

Instructor Bios

David Adams, Esq. is a partner at Pathway Law LLC, PathwayLaw.com where he specializes in estate planning.

Susanne Agerbak is a researcher who has been using Excel for more than two decades in science, project management, budgeting, sales and decision-making.

Ben Barkan has worked at more than 30 organic farms around the world. He has installed more than 140 organically and sustainably managed custom edible gardens in Greater Boston. Visit homeharvest.biz

Richard Belofsky, CLU,[®] ChFC,[®] CFP[®] has more than 25 years of experience in financial services. Richard is an Arlington resident and Five-Star Wealth Manager recipient. He is a Certified Financial Planner[®] and Financial Advisor with The Bulfinch Group LLC.

Emily Belz has a BA in photography and history from Hampshire College and an MA in art and design education from the Rhode Island School of Design. She has taught at Boston University's Center for Digital Imaging Arts.

Roberta Blake is a former head Chef Instructor, Baking, at the New England Culinary Institute with extensive experience creating breads, pastries and high end cakes. She has worked all over New England including some local favorites like Flour, Vicki Lee's Cafe and Quebrada Bakery.

Jeanne Bohan Simard is a career strategist with a national client base with extensive experience recruiting, training, leading multi-million dollar negotiations, career mentoring and coaching.

Amber Breimeir is an Indiana University and New England School of Law alum. She believes it is important to focus on fitness and one's physical well being no matter how busy life gets! She has completed three marathons and loves helping others relieve the stresses of life through teaching barre and spin.

Roblyn Brigham is a running enthusiast and Arlington FitGirls founder and coach. She is inspired by runners of all ages who cross the finish line with a smile.

Madeleine Buehler is a native of France and an experienced language teacher.

Meagan Burke is a lifelong athlete who has run several half and full marathons. She introduced yoga into her life as a balance to her high impact exercise routine. She completed a 200-hour Vinyasa training and is almost through her 500-hour Yoga of Energy Flow training. Meagan has been a yoga instructor in Arlington, Cambridge and the Back Bay.

AC Calcaterra is a second generation belly dancer with over 20 years of teaching and performing experience. She is a founding member of The Goddess Dancing school of dance and was a master teacher for the Boston University Dance Department for over five years. She has a master's in education and can be seen teaching on the dvd *Belly Dancing the Sacred Shapes[™]*. Her welcoming approach is infused with knowledge of the dance and the joy of movement!

Beth Canuel has been dancing since the age of eight. She is a professional dancer, instructor and co-owner of Avalon Dance and Fitness in Belmont.

Kaitlin Carter is a graduate of the Middlebury College Italian Language School and has been teaching Italian at Stoneham High School since 2007.

Ted Coates is a retired Navy and Coast Guard Commander who has headed three non-profits as executive director. He has also served on numerous boards and committees not only for non-profits, but for homeowners associations, government agencies and schools, as well as private clubs.

Patricia Crotty is an artist and educator with a master's degree in fine art from the Sorbonne University in Paris. Her work explores the territory between nature and abstraction, in oil and acrylic paint as well as mixed media collage. Visit patriciacrotty.com

Linda Del Monte is a 30-year yoga practitioner, with 14 years of teaching experience. She brings joy and spirituality into her classes. Visit lindadelmonte.com

Kendall Dudley has been teaching autobiography, journal writing and career design for more than 20 years. He leads journal and lifework-direction trips to Morocco and works with individuals and organizations through the Grafton Street Writing Center in Arlington on writing and worklife. Visit kendalldudley.com

Donna Eidson thinks biking is as close as mortals can get to flying. A lifelong cyclist, she loves sharing her rides with others. She is director of Arlington Community Education.

Judy Eisenberg, the Clutter Clearer Coach, helps people let go of the clutter in their homes or offices that weighs them down, and keeps them feeling discouraged and stuck. She is a member of the National Association of Professional Organizers and the Institute of Challenging Disorganization.

Sandra Flanagan holds a master's degree in education and has seven years of professional teaching experience. As a recent career changer, she has designed websites and is active on social media. linkedin.com/in/sandraaflanagan

Misty Florez took her first floral design course at Rutgers University and upon graduation moved immediately to Boston to pursue her passion with flowers. More than 11 years later, she is an avid gardener and owner of Nectar Floral Design in Woburn. Visit bynectar.com

Ellie Foster studied music therapy at Berklee College of Music and is completing a nine-month music therapy internship at Boston Children's Hospital. A trained vocalist, Ellie has served as music director for several a capella groups, conducted choirs and taught music to students ranging in age and ability. She creates singing experiences that are both accessible and fun.

