

New Trier Extension Instructors

Diego Arias-Arrelos

Diego Arias-Arellano is a native Spanish speaker born in Ecuador. While living in his home country he completed all his formal education and moved to Chicago in 2001. His involvement with New Trier began in 2015, when he started working as Instructional Assistant in the Life Skills program for the special education department, which he greatly enjoys! He has been part of the coaching staff of New Trier Boys Soccer program since 2017, which he loves! He speaks Spanish daily with phone calls to his parents, short conversations with friends, school staff and with his son at home. He is really looking forward to starting this new teaching experience!

Don Badowski

Coach Don Badowski has been an assistant coach with the New Trier High School fencing team since 2000. He was a competitive fencer from 1994 to 2003 and is the former vice president of the Illinois Fencers Club. He is experienced at teaching beginner through advanced level fencers in foil, epee and sabre, both individually and in classes.

Alisha Betancourt-Mullen

Alisha was born in Havana, Cuba and came to this country in 1961 after the Bay of Pigs. She has taught French and Spanish since 1963, has been at NTX since 1998 and enjoys it immensely. She is widowed and lives in Highland Park. Alisha has four children.

Angelique Burbach

Angelique has been a German instructor in the community education programs of New Trier Extension as well as the College of Lake County and Oakton Community College for several years. A native of the Southwestern part of Germany, she developed a love for foreign languages from a young age and studied English, French, and Spanish in high school and college. She holds degrees in international business as well as commercial translation for English, French, and Spanish. Prior to teaching German, she worked in international marketing communications for companies in the high-tech industry. She believes that languages open doors to other cultures and are a way to connect to people from all around the world. She enjoys teaching German at New Trier Extension. Her students are motivated, interested, and open-minded adults and she wants to bring her wonderful culture and language closer to them. Her best moments are when students return from a trip to the German-speaking countries with fun anecdotes and memories of communicating successfully with locals.

Paula Chalk

I started Tai Chi as a New Trier Extension student in 2009. I was immediately intrigued by this "New" path of discovering health and wellness. It has and continues to be a lifelong journey of improving wellbeing in numerous ways. Since 2009, I have attended the annual Shen Long winter Tai Chi retreats and the Shen Long celebration Day each Spring. In 2015 I started assisting other instructors and began teaching Qi Gong/Tai Chi Foundations classes in 2017. As an advanced student of Pam Hultgren, I am grateful to be part of the tai chi community of staff and students at NTX and the Shen Long Tai Chi association. I am a long time Glenview resident where my husband and I raised our 3 children.

Jan Churchwell

Jan has been playing Bridge for over 50 years. She has been on the Chicago Contract Bridge Association's (CCBA) Board of Directors since 2005, has run tournaments, chaired the Intermediate/ Newcomer Committee and been Secretary of the CCBA since 2008. Jan believes that the only way to learn to play bridge is to play... and play... and play. While bidding can (and does) continually evolve, playing the cards doesn't change. Nobody will be right all the time and four different personalities at each table make the game always different and never boring. Jan looks forward to helping you learn and improve your Bridge game.

Pamela Dell

Pamela is the author of more than sixty books for children, both fiction and nonfiction, and for all age levels. She has been creating entertainment and educational content for kids since 1990, including not only books but also computer games and other interactive multimedia, educational material, and fictional narrative-based websites geared to young people. In the 1990s she was a co-founder of Purple Moon, an acclaimed multimedia developer in San Francisco geared

toward preteen girls, and she is the author of "Doodlebug & Dandelion," a fiction serial published monthly in Spider Magazine, from the Cricket Magazine Group. Pamela has also worked as an editor and content developer for Scholastic, Inc., Warner Bros., Knowledge Adventure, World Book, Inc., and many other publishers and entertainment companies. She has taught workshops for the Society of Children's Book Writers and Illustrators as well as private classes and workshops for at-risk teen girls.

Brian Earl

Captain Brian Earl, owner of Sea Safaris Sailing School, has been sailing for over 35 years on various size craft in a variety of waters. From the West Coast to the East Coast... the Great Lakes, Inland lakes and internationally. This extensive experience has given him a unique perspective of various weather, water, and yacht conditions you might find where you sail. Brian is a licensed Coast Guard 100 Ton Master Captain and an ASA Instructor Evaluator. He's taught for over 25 years in a number of different learning environments. Brian was recently recognized by the ASA for Outstanding Instructor of the Year. He maintains certificates in Red Cross First Aid, CPR and AED.

