

Summer 2018

ILR

55+

**More than 20 new
courses this summer!**

Jacob Sylvester

ILR Instructor

"The Singer-Songwriter"

Don't miss a beat!

See page 10.



Institute for Learning in Retirement

ILR classes spark your curiosity. Learn something new about the world and yourself.

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Call Us

ILR Online Registration Help Line	301.624.2888
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The ILR Mission

The Institute for Learning in Retirement (ILR55+) provides quality and accessible opportunities for intellectual stimulation and personal enrichment. ILR offers a breadth of diverse courses to fulfill the intellectual, social, spiritual, and physical interests of adults ages 55 and older.

Thank you!

This course schedule was developed from suggestions made on course evaluations and with input from ILR students whose goal is to listen to the ideas and interests of the community. The ILR staff and curriculum team are pleased to present this exciting schedule, which we hope offers something for virtually everyone. Your comments and suggestions are always welcome.

Registration now open.

Visit our website: www.ilratfcc.com

Please contact us with any questions.

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Summer 2018 Courses

ILR423 Summer Science Series

4 sessions, 8 hours

Keep calm and love science! Science helps people understand the world around them using evidence and observations. Help your brain grow this summer with the Summer Science Series. Each topic begins with a video and ends with a lively discussion. Pick just one of these intriguing topics or be super smart and take the entire series for a discount.

5-Digit Number: 15465

Mon, 10 a.m. - 12 p.m., 7/9- 7/30

Location: Student Center - H Building/H206

Tuition: \$12 Fee: \$69 Total: \$81

MD residents age 60+ pay fee only

NEW

ILR877 Superstrings and Dark Energy

1 session, 2 hours

Examine two of the most exciting and strange ideas of modern cosmology - string theory and dark energy. One may hold the secret to the Theory of Everything and the other makes up 70% of the Universe and is responsible for the accelerating expansion of the universe.

5-Digit Number: 15759

Mon, 10 a.m. - 12 p.m., 7/9

Fee: \$22

NEW

ILR878 The Real Future of Space Exploration

1 session, 2 hours

The 1970's were the golden years for the US space program. We had moon landings and plans for Mars. None of these are planned now. What's the future of NASA and private ventures?

5-Digit Number: 15760

Mon, 10 a.m. - 12 p.m., 7/16

Fee: \$22

NEW

ILR879 Design of the Universe

1 session, 2 hours

We live in a very special time in the development of the universe - from Big Bang to the end of time. Is it a coincidence? No and find out why.

5-Digit Number: 15761

Mon, 10 a.m. - 12 p.m., 7/23

Fee: \$22

NEW

ILR880 Why Earth May Someday Look Like Mars

1 session, 2 hours

Earth has the right amount of water and oxygen and has temperate climates and seasons making it ideal for life. Mars has none of the above. Will Earth stay this way forever? No and here's why.

5-Digit Number: 15762

Mon, 10 a.m. - 12 p.m., 7/30

Fee: \$22

Instructor: Robert Rubock graduated with a BS in Electrical Engineering from Rensselaer and an MSEE from the University of Connecticut. He began his career in electronic warfare at United Aircraft but eventually turned to design of spacecraft for humanitarian purposes at NASA. Bob likes to say, "Engineering made the dough, Cosmology makes me go." His courses require no math or formal scientific training, but a good sense of humor is mandatory. Bob believes that starting a class with good jokes improves the learning process. Bob's other passion is rock climbing, having traveled around the U.S. and Europe in its pursuit.

ILR397 iPhone - Beginner

3 sessions, 6 hours

So you decided to upgrade your mobile phone to a smart phone from Apple. Now that you have this new product, what do you need to know to initially set it up? This class will take you through the use of the technology so that you can make it work for you. We will focus on the settings to connect to the cell phone network and using WIFI and Bluetooth where available. The course will also walk you through the process of creating and using an Apple ID to acquire Apps from The App Store, music and videos from the iTunes Store as well as the initial setup of the iCloud and its advantages. There will also be a discussion about email considerations and text messaging using SMS and iMessage.

Instructor: Bill O'Neal has been teaching with ILR and designing its computer curriculum since 1998. He has thirty plus years' experience at FCC where he has taught in various credit and continuing education programs. Prior to FCC, he was an adjunct in the Hood College Graduate program. Bill is retired from a 34-year career with the Federal Government in Information Management, where most recently he was a manager in the Directorate of Information Management at Fort Detrick.

