are her favorites, and lately has used crochet to embellish jeans and other clothing.

**Zoe Piel** is an independent illustrator, cartoonist, and animator from the Boston area.

**Ray Pourali** chemical engineer, environmental engineer, process engineer, clean energy researcher, and founder of EnviroPal.org, has been delivering indoor/outdoor year-round composting solutions nationwide. Visit [EnviroPal.org](http://EnviroPal.org)

**Ebi Poweigha** is a Cambridge native who wanted to be a rock star, but settled for being a self-taught sewist. Her sewing journey includes theatrical costume, garment alterations, and custom sewing for bodies of all shapes, sizes, and genders. She also blogs about the intricacies of sewing and life at [www.makingtheflame.com](http://www.makingtheflame.com).

**Núria Pairó** is a Spanish native from Barcelona. She has worked most of her professional life in science and language education and is currently working at an educational non-profit. She is always excited to share her language and culture with others.

**Irena Stanic Rasin** is an author and translator and has been teaching Italian courses at Arlington Community Education for many years. She holds master's degrees in English and Italian language and literature and is currently pursuing her PhD in Croatian Philology in the Intercultural Context.

**Joe Rindone** has been training since 2008 and his hand picked staff has been some of the top trainers in the Boston area. He trains clients from 90 years old to student athletes in everything, from strength training and kettlebells to balance/agility work. Visit [BackBayFit.com](http://BackBayFit.com).

**Leanne Rodd** is associate director of talent for FlexProfessionals, which matches part time professionals with employers seeking flexible staffing services in DC, Boston, MD, Northern VA

**Karen Roth** learned knitting as a child and has been an avid adult knitter for many years. She has taught knitting to friends, relatives and at other organizations.

**Susan Ruderman, Ed.M.** is an Arlington resident and philanthropy professional with more than 25 years of experience in helping non-profits from Harvard and MIT to one-person startups reach their advancement goals.

**Laurie Savage** received a BFA in metalsmithing from MassArt in 1998. She has taught the jewelry program at CCAE since 1999 and metalsmithing workshops at the DeCordova Museum School since 2005. She maintains a studio in the Distillery Building in South Boston.

**Janine Sciarappa** is a pastry chef/instructor at Boston University. She teaches classes in the Gastronomy program, the Certificate Program of Culinary Arts and the School of Hospitality.

**Anastasia Semash** is a local artist and teacher who studied illustration at the School of the Museum of Fine Arts, Boston, and holds a degree from St. Petersburg State University, Russia. She currently teaches at various art centers including Munroe Center for the Arts in Lexington, Russian Languages and Arts Center in Andover, and other venues. Visit [artsemash.com](http://artsemash.com).

**Vinny Serino** has been playing harmonica for more than 40 years and has spent the last 31 years as front man and harmonica player for the award-winning band Boston Baked Blues. He is well-versed in all facets of harmonica styles and nuances of the instrument and was selected for World Harmonica Players' list of most influential blues harmonica players many times.

**Alison Silver** is a high school English teacher at Acton-Boxborough High School. With a bachelor's degree in comparative literature and Italian studies and a master's degree in teaching English from Brown University, she has experience teaching English in Italy and tutoring children and adults in ESL, Italian, writing, and reading comprehension.

**Zach Slovin**, the first grandchild to two grandmothers who are avid cooks, was exposed to and took an interest to cooking at a very young age. For many years cooking was a hobby until Zach decided to leave the IT industry to pursue the culinary world full-time. Zach specializes in pastas, breads, and pizzas, always interested in trying new recipes and perfecting his own. Zach lives in Arlington with his wife and two dogs.

**Cinthya Soto** a native Spanish speaker from Peru, is an experienced instructor and trainer with a combined master of Science and Business Administration from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cinthya has traveled in Chile, Uruguay, Panama, Venezuela, the Dominican Republic, and Spain.

**Michael Stern** is chief investment officer of Arlington Investment Advisors, a financial planning and investment advisory firm in Arlington. He is an Arlington Town Meeting member, and father of two children in the Arlington Public Schools.

**Ellen Sullivan** is a Realtor®, accredited buyer representative, and member of the Greater Boston Association of Realtors and Massachusetts Association of Realtors. She has lived in the area for the past 30 years.

**Karen Uminski** has been teaching belly dance in Boston for nearly 20 years. One of her biggest joys is sharing this beautiful and empowering dance with women.

**Sara Valverde** has been a committed clutter-clearer since her late teens who loves empowering people through her work as an organizing and productivity professional. She works with Living Peace Professional Organizing in Arlington.

**Harriet Vanderput**, a graduate from the School of Fine Arts Utrecht, has always loved working with texture and color. Knitting is one of her favorite outlets.

**Linda Varone** has been awarded Best of Boston® for her work as a Feng Shui consultant. She has consulted nationwide for more than 20 years. She is an author and professional speaker. Her book *The Smarter Home Office* is top-ranked on Amazon for home office design. Visit [lindavarone.com](http://lindavarone.com)

**Bettina Velona** has been practicing yoga since 1994 and teaching since 2009. She continues to attend workshops to deepen her practice and inform her own teaching, and is a 500-hour level certified yoga instructor.

**Katie Walter** is the co-author of the cookbook *Some Like it Hot*, has interned at America's Test Kitchen in Boston, and has taught cooking classes for the past four years, first in her home in London and now in Lexington, MA as part of Two Aprons Cookery. Check out Katie's favorite recipes at her food blog: <https://zaprons.wordpress.com>

**Valerie Wey** moved to this country from Nice, France 16 years ago. She knit with her mom as a young girl and adult.

**Suzi Wojdyslawski** is a nationally certified personal trainer (ACSM), group fitness instructor (AFFA) and Zumba instructor. For the last eight years she has specialized in active older adult fitness. Suzi leads small group Zumba Gold, as well as resistance training (Strong Women) and balance classes (Matter of Balance).

**Crispin Wood** is the creator of the comic strip *Rock School*, which appeared in a local music publication (*The Noise*) for 23 years. He started his latest comic venture [smallblueyonder.com](http://smallblueyonder.com) in 2013 and has published five books featuring collections of his strips.

**Laura Zoll** enjoys teaching and sharing her enthusiasm for mah jongg with players of all levels. When away from the mah jongg table, Laura is a medieval musicologist.

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Look through our catalog to make sure we aren't already offering the class you have in mind. If it's not there, go to our website and click on *Contact Us* and then select *Request or Propose a Class*.