Kevin W. Fitzsimons

Kevin is an attorney and certified public accountant specializing in the areas of estate planning, probate, income taxation, and business law. He received his Bachelor of Science Degree from Indiana University, where he was a Chick Evans Scholar, and his Doctor of Juris Prudence with honors from John Marshall Law School. Mr. Fitzsimons conducts numerous seminars in the areas of estate planning and income taxation.

Michael Gershbein

Michael Gershbein is a former librarian who has dedicated his career to educating adults about personal technology usage and trends. His business Very Smart People teaches at libraries, senior centers, and professional organizations throughout Chicagoland. Mike also offers in-home training as well as professional consulting. He believes that if personal technology isn't fun and easy and doesn't make our lives better then it's probably not worth using.

George Glastris

George spent ten years in London at Christie's and Sotheby's, the five years at Skinner's Auction House in Boston. While there, he was also a regular appraiser on Antiques Roadshow. George keeps up with the market, now as a private appraiser and auctioneer.

Linda Goldman

Linda is a Certified Professional Organizer specializing in transforming environments from chaos and clutter into peace and serenity and helping people let go of things and paper they no longer need. Her company was launched 10 years ago and has been featured on radio and in various Chicago area publications. She holds a business degree from the University of Illinois, is a member of the National Association of Professional Organizers (NAPO) and the Institute for Challenging Disorganization. She is also on the Board of NAPO's Chicago Chapter. Prior to launching her business, Linda worked for almost twenty years in corporate training, human resources, and management. For more about Linda, please visit her website at www.AltogetherOrganized.org.

Diana Gourguechon

Diana has been teaching yoga since the early 1990's and practicing it since the 1970's. She received her certification from the Himalayan Institute. Diana has an eclectic approach to yoga. Borrowing from different perspectives, she attempts to creatively incorporate them into her practice and share them with her students. She feels that the many benefits of yoga are available to everyone, regardless of physical condition, age, or previous experience. Each student is encouraged to work at their own capacity while practicing gentle movement, the postures, breath awareness and relaxation techniques. The body/mind connection and its influence on physical, emotional and mental health has become common knowledge. Yoga creates the conditions where the union of the body, mind and spirit re-unite and can be a powerful tool to enhance wellness and promote personal growth.

Peter Hemwall

Peter Hemwall provides comprehensive investment management and financial planning services as a portfolio manager for Romano Wealth Management in downtown Evanston. Peter attended the Miami University Farmer School of

Business, where he received his B.S. degree in Finance. After graduating from Miami, he worked for Bank of America Merrill Lynch as a member of a team of financial advisors for three years. Peter joined Romano Wealth Management in September of 2014 to work alongside firm President Joe Romano. He holds the FINRA Series 7 and 66 licenses, and he is a Certified Financial Planner, CFP®.

Romano Wealth Management has been offering the Principles of Investments class at New Trier Extension for over 45 years. Though it has often been adapted to keep up with the times, the principles themselves remain unchanged. Peter took over as the teacher from Joe Romano shortly after joining the firm five years ago and has loved teaching ever since. Peter spends his time away from the office with his friends and family, and he and his wife Holly were married in December of 2018. He enjoys traveling and is an avid sports fan. Beyond cheering for Chicago sports teams, he plays on men's league soccer and hockey teams in Chicago. Peter serves as a member of the Evanston Public Library Endowment Advisory Board, and he is an active member in the Evanston Chamber of Commerce.

Sue Hershinow

Sue is an independent contractor in the field of Human Relations. She learned to play Mah Jongg as a teen and as a young mother played in a regular game. She began playing again with the resurgence in the game's popularity and taught several her friends how to play maj. A trainer by profession, Sue is a natural at helping students make sense of elements of the game. Her sense of humor and ability to cheer on her students endears her to them.