5-Digit Number: 15792

Mon, 1 p.m. - 3 p.m., 6/11- 6/25

Location: Braddock Hall/B215

Tuition: \$20 Fee: \$59 Total: \$79

MD residents age 60+ pay fee only

ILR396 iPhone - Advanced

3 sessions, 6 hours

Now that your iPhone is setup, let's explore the default Apps that come with the Apple operating system, or IOS, such as Calendar, Contacts, camera, iMessage, and Facetime. Learn how to share information with other iPhone users. Also, learn how to acquire popular Apps from The App Store to help you better organize your phone so that it works well for you. There will be a discussion on the various cloud services that allow you to share information with your other Apple and non-Apple devices. Finally, we will learn how to effectively manage storage on the iPhone. This class will be customized to address individual questions and use of your new smart phone.

Instructor: Bill O'Neal

5-Digit Number: 15793

Mon, 1 p.m. - 3 p.m., 7/9- 7/23

Location: Conference Center/E106

Tuition: \$20 Fee: \$59 Total: \$79

MD residents age 60+ pay fee only

ILR796 Making the Most of Your Android or Windows Smart Phone

2 sessions, 4 hours

Got a new Android based smartphone and not sure about the many things that you can do with it? This course will acquaint you the features that come standard with your new phone. You will learn that it is much more than just for phone calls. It is a full communications device that includes texting, emailing and video phone communication. Organize your life by using a smartphone calendar. Customize your device by adding additional "apps" (applications) to make your life easier. Configure your email to keep in touch with your friends and family. Take a picture and share them as well. Come to this class with questions that you might have about your new smartphone.

Instructor: Bill O'Neal

5-Digit Number: 15811

Wed, 1 p.m. - 3 p.m., 7/11- 7/18

Location: Conference Center/E106

Tuition: \$14 Fee: \$39 Total: \$53

MD residents age 60+ pay fee only

ILR649 Apple's Incredible iPad: What's in it for You?

4 sessions, 8 hours

Apple's multi-functional iPad is revolutionizing personal computing and making information, communications, photographs, and music readily accessible to everyday folks, whether they are on the go or on the sofa. And it's so easy to use! This course introduces you to the iPad's touch screen technology that lets you expand and contract images and text on the screen (great for those of us with vision problems) and to easily navigate the product's many functionalities. Learn to access the Internet, take and store high quality photos, use GPS maps, keep contact lists, manage music files and so much more. You will also learn to access the Apple Store to download music and any of thousands of "apps" for use on the iPad, many of them for free. Whether you are considering purchasing an iPad, have already purchased one, or just want to know what all the hoopla is about, this class will be well worthwhile.

Instructor: Bill O'Neal

5-Digit Number: 15791

Mon, 1 p.m. - 3 p.m., 7/30- 8/20

Location: Conference Center/E106

Tuition: \$30 Fee: \$79 Total: \$109

MD residents age 60+ pay fee only

Note: No classes will be held July 2-6



"Like" us on our new Facebook page:

www.facebook.com/ILRFCC

Visit our website: www.ILRatFCC.com

ILR616 Introduction to Computers

6 sessions, 12 hours

This class is a comprehensive course for beginners that will lead to comfortable efficient users. You will no longer have to ask your grandkids how to perform basic computer tasks like cutting and pasting. We will learn how computers work and how to keep all of your documents organized. We will master how to personalize your computer and begin creating word processing documents. The class ends with an introduction to the internet.

Instructor: John P. Zeminski, BA, M.A. Ed. has been teaching older adults to comfortably and efficiently use computers since his retirement from public education in 2014. He has been an educator for 40 years. Many of these years were devoted entirely to instructing others how to make the best use of the technology available to them. He has worked in an educational technical capacity for Carroll County Public Schools, Carroll County Community College, McDaniel College and the National Security Agency.

5-Digit Number: 15478

Thu, 10 a.m. - 12 p.m., 5/31- 7/12

No Class: 7/5

Location: Catocin Hall/C203

Tuition: \$40 Fee: \$109 Total: \$149

MD residents age 60+ pay fee only

NEW**ILR875 Jefferson & Madison:
The Collaborators**

3 sessions, 6 hours

Jefferson and Madison were political and policy allies throughout their professional lives. Learn all about why they formed the modern Democratic Party in the 1790s and how they attacked the federal government which they regarded as a monarchy. We'll also discuss the "co-presidency" that they formed during Jefferson's administration and how, as plantation owners, their views on slavery were similar. This course is meant to accompany the Monticello and Montpelier Overnight Trip (page 6). **The course and trip may be taken together or separately but please note that separate registration is required.**

Instructor: Colonial historian Roger G. Swartz received national acclaim for his two books covering the frontiers of the American Revolution. In 2004, he was chosen, along with 2 others, to be the educational coordinator for the 13-day bus tour sponsored by then National Elderhostel program for the 250th anniversary commemoration of the French & Indian War, 1754 – 1763.

