OPTION 01  

POPULAR MUSIC  
OF THE 1960s  
THE BRITISH  
INVASION  

Mitchell Lehrer  

The British invasion which began with the Beatles in February 1964, changed the face of popular music forever. This course will cover British bands throughout the 1960's, including some that were not so popular.

OPTION 02  

LEARN TO PLAY  
GUITAR AND SING  

Lou Russo  

I teach beginners and professionals of all ages. Finger style, acoustic, electric, folk, rock, blues, Tin Pan Alley. I'm a Beatles expert!
OPTION 03  
HAVING FUN WITH PUBLIC SPEAKING

David Frankel

Mondays  
12:20PM-1:10PM

8 sessions  

Bldg. 2M-205

It’s easy, fun and you will enjoy the experience. *You don’t have to stand in front of the class unless you want to. Talk about your experiences, what you’re good at (bragging is permitted). Don’t be nervous, you will be with friends.

OPTION 04  
SHAKESPEARE’S JULIUS CAESAR

Joan Hartman

Mondays  
1:25PM-3:20PM

6 Sessions  

Bldg. 2M-204

We’ll go from Illyria (Twelfth Night) to ancient Rome and have a second look at Julius Caesar, most of us read it in high school. We’ll look at Shakespeare’s source, Plutarch’s Lives, and his adaptation of it. And, of course, at the play’s plotting, characterization, language, and staging.

Please buy the Folger edition (still $5.99).
### OPTION 05  HOLISTIC HEALING

Catherine Bridges  

**Mondays**  
2:30PM-4:25PM  

**4 Sessions**  
3/9, 3/16, 3/23, 3/30  

Bldg. 2M-203  

Meditation / QiGong pressure points to put energy into the 7 Chakras / Support Group

### OPTION 06  THE MEDIEVAL LOIRE

Peter Whitehouse  

**Tuesdays**  
10:10AM-11:00AM  

**5 Sessions**  
3/24, 3/31, 4/21, 4/28, 5/5  

Bldg. 2S-220  

These lessons will focus on events in France’s Loire Valley during the middle ages. Warring lords, castle-building and rebellions against the “man” and foreign occupation characterize much of its history. Simultaneously, this very same “war-zone” fostered the creation of some of the most enduring elements of French culture in the areas of art, architecture, fashion and literature. The discussions will try to explain this anomaly.

### OPTION 07  BIBLE STUDIES AND OPINIONS

John Petersen  

**Tuesdays**  
11:15AM-12:05PM  

**5 Session**  
3/24, 3/31, 4/21, 4/28, 5/5  

Bldg. 2S-220  

The subject is the Bible. Opinions of scholars from mainline traditions worldwide.
OPTION 08  EMBROIDERY

Betsy Wilson

Tuesdays
10:10AM-11:00AM

5 Sessions
3/17, 3/24, 3/31,
4/21, 4/28

Bldg. 1S-105

Join the circle; sit and stitch, share and talk.

A brief history of embroidery, and interests in this delightful expression of creativity will be explored.

OPTION 09  MEET THE PRESIDENTS

Allan Meyers

Tuesdays
12:20PM-2:15PM

8 Sessions
3/10, 3/17, 3/24,
3/31, 4/21, 4/28,
5/5, 5/12

Bldg. 3N-214

What makes a great leader? Are leaders born or made? How does adversity affect the growth of leadership? Do the times make the leader or does the leader make the times.

Since the start of the Republic, Presidents have taken us into a major war about every generation. The United States Constitution specifically makes sure that only congress has the power to declare war. We will learn and discuss how step by step Presidents have seized the power for themselves.

Should we remember the Alamo, the Miona, the Lusitania and Pearl Harbor?
OPTION 10  

GEOLOGICAL HAZARDS

Patricia Brady

Tuesdays
12:20PM-2:00PM

3 Sessions
3/10, 3/17, 3/24

Bldg. 2N-111

This course will cover the geological disasters and hazards on Earth. Some of the topics will include some of the complex natural events that have happened on our planet. Some of these topics include earthquakes, volcanic eruptions, landslides, wildfires, cyclonic storms, floods, drought and avalanches.

Additionally, I will discuss the social, cultural and global implications that humanity will be faced with, along with how people can be warned and prepared before and after these natural occurrences arise.

OPTION 11  

THE PURSUIT OF HAPPINESS

Harold Hellman

Tuesdays
1:25PM-2:15PM

5 Sessions
3/10, 3/17, 3/24, 3/31, 4/7

Bldg. 2M-203

The course discusses the importance of happiness; the difference between something making you happy in the moment and happiness as an ongoing experience; the relationship between perfection, choice and happiness, and the core elements which lead to a happy life. The course includes guided meditations and other experiential elements in which the participants will develop “happiness skills.”
OPTION 12  TRAVEL THROUGH NORTHERN AND SOUTHERN EUROPE

John Rossi

We will be exploring Scandinavia and Russia!