Phyllis Horn-Liparini

Phyllis has B.A. degrees in English and Theater from the University of Illinois and an M.A. in Italian from Northwestern. She has done post-masters studies in Italian and Comparative Literature, lived in Italy for ten years, and taught at Northwestern, DePaul and Roosevelt Universities. She is a Senior Lecturer in Italian at Northwestern, having taught there for twenty years. Phyllis created and directed NU's study abroad program in Italy for ten years. She is a longtime instructor for NTX and Evanston Township High School adult education. Marriage to an Italian and her many years in Italy have allowed Phyllis to develop one of her hobbies, Italian cooking. She leads trips to Italy and conducts cooking classes.

Pam Hultgren

Pam has been studying T'ai Chi Ch'uan since 1995 and has been teaching since 2000. She has participated in the Shen Long (Spirit Dragon) T'ai Chi weekend retreats, Shen Long Day celebrations, area-wide events, and international conferences held in Taiwan. She began studying T'ai Chi on a whim but quickly grew to appreciate the whole-body health benefits of T'ai Chi. Pam works for a non-profit corporation in Glenview.

Tom James

Tom is a professional illustrator, painter and teacher. He has been teaching art to students of all ages for over 25 years. His paintings are included in the collections of Searle, Abbott Laboratories, Edens Bank, the Federal Reserve Bank of Chicago, the law offices of McDermott Will & Emery, and many private collections. His illustrations have appeared in college and grade school textbooks, book covers, magazines and greeting cards. Tom works in oils, acrylics, colored pencils, pen and ink, and collage. His styles range from representational to abstract and include cartooning and illustration. For more information and to see examples of his artwork, please visit www.TomJamesArt.com

Ann Koller

Ann Koller has taught French at all levels for nearly thirty years. She worked for the Department of Defense teaching French to Special Forces soldiers and Foreign Service Officers before moving to the Chicago area. She holds a B.A. in French from the University of Maryland, and an M.S. in Education and Social Policy from Northwestern University. She recently retired from Glenbrook North High School, where she worked as a French teacher and Instructional Supervisor for World Languages for eighteen years. She is also currently teaching for the Alliance Française du North Shore. Ann has lived for extended periods of time in France and enjoys teaching French and French culture.

Robin Martinez

Originally from Los Angeles County, California, Robin has also lived in San Diego, Denver, San Antonio, Houston, and Central Oregon. While in high school in San Diego, she spent three consecutive summers in Guadalajara, México studying Spanish and Latin American history. She has a BA and an MA in Spanish from Colorado State University, as well

as Certification in CSU's Latin American Studies Program. She has taught Spanish at Colorado State University, Rice University in Houston, and at COCC in Bend, OR. She also helped plan study abroad programs to Mexico, Argentina and Spain, and accompanied students to all three countries.

Pam Mayers

Pam Mayers, Ed.D., began her career in Education as a first-grade teacher and a middle school Language Arts teacher. Once Pam completed her doctorate at National-Louis University in the area of 'Reading and Language,' she taught literacy classes to undergrad and graduate students at National-Louis, Northeastern Illinois University, and Elmhurst college for 25 years. Upon retirement, Pam furthered her education to pursue an opportunity to teach adults a memoir writing class, specifically, Guided Autobiography. She is Certified through the Birren Autobiographical Studies Program to teach these classes. While her earlier career was quite rewarding, her experience teaching the Guided Autobiography class has been among the most gratifying and rewarding.

Beth Mendez

Beth has 25+ years of experience teaching, motivating, and encouraging hundreds of students to stay committed to a fit and healthy lifestyle. Beth's favorite tag is: "If your heart is healthy your body will follow". Her workouts are developed to make you heart healthy and happy and include Beth's abundant energy and motivation for all. Beth has a host of certifications including Step Certification, Fitness Gets Personal, GI Jabb, Katlin Zamiar TRX, AFAA Personal Training Certification, Zumba Certification, Aqua Aerobics, and AFAA Silver Sneakers. Beth's classes are a perennial favorite with NTX students.

Mary Ann McGinley

Mary Ann holds a master's degree in computer education and has been teaching computer classes to all age groups for more than twenty years. In her courses, Mary Ann combines her skillful teaching ability with her love of Macintosh computers. She does not speak "computerese" and uses a hands-on approach to make lessons easy to follow.

Mary Ellen McGoey

Mary Ellen McGoey has taught a wide variety of French courses at all levels in her 32-year career. She retired from teaching in 2016 and looks forward to returning to the classroom at the New Trier Extension. Her interests include cooking, travel, reading, and, of course, all things French-related.