Brad Goff studied music at the University of Massachusetts Dartmouth with a focus on classical singing and jazz composition. With equal comfort on the guitar or piano, Brad has spent the past three years teaching music and performing with various musical groups in and around Boston. It is through his comprehensive knowledge and excitement for music that Brad is able to help so many find their voice. Find out more at playoutloudmusiclessons.com

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

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

Kimber Green has been a speech-language pathologist for more than 20 years, working primarily in the area of cognition: attention/concentration, processing of information and memory. She is also a license and board certified massage therapist and has a private practice in Lexington kimbergreentherapies.com

Suzi Grossman received her BFA from the School of the Museum of Fine Arts, Boston and her BA 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 at throughout New England, including the Vermont Center for Photography's "30 Under 30" in 2015 and the Arsenal Center for the Arts' "30 Under 30: Spotlight Six" in 2015. She is currently living and working in Medford, MA and is active in Boston's emerging artist scene. SuziGrossman.com

Justin Haber is head bike mechanic at Quad Cycles, Arlington.

Sharon Heermance is a psychologist in Arlington. Her practice emphasizes developing a compassionate, mindful stance toward the many parts of ourselves.

Mary Hurley is a beloved leader of on- and off-road biking and walking adventures.

JoAnn Ignelzi is a graduate of the Cambridge School of Culinary Arts (CSCA). Since 2004 she was a chef instructor teaching in both the Recreational and Professional Programs. She was also assistant education director at CSCA in charge of curriculum development for both the Diploma and Certificate Programs. Now retired from the industry, she has owned a small private chef business and has also worked for a number of local caterers in the Boston area.

Jess Jaeger writes the lifestyle blog styledbyjess.com where she writes about her passions: her family, crafting, cooking, style, and life! She lives in Arlington with her husband and two young children.

Pam Kanavos is a pastry chef, chef instructor and food blogger. Her Greek heritage has not only shaped her cooking, but also vastly contributed to her culinary personality. Being a lover of all things sweet and savory, Pam cooks, bakes, tastes and luckily shares her recipes with her students and on her blog Sucree.com.

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

Cheryl Keane is a certified Zumba instructor.

Mary Kenny is a sculptor and animator with an MFA from the California Institute of the Arts. She has been sewing for 20 years and has taught art at the college level and sewing at the Maud Morgan Center for the Arts in Cambridge.

Judith King originally took up Tai Chi to help alleviate the pain of a chronic illness. She has been teaching for five years.

Amy Lampert is a multi year recipient of the Five Star Wealth Manager Award as published in the February 2013 issue of *Boston Magazine*. Amy has developed and delivered financial literacy workshops to over 10,000 people and recently developed a series of educational materials and workshops on the "10 Dimensions of Financial Literacy."

Peter Lehman has been a working designer for the past 20 years—from early print days as a graphic designer to a user experience designer in the software industry. He has taught at the Art Institute of Boston, and at UMass Dartmouth in their design programs

Ruth Lieberherr has practised yoga for almost 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.

Nancy Linde has been quilting for more than twenty years. She's a member of the Quilter's Connection, one of the oldest and largest quilting guilds in the country, and lives in Belmont.

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. Since retiring from that position in 2010 he has taught IT courses at a community college on the West Coast, and classes for adults and kids.

Jeremy Marin is an avid vegetable gardener and compost-maker, letting the bacteria do most of the work in the garden and in the compost bin. This frees him up to experiment with and learn more about compost.

Tracy Marks is a Photoshop, Powerpoint and computer skills trainer who has been selling on eBay and Amazon since 1999. She has 40 years teaching experience, is a mental health counselor and has authored four self-help and metaphysical books.

Monica Massironi is a native of Italy and has been living in the States for the past 17 years. She has worked at a local Italian food shop for the past eight years making the most delicious mozzarella fresh, every day.

Jeanne Mayell is a Boston-area psychic and psychotherapist. With masters' degrees in public health and education from Harvard University and a master's in counseling psychology, Jeanne bridges conventional and alternative fields. She has been featured on radio and television programs and regularly blogs about intuition, the Tarot, mindfulness, positive psychology and her visions for society. Visit jeannemayell.com

Katina McClain is a dance instructor and Spanish teacher in the Boston Public Schools.

Cheryl McNeil is a multi-instrumentalist whose favorite instruments to gig on are ukulele, voice and piano. Cheryl is a graduate of Berklee College of Music and has an undergraduate degree in voice & music therapy. She also holds a master's in education from Endicott College in International Education. Cheryl directs a music program in a dual language K-8 school in East Boston. She also trains student music therapists at Berklee College of Music.

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.

Dee Morris is an independent scholar and educational consultant specializing in the nineteenth-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 co-owners Suzanne Owayda and Betsy Rodman offer mosaic classes and workshops, and sell tools, supplies and materials. Visit mosaicoasis.com

Dan Moynihan is a graphic designer, illustrator and cartoonist. Dan has created comics for Nickelodeon Magazine; his first children's book, *Hiding Dinosaurs*, will be published in 2015.

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.

Sally Naish is a certified landscape designer, an accredited organic land care professional and an active member of the Arlington Tree Committee. Visit lightandshadegardens.com

Oakes Plimpton is a life-long birder and a co-founder of the Menotomy Bird Club. He has compiled two volumes about Arlington history: *Robbins Farm Park, a Local History* and *Stories of Early 20th Century Life, an Oral History of Arlington*.