5-Digit Number: 15784

Wed, 9:30 a.m. - 11:30 a.m., 5/16- 5/30

Location: TBD

Tuition: \$20 Fee: \$49 Total: \$69

MD residents age 60+ pay fee only

NEW**ILR873 Colonial Roads of Maryland**

3 sessions, 6 hours

Explore the historically important colonial roads of central and western Maryland. You'll learn how these roads evolved from Indian trails and trade and migration routes into today's modern highways. Specific roads include Braddock's Road, Cumberland Road (US Route 40), the Indian path, and Virginia Road (Route 11). We will also trace General Edward Braddock's military road, and its importance, from Washington D.C. through Frederick and into Cumberland.

Instructor: Roger G. Swartz

5-Digit Number: 15781

Mon, 9:30 a.m. - 11:30 a.m., 7/16- 7/30

Location: Sweadner Hall

Tuition: \$20 Fee: \$49 Total: \$69

MD residents age 60+ pay fee only

NEW**ILR874 Ben Franklin:
Scientist, Soldier, Spiritualist**

3 sessions, 6 hours

Examine Franklin's contributions to the improvement of colonial life, including his adopted home, Philadelphia. Next, we'll follow Franklin from Frederick, Maryland to Pennsylvania as he aides a British army in 1755; establishes a militia for Pennsylvania and appropriations for forts; and leads a force to build four of these forts on the frontiers of Pennsylvania. Finally, we'll discuss Franklin's religious beliefs – a mix of Puritanism and Deism, as well as his components of virtue.

Instructor: Roger G. Swartz

5-Digit Number: 15783

Mon, 9:30 a.m. - 11:30 a.m., 8/6- 8/20

Location: Sweadner Hall

Tuition: \$20 Fee: \$49 Total: \$69

MD residents age 60+ pay fee only

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www.frederick.edu/current-students/fccalert.aspx

Learning on Location



ILR881 Experience Food Philosophy of Michael Pollan

3 sessions, 11.5 hours

Have you ever heard the saying “Eat food. Not too much. Mostly plants” or noticed more people wanting to eat food from local farms? Americans’ ways of deciding what to eat have been changing and much of this change comes from an awareness of our food system and its environmental and health costs. Plenty of awareness has been raised by writer Michael Pollan, author of *The Omnivore’s Dilemma* and *Food Rules*. This three-part course will explore Pollan’s food philosophy through an exploration and discussion of his work during the first class and two field trips to local farms to see it in action. We’ll be visiting Rocklands Farm in Poolesville to learn about sustainable farming and Fox Haven Farm in Jefferson to learn about plant-based eating with a cooking lesson. Please note that the field trips will involve some walking; wear comfortable shoes and clothing. Insect repellent and sunscreen are also advised. All entry, cooking class fees, and transportation to the farms are included. This tour will utilize the FCC shuttle bus for transportation. **No refunds after close of business 5/9.**

Instructor: Christine Rai is an assistant professor of English at FCC with a passion for food studies and experiential learning. An FCC alum, Professor Rai earned a Bachelor’s from Towson University and her Master’s from Loyola College. As an educator she is known for incorporating active learning including field trips, service learning, and cultural cooking demonstrations. Inspired by her love of travel, she designed a global scholar course and led an FCC group abroad to France in May 2016. She writes about teaching, traveling, and food at www.christinera.com.

5-Digit Number: 15794

Class: Wed, 9am-12pm, 5/23

Location: Catoctin Hall/C112

No Class: 5/30

Tours: Wed, 8:30 am-1:15 pm, 6/6, Wed, 9:15am - 1pm, 6/13

Location: Depart from FCC Campus, exact location TBD

Fee: \$119



ILR883 In the Footsteps of Harpers Ferry’s John Brown

1 session, 7 hours

Don’t miss this opportunity to learn more about the local connections to legendary abolitionist John Brown. Take a full-day, mobile workshop through some of the region’s prime sites for exploration relating to Brown and his attack on the US Arsenal at Harpers Ferry. Award-winning researcher/documentarian Chris Haugh will be your guide as we visit sites connected to the ill-fated insurrection attempt in the fall of 1859. Chris will call on content experts to provide unique insight, as this on-location learning experience we will explore the direct relationship that John Brown has on the local landscape. All entry fees are included. Lunch will be on your own at the Potomac Grille. Be sure to bring your walking shoes as we will walk through downtown Harpers Ferry; some parts of the tour may require you to walk up inclines. **No refunds after close of business 6/29.**

Instructor: Chris Haugh is an Emmy award-winning documentary film maker and regional historian. For nearly 25 years, Chris has researched, produced and published numerous award-winning presentations on Frederick County history. He has also taught both video production and public history courses for FCC, Hood College and Towson University.