Michael Olach

Michael is a loan officer with 17+ years of experience. He's owned rental properties, vacation homes, and has vast personal experience in buying, owning, and selling residential properties.

Felicia O'Malley, MBA

Felicia O'Malley enjoys partnering with clients to define their unique goals. She works with clients and their families to navigate to the future they envision for the education of their children, retirement, vacation homes and legacy. Felicia has more than 19 years of experience in wealth management, financial planning and futures and options trading. Felicia was previously Vice President and Financial Consultant with Charles Schwab & Co; and Director of Institutional sales for New York Life Asset Management, following work as an Institutional Derivatives Sales/Trader at Merrill Lynch. Felicia received her MBA with a concentration in Finance from the University of Notre Dame and graduated with a BA in English from DePauw University. She is President of the Woodlands Academy Alumnae Board and Chair of the Finance Council of her church. She takes pride in her work with numerous women's organizations and the Rotary Club of Winnetka. Felicia enjoys new challenges and has recently earned her keelboat certification and is a fitness enthusiast. She grew up on the Northshore and lives in Winnetka with her husband of 29 years and has three children.

Lesley Peters

Lesley Peters is a technology professional whose career included working in the business and technology communities in Chicago and Tampa, Florida. She worked for large corporations like Sears, Roebuck, IBM Global Services, and Price

Waterhouse Coopers, as well as small companies. Her company is Qualified Communication Services. Her mission for her company is to provide technical training to those adults who wish to become more proficient. Lesley particularly enjoys working with seniors. She is currently teaching that population how to become more tech savvy so they can use the power of the Internet to improve their lives, and to embrace technology to expand their horizons. She believes no one is too old or too much of a novice to learn and benefit from technology. Her business management background, computer systems development, and technical training in her over 20-year career are her foundation for teaching and sharing information with others. Her greatest joy is watching someone's face light up when they master a new technology skill. Lesley teaches seniors individually, as well as offering customized tech classes to small groups of people.

Sue Peterson

Sue has a degree in Textiles and Clothing from Iowa State University with further studies in graphic design and website construction. Sue continues her sweater design business of twenty years selling to small boutiques and catalogs around the country. You can see some of her designs at www.suepknits.com

Kathy Pilat

Kathy Pilat is a photographer, artist, and educator who taught in the Art Dept at New Trier for 18 years and had previous experience teaching photography and design in several Chicago colleges.

She was a member of Artemisia Gallery Chicago and has exhibited her photography in galleries nationally. She has an MA in photography and BFA in graphic design.

Michael Poupko

Michael Poupko has been playing guitar for almost 30 years and teaching music for almost 20. Mike is happy to share his knowledge and is proficient in Electric and Acoustic Guitar, Bass Guitar, Ukulele, Recording and Music Production. Prep for a gig, a big audition or just learn a fun skill.

Mike Teaches the following instruments and skills: Guitar, Ukulele, Bass, Engineering, Production, Mixing, Composition, Songwriting, Arranging, Music Theory

Roberta Price

Roberta has been teaching Spanish for over 30 years. With a B.A. and M.A. in Spanish language and literature, she spent most of her career at New Trier High School. She also served as Department Coordinator for the NT Modern and Classical Languages Department with the opening of the Freshmen Campus at Northfield. Along with two former colleagues from NT, she co-authored "Sueños de la isla," a novella for students in Spanish language classes. Having retired from NT in 2010, she enjoys spending time with her family, traveling, playing golf, reading, keeping fit, and, of course, teaching her dedicated adult learners at NTX.

Marilyn Richards

Marilyn is a (nearly) lifelong resident of Wilmette. She learned to play and love bridge while a high school student at New Trier. A graduate of the University of Colorado, she took time out from bridge to raise her family. After rediscovering the game and its many challenges, Marilyn threw herself into Duplicate Bridge and became a Life Master and an ACBL certified teacher. Her teaching style is a combination of instruction, patience and fun.

Linda Roberts

Linda Roberts leads guided meditation classes around Lake County, IL. She leads participants to explore a variety of meditation styles to help them to de-stress, find an inner calmness, and a lower heart rate. Linda personally found several physical and emotional benefits from meditation over 10 years ago which helped her to heal chronic health issues.