Mindy Pollack-Fusi is the owner of CollegeApplicationEssayCoach.com and [The Place for Words & Workshops](http://ThePlaceforWords&Workshops.com) in Bedford, MA. After a career in public relations, she now focuses on coaching students on the college application essay and supplements, teaching creative writing, and freelance writing. She has published more than 50 articles and essays in *The Boston Globe* and *The Boston Globe Magazine*. Visit collegeapplicationessaycoach.com

Rosemary Previte has a master's degree in reading and language and several years of experience teaching English as a Second Language. She is also a published editor, with nearly 20 years of experience as a writer, an editor, and a proofreader.

Laura Quinney & Billy Flesch are professors in the English Department at Brandeis University. She teaches and studies British literature, especially poetry, of the late -18th century and Romantic periods. His expertise is in poetry, the Renaissance, Romanticism, theory, literature and philosophy and film.

Jennie Rathbun is a short story writer and book reviewer who lives in Arlington. She has published stories in ten journals and holds an MFA from the Bennington Writing Seminars.

Joe Rindone has been in the health and fitness industry for a many years. His passion for fitness has motivated him to become one of the top personal trainers in Arlington and in Boston. Visit tone.with.rindone.com

Frank Rizzo and Frank Tassone are veteran woodworking teachers at Arlington High.

Anthony Rizzotto is an accomplished performer, composer and guitar educator. He works for Berklee College of Music and maintains an active teaching studio in Arlington and Belmont.

John Sadoff is an experienced tournament chess player and teacher who holds a master's degree in education from Harvard University. He is presently vice president of the Massachusetts Chess Association and has taught chess with the U.S. Chess Center in Washington, D.C. He loves playing and teaching this dynamic game.

Karen Samuelson is a career and life coach with a private practice in Arlington. She has advanced degrees in teaching and communication and is a certified global career development facilitator and a life coach.

Danielle Schertzer is a French chef, owner of Everyday Bistro, a personal chef service and is a certified Integrative health counselor.

Amanda Sindel-Keswick holds a master's degree in vocal performance from the Longy School of Music and teaches voice lessons in Boston.

Anastasia Semash is an artist and teacher with a degree in philosophy from St Petersburg State University, Russia. She currently teaches art at the Russian Center of Languages and Arts in Brookline. Visit artsemash.com

Janet Smith worked in the computer industry for 16 years as a technical writer, documentation architect and trainer.

Cintha Soto, a native Spanish speaker of Peru, is an experienced instructor and trainer with an MS-MBA from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cintha has lived and worked in Peru, and traveled in Chile, Uruguay, Panama, Venezuela, Dominican Republic and Spain.

Joy Spadafora has more than 20 years of knitting experience. She designs scarves, mittens and hats and regularly donates knitwear to local charities.

Doug Stewart writes frequently about history and the arts for *Smithsonian Magazine*, which has published more than 60 of his stories. His writing has also appeared in *Time*, *Geo*, *Muse*, *Discover*, and *Connoisseur*. Stewart has worked as a book editor, a freelance writer, and a journalist.

Holly Thompson is the author of three verse novels for young people: *Falling into the Dragon's Mouth*, *The Language Inside* and *Orchards*, winner of the Asian/Pacific American Award for Literature. She is also author of the picture books *The Wakame Gatherers* and *Twilight Chant* (forthcoming) and the novel *Ash*, and editor of *Tomo: Friendship Through Fiction—An Anthology of Japan Teen Stories*. A native of Massachusetts and longtime resident of Japan, she teaches writing in the US, Japan and places in between. Visit hatbooks.com

Dorothee Van Thong is a French native, born and raised in Paris. French language and culture has always been her passion and she has been teaching for more than 15 years in the US.

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.

Shwarya Viboonlarp is a native of Thailand who prepares spicy, light and healthy food.

Sue Wachter is founder and president of Acton College Consulting. For the past ten years she has worked with students and families on the complex and ever changing college admissions process. She served as an admissions officer at New York University and Boston University among others.

Stephen Weil is an early adopter of all things Apple and has been teaching friends, colleagues, and clients how to make the most of their apple iDevices for the last 15 years. He's the owner of MacInGenius and makes house calls supporting iPhones, iPads, Apple TVs, and Macintosh computers.

Bruce Wenning is horticulturalist at The Country Club in Brookline. He has used eco-conscious gardening and landscaping practices for more than 25 years.

David Whitford is host of Arlington Community Education's *Conversations* series and editor-at-large at *Inc.* magazine,

Ann Wynne is a preschool teacher and runs after school classes for K- middle school students in her home studio, *A Room for Art*. She is a bookbinder, likes to make cartoons and experiments with a wide range of media including watercolor and printing.

Konwen Yuen is a native of China who has lived in the area for 30 years. She teaches Mandarin at Arlington High.