5-Digit Number: 15833

Tue, 9 a.m. - 5 p.m., 7/10

Location: Depart from FCC Campus; exact location TBD

Fee: \$104



ILR882 Africa American History Tour of Washington, D.C.

2 sessions, 11 hours

Washington D.C. has a long history of African-American Culture. On this tour, we’ll visit the home of Frederick Douglass, a freed slave who became one of the leading abolitionists. Enjoy lunch at the famous D.C. icon, Ben’s Chili Bowl. Then we’ll walk off lunch with a tour of the U Street historical area including the African-American Civil War Memorial, Lincoln Theatre, and other sites. Finally we’ll see the beautiful Martin Luther King, Jr. and Lincoln Memorials before heading back to FCC. Your tour includes an optional two hour pre-tour class one week prior to the tour date Lunch and tour entry fee are included. **No refunds after close of business 8/9.**

Instructor: Marsha Adelson is a retired Federal Employee who has spent the last 10+ years as a Licensed Professional Tour Guide in Washington, D.C. She has over 20 years of experience teaching first aid, music, and leadership skills as a volunteer for various organizations. She has lived in the Washington Metropolitan area her whole life and enjoys sharing the beauty, history, and uniqueness of our Nation’s Capital through tours and lectures.

5-Digit Number: 15796

Pre-tour class: Thu, 10 a.m. - 12 p.m., 8/16

Location: Sweadner Hall

Tour: Thu, 8:30 a.m.-5:30 p.m., 8/23, Depart from FCC Campus; exact location TBD



All buses are motor coaches unless otherwise stated.

Introducing Nick Diaz ...



ILR872 Math for 55+

4 sessions, 6 hours

This course will re-introduce you to basic mathematical principles including algebra. The goal of this course is to simplify matters so you can again feel confident using math in your everyday life. Principles you will learn include number theory, rules of divisibility, mental computation, and most importantly, why things work the way they do. You may even find yourself able to help your children or grandchildren with the modern math concepts taught in schools today that seem so unusual to many of us who were taught math decades ago.

Instructor: Nick Diaz taught mathematics for 30 years in the Frederick County Public School system. He currently serves as Mathematics and Enrichment Consultant, and coordinates the middle school mathematics competition and high school Academic Tournament for the county. He also conducts informal sessions and seminars with elementary school teachers to enhance their knowledge and understanding of mathematics. He has been recognized with numerous awards including the Washington Post Agnes Meyer Outstanding Teacher Award. Nick currently serves on the Frederick Community College Board of Trustees.

5-Digit Number: 15780

Mon, 10 a.m. - 11:30 a.m., 6/4- 6/25

Location: Conference Center/E106

Tuition: \$20 Fee: \$49 Total: \$69

MD residents age 60+ pay fee only

Introducing Marlene Welch ...



ILR524 Adult Children Helping Parents Age

2 sessions, 4 hours

How to start a conversation with your parents about aging. Of course we all want to be Peter Pan, but since we can't get younger we can only get older with style and preparation. Learn how to help your parents understand this ongoing process of renewal that is at the heart of life. Topics, living will, power of attorney, assistive devices, health matters, wishes at time of death and more. This conversation needs to be respectful of the fears of the parent.

Instructor: Marlene Welch is a retired Professor in Teacher Education, She taught at Anne Arundel Community College and Carol Community College. Since retirement she has taught as an Adjunct Faculty at Carroll Community College, also in Frederick at Family Plus and Family Partnership. She has over 40 years teaching adults and understands growing old and the new normal.

5-Digit Number: 15778

Mon, 6 p.m. - 8 p.m., 6/4- 6/11

Location: Conference Center/E106

Tuition: \$10 Fee: \$39 Total: \$49

MD residents age 60+ pay fee only

301.624.2888



ILR869 Don't Be a Victim of Frauds and Scams

1 session, 3 hours

We all know by now not to send money to the "prince who needs our help to transfer his fortune to America" but what are some of the other frauds and scams that thieves use to steal our money and property from us? What type of people are the most vulnerable to scammers, and how do they get us to fall for their tricks? Most importantly, how can we protect our own information and assets so that we will not be the next victim of a cunning thief? Learn how to be a "Fraud Fighter" for yourself and for your loved ones, and to shut down potential scams before they hit you.