Jack Ross

Jack is a retired actuary having worked at Coopers and Lybrand followed by Price Waterhouse. He spent over twenty years at Aon Corporation where he was a consultant and partner specializing in the retirement and pension areas.

Panthea Sadri

Panthea is a French native speaker. She is a licensed French Pharmacist who graduated from Pharmacy University of Paris XI (Chatenay-Malabry). She tutors French from elementary school to High school. She worked at the French Institute in Winnetka and Lycée Français de Chicago. Her hobbies and interests include biking, cooking, traveling and learning about different cultures.

Evey Schweig

Evey Schweig, AADP, is a certified Holistic Health Coach with degrees in biology and integrated nutrition. She has been working with clients from all over the U.S. serving as their personal guide to achieve more energy-filled, pain-free lives. She staunchly believes that eating nutritious whole foods and adopting a healthy lifestyle will improve your health and maintain optimal weight. She is the author of a blog and newsletter on healthy eating and lifestyle at www.eveyschweig.com. In addition to working with individual clients and leading group programs, she is a well-respected speaker in the health field, presenting to community groups and corporations. Follow her on Instagram (@eveyaleo); Pinterest (@EveyArt); and Facebook.

Kathy Sheridan

I became a student of Shen Long Tai Chi through NTX in the fall of 2009. I was immediately hooked by this “different” type of exercise. Learning and refining the form has given me endless health benefits achieved with a dedicated group of likeminded students. I have enjoyed sharing this experience as a teacher of Qigong/Foundations of Tai Chi since 2017.

Jason Slezak

Jason is a Registered Investment Advisor, registered in the State of Illinois and registered with the National Association of Securities Dealers (NASD), working in various capacities in the Securities Industry for over 21 years. Jason is a member of Omicron Epsilon Delta, International Economics Honorary Society as well as a member in good standing with the Bond Club of Chicago, an organization founded in 1894. Jason has specialized in the area of Financial Planning for his primary clientele. Areas of expertise range from portfolio management and retirement planning to Trust planning and administration. Jason also works with business professionals in the crafting of different types of company-sponsored retirement plans, most notably in the area of 401(k) plans. Working with individuals to help them prepare for retirement with the use of financial planning techniques is especially key to forming the bond of a solid business advisory relationship that Jason enjoys with much of his clientele.

Shawn Smith

Shawn is a New Trier alumnus ('92) with over 25 years fencing experience. He graduated from Michigan State University in '97 with a B.A. in Political Science, has a master's degree in education from National-Louis University, and is certified in Secondary Education. At Michigan State he was a four-year varsity letter winner in fencing and the Asst. Coach in '96/97. Shawn has been the Asst. Coach of the Varsity and Junior Varsity Fencing team at New Trier since '97/98 and Head Coach of the NTX Fencing program since then as well. Other sports that Shawn enjoys include volleyball, gymnastics, swimming and diving.

Frank Sullivan

After graduating from college, I first taught high school History. For fun, at night, I taught a series of courses in the History of Scotland and Ireland here at NTX. Later, I taught at the college level, retiring from full-time teaching as Associate Professor of History and Psychology at the Illinois Institute of Art. I very much look forward to returning to teaching these topics I loved so much as a young teacher just starting out.

Marc Tadelman

Marc is a Kinetic Wellness teacher, adviser, and coach at New Trier High school. He is a 27-year veteran teacher and coach with a passion for teaching life lessons through the great sport of wrestling and improving physical fitness. Marc was a college wrestler, masters national Champion and world medalist. He has coached many IHSA state medalist, Central suburban League and Regional championship teams.

Xin Tian

Xin Tian moved to the USA from China to pursue higher education. She earned her PhD in Civil Engineering from the University of Illinois at Chicago. While working in the engineering field she developed great interest in Chinese medicine.

She went on to obtain her master's degree in Chinese medicine. This led to her interest in Tai Chi and who that helps to establish and maintain good health.

Fran Vail

Fran has an MFA from Syracuse University and has continued to take numerous workshops with some of the Midwest's best artists. She has been teaching watercolor and pastels on the North Shore for over fifteen years. Her work has been shown in many juries and invitational art shows, and is represented by the Paint Box Gallery, Ephraim, WI.

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