OPTION 13  MORE GAMING - BEGINNING & ADVANCED & IN BETWEEN

Robert Jaffe

Blackjack & Poker (Texas Hold'em)
Instruction, actual playing – real chip, fake money – prizes!
OPTION 14  
**KNITTING 102**

Diane Frankel  

Wednesdays  
10:10AM-12:00PM  

8 Sessions  
3/11, 3/18, 3/25,  
4/1, 4/22, 4/29,  
5/6, 5/13  

Bldg. 5S-125  

We will review how to cast on and the knit stitch in addition to learning the purl stitch, slip stitch and bind off. You will gain the skills to make a cowl or hat.

**Supplies –**

For a hat: US#9 16” circular needle and 355 yards of worsted weight yarn.

For a cowl: US#8 circular needle and 225-450 yards of worsted weight yarn depending if you would like to wrap the cowl around twice.

______________________________________________________________________

OPTION 15  
**KNITTING WORKSHOP**

Diane Frankel  

Wednesdays  
12:20PM-2:15PM  

8 Sessions  
3/11, 3/18, 3/25  
4/1, 4/22, 4/29,  
5/6, 5/13  

Bldg. 5S-125  

Start a new project or finish one that you have been working on with the instructor’s help. Knitting is so much more than just a way to make something; it’s relaxing, therapeutic and fun. Challenge yourself with a new technique. Sample patterns will be available at the first class. Let’s knit!
OPTION 16

KNOW YOUR ANTIQUES & COLLECTIBLES

Madeline Mandel

Wednesdays
12:20 PM-1:45PM

5 Session
3/18, 3/25, 4/1, 4/22, 4/29

Bldg. 2M-205

Explore the history of objects and eras in the field of antiques and collectibles. Bring in an item for research and appraisal.

OPTION 17

101 MOST INFLUENTIAL PEOPLE WHO NEVER LIVED
(by Lazar, Karlan & Salter)

Allan Meyers

Wednesdays
12:20PM-2:00PM

4 Sessions
3/11, 3/18, 3/25, 4/1

Bldg. 2M-209

Does the name Quasimodo ring a bell?
Did William Tell?
Was the Ugly Duck an American?
Was the Prince charming?
Did Lilith need a lawyer to divorce Adam?
Who knows these and many more answers?
Does only the Shadow know?
| Option 18 | NEW YORK CITY | Thursdays  
1900-1920 | 12:20PM-1:10PM |
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We will cover the wildest times in baseball history.
And also the times in New York City referred to as NYPD vs THE BLACK HAND.
OPTION 19  

DO YOU WANNA BE A STAR!  
M OONLIGHT PRODUCTIONS

Christine Zahra & Victoria Venezia

Ever wonder what it’s like to be on stage? Ever think you missed the boat? WELL YOUR SHIP HAS JUST ARRIVED!

Join Moonlight Productions and explore the world of the Creative Arts you always dreamed of, in their introduction to performance class So You Wanna Be a Star!! Full of fun activities and loads of laughs!

OPTION 20  

UNIQUE AMERICA  

John Paul Culotta

A look at our common history, cultural economic social life, and current events.
OPTION 21

THE LANGUAGE OF FILM

John Paul Culotta

Fridays
1:25PM-4:25 PM

4 Sessions
3/13, 3/27, 4/24, 5/8

Bldg. 2N-107

View and discuss classic and contemporary movies.

OPTION 22

THE LANGUAGE OF FILM

Fred Grieco

Fridays
1:25PM-4:25 PM

4 Sessions
3/20, 4/3, 5/1

Bldg. 2N-107

View and discuss classic and contemporary movies.
OPTION 23

**LAW OF ATTRACTION**

Connie Tabbitas

**Thursdays**
2:30PM-4:00PM

**5 Sessions**
3/12, 3/19, 3/26,
4/23, 5/7

**Bldg. 5S-122**

The Law of Attraction can be understood by understanding that “like attracts like.” What this means is that whether we realize it or not, we are responsible for bringing both positive and negative influences into our lives. A key part of Law of Attraction is understanding that where you place your focus can have an intense impact on what happens to you.

OPTION 24

**CREATIVE EXPRESSION THROUGH POETRY, DESIGN & SMALL PRESS PUBLISHING**

Richard Spiegel & Barbara Fisher

**Thursdays**
2:30PM-4:00PM

**7 Sessions**
3/12, 3/19, 3/26,
4/2, 4/23, 4/30,
5/7

**Bldg. 5N-104**

Students will read, write, and discuss poetry. They will work toward designing and publishing their work in print and online. Illustrators and photographers are welcome.

STUDENT CLUB

**“THE GROUP”**
The OPTIONS Student Club

**Thursdays**
2:30PM–4:30PM

**Bldg. 3N-106**

Come and join the fun! We meet every Thursday. Meet and socialize with other Options students.
OPTION 25  

WORLD CIVILIZATION  
Homer Vandoros

Fridays  
9:05AM - 10:30AM  
5 Sessions  
4/3, 4/17, 4/24, 5/1, 5/8  
Bldg. 2N-108

We will focus on the Minoan and Mycenaean civilizations, Samos Island, Mykonos, Santorini and Paros; as well Greece’s customs, traditions, and superstitions. The hot spots of Blue zones, their lifestyles, diets, superfoods and their secrets of longevity. The authors, researchers and demographers Dan Buettner, Michael Poulain and Gianni Pes discovered and worked on the following Blue zones: Nuoro a Province of Sardinia, Italy and Ikaria, Greece, where its people “forget to die,” Okinawa, Japan; Loma Linda, California; Seventh-day Adventists; Nicoya Peninsula, Costa Rica; Hunza Valley, Pakistan; Vilcabamba, Ecuador; Jamaica, and several other areas where centenarians varied in age from 100 to 168 years old.