Instructor: Marcy Gouge is a retired attorney with a specialization in issues that impact elder Americans. After twenty years as a litigator in Colorado, she moved to Washington, D.C. to work at the AARP Foundation as the Director of the National Legal Training Project. She later worked with programs that helped "scam proof" older Americans, including managing a federal grant that encouraged seniors to become "Fraud Fighters" to protect themselves and educate others about how to prevent scammers from stealing their assets.

5-Digit Number: 15776

Mon, 1 p.m. - 4 p.m., 7/16

Location: Catocin Hall/C112

Fee: \$34



ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours

Ever wonder how options trading works? In this fun and interactive course you will learn the skills you need to become your own options trader. Options can help you develop a weekly stream of income with little risk, double or triple the dividends on stock you already own, turn a loss into a gain when the market goes against you, and reduce the cost basis on stock you already own. You will work live on an actual paper trading account during class. Don't worry, no money involved as you put your new skills to work.

Note: Legal Disclaimer offered to students by instructor at beginning of course: This options training program is strictly offered as an educational presentation. Please see full disclaimer at www.frederick.edu/ilr.

Instructor: For over 17 years, Richard Bender has been teaching courses at the Rockville Senior Center in Maryland. He has taught French after living and working in France for 7 years. He has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry. He also specializes in teaching the proper methods of earning weekly income through options investments.

5-Digit Number: 15779

Mon, Wed, 1:30 p.m. - 3:30 p.m., 6/4- 6/13

Location: Conference Center/E106

Fee: \$99



ILR865 Writing Your Short Story or Novel

8 sessions, 16 hours

Learn the elements of storytelling and how they work together to form a cohesive, well-written and meaningful story. Each session will analyze samples of one of a group of elements to determine their individual purposes and their relationship to the story.

Instructor: Judy Kelly is an award winning published author. Her novel, *That Ever Died So Young*, was a finalist in the Somerset Literary and Contemporary Fiction Award 2014. Her newest novel, *Blessings and Curses*, came out in December 2017. She has presented at the Fiction Writers Institute in Hagerstown and at Montgomery College. Judy taught writing through the continuing education program at George Mason University. She facilitates three writing groups and spends time as a Beta reader for a wide variety of writers and genres. She is also an instructor at Montgomery College where she teaches speech, reading, and English.

5-Digit Number: 15773

Mon, Wed, 10 a.m. - 12 p.m., 6/4- 6/27

Location: Braddock Hall/B114

Tuition: \$50 Fee: \$129 Total: \$179

MD residents age 60+ pay fee only

SEN450 Exploring Watercolor Painting

6 sessions, 12 hours

If you have always wanted to try your hand (or brush) at watercolor painting, or expand your artistic abilities by learning new techniques in painting, this is the class for you. Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about mixing colors, composition, techniques of shading, reflections, and more. Explore a rewarding activity and the satisfaction of expanding your creative talents. In addition to beginning students, students who've taken Cath's classes previously are welcome to return and will find new content this term. A list of supplies will be provided prior to class start date.


Instructor: Cath Howard began her art instruction at a very young age at the Atlas Art Studio in Westfield, NJ, and continued her art studies at Covenant College on Lookout Mt., TN. She studied watercolor with Skip Lawrence in Laurel, MD, with Phyllis Reif in Philadelphia, PA, and locally with Rebecca Pearl.

5-Digit Number: 15718

Tue, 10 a.m. - 12 p.m., 5/29- 7/3

Location: Frederick Senior Center

Fee: \$99

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www.facebook.com/ILRFCC
Visit our website: www.ILRatFCC.com

Introducing Rhonda McGaha Russo ...



ILR864 Reiki 1st Degree

4 sessions, 8 hours

Usui Reiki is a Japanese technique that treats body, emotions, mind, and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being. It can promote healing in a natural and safe way. Its use is not dependent on one's intellectual capacity or spiritual development. It has been successfully taught to thousands of people of all ages and backgrounds. Reiki is administered by a laying-on or hovering above of hands. Reiki first degree consists of three instruction classes and an attunement class. In order to receive your attunement, you must be present for all three instruction classes. This is a certification class. In order to receive your certification you must complete the attunement.

Instructor: Rhonda McGaha Russo has been in touch with nature, animals and spirits all of her life, which lead her to the path of Reiki. Rhonda loves teaching Reiki to others, but uses it to assist in healing of animals/humans/nature and uses it in her paranormal work. In her daytime hours, she is an animal care specialist for a local nature center and gives tours at a local historic manor house. She is also the author of the book *Bump In The Night Investigations: Beginner Ghost Hunting Book*. Rhonda has been on various radio shows, attends paranormal and holistic events, and gives lectures.

5-Digit Number: 15772

Tue, 1 p.m. - 3 p.m., 7/10- 7/31

Location: Student Center/H102A

Fee: \$100



Monticello and Montpelier Overnight Trip

June 1-2 • From \$299

Visit the famous historic homes of Presidents Thomas Jefferson and James Madison. Invite a friend and set out on an overnight adventure. Cost includes transportation in a clean, modern coach, lodging, admissions, and three meals.

Contact Coal Country Tours at 540.233.0543 to register.

This course is meant to accompany the Jefferson & Madison course (page 3). The course and trip may be taken together or separately but please note that separate registration is required.

TED

ILR431 Mornings With TED

5 sessions, 7.5 hours

Grab a cup of coffee and wake up with TED. Don't know TED? Allow ILR to introduce you: TED short videos, pulled from the highly respected TED conferences, feature some of the world's most fascinating thinkers and doers who are challenged to give the "talk of their lives" in 18 minutes or less. The subjects of TED talks range from technology, entertainment, and design to science, global issues, humanity and more. Their mission? Spreading Ideas. The series invites you to watch a short, hand-picked TED video at each class and share your own ideas with your fellow students in a lively discussion of the topic.

Instructor: Matt Bernota has a Masters degree in history from the University of Maryland and for 40 years has taught both high school and adult education courses in history, economics, and law education. His favorite TED talks are those that stimulate insights and offer new perspectives into contemporary issues... one of his favorite TED talks is Karen Orestes' "Why We Should Trust the Scientists".

5-Digit Number: 15522

Tue, 10:30 a.m. - 12 p.m., 7/24- 8/21

Location: Student Center/H262

Fee: \$79

ILR619 Contentment in Everyday Life

4 sessions, 8 hours

We can actually experience that we can trust in ourselves and our emotions. We can trust ourselves as we are, not as we think we should be. The fruition of contentment is a genuine, simple sense of confidence and trust. This course follows the teachings and meditation practices of Shambhala Buddhism.

Instructor: Dr. Jerry Webster presently serves as the Shastri, or head teacher, with the Shambhala Buddhist Meditation Center in Washington, D.C. He obtained his Ph.D. in Curriculum and Instruction from the University of Maryland and has taught literature there and multiculturalism for Montgomery County Public Schools. Dr. Webster's 40 years of teaching experience began with the Peace Corps in Afghanistan. He currently teaches this course and others at Johns Hopkins University.

5-Digit Number: 15831

Wed, 10 a.m. - 12 p.m., 6/6- 6/27

Location: Conference Center/E106

Tuition: \$20 Fee: \$69 Total: \$89

MD residents age 60+ pay fee only

ILR837 Personal Self Defensive Tactics

1 session, 3 hours

Rape/robbery/assault is not a selective crime, it has no regard for age, race, or social status. In this class, you will learn basic common sense rules that can be used to protect yourself before, during, and after an attack. Research shows that educated citizens are best equipped to protect themselves. The class has been described by some students as "an insurance policy you never want to have to use but which is comforting to have." The class is designed for all ages and is strictly classroom based; this is not a physical class.

Instructor: Captain Kirby Lee Maybush retired from the Frederick County Sheriff's Office with 45 years of law enforcement. He has taught self-defense/defensive tactics at police, sheriff, and correction academies and to military police and numerous organizations in the area. He has been on TV and radio in reference to the classes. Several women after attending CPT Maybush's classes stated not only were they able to prevent a sexual/physical assault it also increased their self-esteem and self-confidence, improved their personal lives, family ties, and work relationships.

5-Digit Number: 15241

Wed, 5:30 p.m. - 8:30 p.m., 6/6

Location: Conference Center/E104

Fee: \$29

New material each course . . .

ILR833 The Making of Modern China

6 sessions, 12 hours

China is an expansive country with thousands of years of history. This history has shaped China into the highly diverse and complex country that it is today. Let Jeff Steinberg present to you a picture of the current Chinese government, economy, culture, military posture and global goals. Discuss some of the leading figures of China beginning with the 20th century including the transition from Emperor to Republic. Understand how China was brought into the global economy and what their current economic challenges are as it plans its future in the 21st century. Jeff Steinberg has traveled to China 2-3 times a year since 2010 and through an academic dialogue he has developed a unique perspective of this fascinating country.