OPTION 26  

BATTLES AND HEROES OF THE CIVIL WAR  
Leonard Warner

Fridays  
10:10AM-1:00PM  
3 Sessions  
4/24, 5/1, 5/8  
Bldg. 3N-108

An overview of the events of the year 1863 in the Civil War, focus on the Battle of Gettysburg and the Gettysburg Address, and the hero Joshua Chamberlain.

Lesson 1: Overview of the year 1863 with Ken Burns’ “Civil War,” with an emphasis on the Battles of Vicksburg and Gettysburg. Assignment: YouTube - a biography of Joshua Chamberlain

Lesson 2: A detailed study of the Battle of Gettysburg, illustrated with the award winning film “Gettysburg.”

Human balance is a complex system that often begins to falter as we get older. However, this needn’t be the case – regain trust in your body!

Over the span of several weeks, you will come to understand the key elements to maintaining and improving balance. In competition with no one, assess yourself now and throughout the progression of the experience.

This course draws from multiple disciplines, including neuroscience, body-mechanics, strength and conditioning, tai chi, and mindfulness. Some of the exercises may surprise you.

The time for action is now! Take this course to discover ways to train your mind and body, in order to achieve better balance and fewer falls.

If you enjoyed Three Sheets to the Wind, come back for part two which will include the origins of some everyday words as well as the continuation of more idioms. Find out the origins of sayings and words you use every day, you will be surprised at the original meaning of them and where they came from.
OPTION 29  WHAT’S IN A WORD  Fridays
12:20PM-2:00PM
Anne Devlin
2 Sessions
3/20, 3/27
Bldg. 3N-106

Discover and discuss the annual work of the year, since the millennium, as selected by the American Dialectic Association.

What does the annual word reveal about contemporary society? Do you agree or disagree with the choices? Suggest your word choice for a particular year and explain.

OPTION 30  MYTHS, GODS, AND HEROES!  Fridays
12:20PM-2:00PM
Anne Devlin
4 Sessions
4/17, 4/24, 5/1, 5/8
Bldg. 3N-110

Discover and discuss an eclectic array of cross-cultural mythological allusions in modern life and in selected works of art.

On May 8, session 4, we are planning a trip to the Metropolitan Museum of Art. The College of Staten Island will provide free tickets for the event. All students going on the trip will meet at the Staten Island Ferry. Details to follow.
OPTION 31  
HOW TO MAKE CREATIVE EARRINGS & BRACETS  
Lucy Smith  

Fridays  
1:25PM-4:25PM  

2 Sessions  
3/20, 3/27  

Bldg. 3N-110  

How to make creative earrings and memory wire bracelets.  

1st week: Earrings  
2nd week: Bracelet  

OPTION 32  
PAINTING  
Rosemarie Chirdo  

Fridays  
2:30PM-4:25PM  

5 Sessions  
3/13, 4/3, 4/24, 5/1, 5/8  

Bldg. 3N-103  

Tap into your creativity. Using the medium of your choice, paint from a still life or a photo you bring in, focusing on shading, proportions, and values.  

We may produce a Cezanne or Matisse. Who knows! ALL LEVELS WELCOME!  

Supply list will be provided.
OPTION 33  SILK SCARF PAINTING  

Annette Marten  

Fridays
11:15AM--2:15PM  
1 Session  
4/3  
Bldg. 3N-106  

Attend a workshop and learn how to use dyes to create a beautiful hand-painted scarf. We will be using black or white silk scarves. Materials will be provided for a fee of $25.
General Information

The requested minimum fee for participation in the CSI Options Program is $99.00 and allows you to take one course or several courses. Donations over $99.00 are tax deductible and greatly appreciated.

Please make your check or money order payable to:

College of Staten Island

Mail to:

College of Staten Island
Options Program
2800 Victory Blvd.
1A - 309
Staten Island, NY 10314

Telephone: 718.982.2394

CREDIT CARDS— you may pay with a credit card over the phone. We accept Visa or MasterCard. Telephone 718.982.2394.

PARKING will be free for all Options students. Please fill out the form on the following page and bring it to Bldg. 3A – Room 106. Parking Services phone number is 718-982-2296. You will be given a parking decal for your car.

SHUTTLE BUS SERVICE will be provided from parking lot 6 to all buildings on campus in the event that you have trouble parking. For the shuttle bus call 718-982-3220, tell them your location and that you are an Options student and they will pick you up and bring you to whatever building you have to go to.

THE CAFETRIA in building 1C is opened to all Options students. Please feel free to go between classes. The shuttle bus will pick you up at your building and bring you to 1C or any other building you have to go to.