Instructor: Jeffrey Steinberg is both an analyst and practitioner of U.S. national security policy. He has been an investigative journalist for more than 40 years, serving since 1986 on the editorial board of a weekly publication, Executive Intelligence Review, and writing for a range of international newsletters and magazines; and has also participated in various advisory capacities for U.S. government officials on a wide range of national security issues, from strategic defense policy, to the war on terrorism, to the war on illegal narcotics, to the economic dimensions of national security. He has lectured internationally on issues related to national security.

5-Digit Number: 15523

Wed, 6 p.m. - 8 p.m., 6/20- 8/1

No Class: 7/4

Location: Conference Center/E106

Tuition: \$50 Fee: \$105 Total: \$155

MD residents age 60+ pay fee only



ILR867 Becoming Your Family Historian

2 sessions, 4 hours

Whether you tinkered with it years ago or have dreamed of starting, this class will put you on the path to taking genealogy seriously. We'll cover basic genealogy methodology, print and electronic resources, establishing a research plan, and caring for your family's documents and artifacts. Become not just a genealogist but your family's historian.

Instructor: Mary Mannix is currently the Maryland Room Manager of the C. Burr Artz Public Library of the Frederick County Public Libraries. She is very active in MARAC (the Mid-Atlantic Regional Archives Conference). She has been involved in the History Section of RUSA and was the 2011 winner of the Genealogical Publishing Company Award. In 2015, she was given the Martha Washington Medal from the Sergeant Lawrence Everhart Chapter of the Maryland Society of Sons of the American Revolution. She has taught genealogy librarianship at the University of Maryland and public history courses at Hood College.

5-Digit Number: 15763

Wed, 9 a.m. - 11 a.m., 7/18- 8/1

No Class: 7/25

Location: Conference Center/E106

Tuition: \$10 Fee: \$34 Total: \$44

MD residents age 60+ pay fee only



ILR863 Drawing From Nature

4 sessions, 6 hours

Learn basic drawing techniques and topics such as value, shading, geometric and organic shapes, highlighting and more. We will use nature to be our model, including branches, blooms, shells, fruits, vegetables, and wildlife images. Beginners welcome! Students will be provided with a list of supplies to purchase prior to the beginning of class.

Instructor: Jeanne has a master's Degree in Art Education from the College of Notre Dame of Md. and worked over 7 years as a floral designer for Radebaughs in Towson, Md. She has over 10 years teaching experience for FCPS.

5-Digit Number: 15771

Wed, Fri, 10 a.m. - 11:30 a.m., 5/23- 6/1

Location: Visual & Performing Arts Center/F118

Fee: \$64

Note: No classes will be held July 2-6

"Like" us on our new Facebook page:

www.facebook.com/ILRFCC

Visit our website: www.ILRatFCC.com



ILR417 The Symphony Orchestra: An Inside Look - FSO Meets the Beatles

1 session, 2.5 hours

Follow the progress of an orchestral concert from rehearsal to performance. Participants in these unique music sessions will arrive early for a private briefing prior to attending rehearsal. During rehearsal they will have the opportunity to observe the Frederick Symphony Orchestra (FSO) up close and from the players' perspective. The experience will also include presentations by the Assistant Conductor and the orchestra musicians, opportunities for conversation with the musicians, and finally, attendance at the actual concerts. Participants may then choose to attend the concert at a discounted price of \$15 per ticket; only students of this course may receive the discount. Gain a greater understanding and appreciation for the process by which great symphonic works are prepared for the stage.

Instructor: Andrew Rosenfeld has been the Associate Music Director of the FSO since 2015. That same year he founded the FSO Camerata to make great music more accessible to the public. He has served as conductor and music director for the International Opera Projects in Berlin, and Maryland's Hub Opera Ensemble. Rosenfeld directs the university's vocal ensembles and teaches a wide array of courses at Mount St. Mary's University.

David Howard was a member of the National Symphony Orchestra with which he performed until retiring in 2011. During those 41 years, he also performed with various chamber groups, including The Foggy Bottom Chamber Ensemble, the Cameron String Quartet, and Eclipse Chamber Orchestra. He holds a Masters in Music Performance, and Education. David is a member of the FSO and teaches cello at Hood College.

5-Digit Number: 13917

Thu, 7 p.m. - 9:30 p.m., 5/17

Location: Visual & Performing Arts Center/F112

Fee: \$20

The concert date is Friday or Saturday, June 15 or 16, 7:30 p.m. at Frederick Community College, JBK Theater.



ILR870 Travel Light, Travel Easy

1 session, 2.5 hours

No matter your mode of transportation, traveling light makes the journey easier. Learn the tricks to packing carry-on only for your next destination. You'll learn how to meet carry-on standards, dress for easy travel, and develop a personal packing list. This interactive workshop will allow time to explore many packing and travel tools.

Instructor: Kathy Barylski is a carry-on only traveler and participates in several on-line travel forums. She is also a trainer with the Girl Scouts, specializing in outdoor programs. She is an experienced instructor who currently works part-time as a Water Exercise Instructor at the Frederick YMCA. Kathy has taught various enrichment classes over the last 20+ years.

5-Digit Number: 15775

Thu, 6 p.m. - 8:30 p.m., 5/31

Location: Conference Center/E106

Fee: \$25

NEW

ILR868 Beginner Hiking

1 session, 2.5 hours

Frederick County has over 200 miles of hiking trails for all different abilities. Ready to pull on your old hiking boots and get out? This class will provide you with all of the essentials so you can have safe and fun outings. Learn how to choose the right footwear, avoid ticks and poison ivy, and understand what it means to "Leave No Trace".

Instructor: Kathy Barylski (see page 8 for bio)

5-Digit Number: 15777

Thu, 1 p.m. - 3:30 p.m., 6/7

Location: Conference Center/E106

Fee: \$25

NEW

ILR834 Dementia 101

1 session, 3 hours

Dementia 101 will provide a basic understanding of dementia. This class will define the term and discuss the difference between normal aging and dementia. We will also investigate the difference between reversible and irreversible forms of dementias and look at the risk factors. Then we'll discuss the process for diagnosing dementias and explore the symptoms of various forms of dementia.

Instructor: Thea Uhlig-Ruff, R.N., B.S., M.G.A. recently retired from an extensive career in the health care industry. She has spoken locally, state-wide and nationally on health-related topics specializing in mental health issues and gerontology including dementia care, issues in long-term care and hospice care. Ms. Ruff brings a unique perspective as she has also been a family caregiver for both her parents and her husband of 25 years. Presently she serves as a member of the Frederick County Commission of Aging, chairing their committee on Aging in Place as well as serving on the Local Health Improvement Plan Committee on Seniors.

5-Digit Number: 15484

Thu, 6 p.m. - 9 p.m., 6/14

Location: Conference Center/E106

Fee: \$29

ILR841 Eight Nations Vital to Sub-Sahara Africa: Past & Present

8 sessions, 16 hours

Learn about the important histories of eight African nations that helped shape the sub-Sahara continent including; Ghana, Nigeria, Sudan, Ethiopia, Kenya, Democratic Republic of the Congo, Zimbabwe and South Africa, from slavery to the present. Students will learn how their unique history is reflected in the current political-economic life of these nations.

Instructor: Lawrence has been involved in Africa for almost 25 years and has made over two dozen visits to the nations of Sudan, Nigeria, Mali, Chad, and Ethiopia. He has studied the history and political economy of several Africa nations. Lawrence has attended weekly seminars and forums on Africa in Washington, D.C. including Congressional hearings on Africa. As a result, Lawrence has attained an in-depth knowledge of both historical and current developments of Africa. He has written dozens of articles analyzing the political economies of Africa nations including Sudan, South Sudan, Nigeria, Kenya, Mali, Ethiopia, Zimbabwe, and the Democratic Republic of the Congo. He specializes in promoting policies for physical economic development, and has presented his ideas to government and non-government circles alike in both Africa and the United States.

5-Digit Number: 15481

Thu, 6 p.m. - 8 p.m., 6/21- 8/9

No Class: 7/5

Location: Conference Center/E106

Tuition: \$50 Fee: \$109 Total: \$159

MD residents age 60+ pay fee only

Introducing Carol Harrington ...

NEW

ILR876 Exploring Greek and Roman Architecture

4 sessions, 8 hours

Students will learn about the culture, art, building styles, and materials that were used to construct buildings during Greek and Roman history. The course will examine the significance of how Greek and Roman structural elements can be seen even in the architecture of today.

Instructor: Carol Harrington holds degrees in both Psychology and Education. Additionally, she has done undergraduate and independent study in architecture at Catholic University of America in Washington, D.C.. As an instructor, she seeks to inspire her students to consistently reach for greatness in academic thought. She is the Founder and CEO of the Khalaf Learning Center which is a nonprofit seeking to help educate children and their families on the importance of being able to read for success. KLC also brings together families for informative and engaging counseling sessions.

5-Digit Number: 15782

Thu, 1 p.m. - 3 p.m., 7/12- 8/2

Location: Conference Center/E106

Tuition: \$20 Fee: \$69 Total: \$89

MD residents age 60+ pay fee only



ILR313 The Singer-Songwriter Part I

4 sessions, 8 hours

In this course we will explore the singer/songwriter with a focus on the guitarist as the singer/songwriter. Join us as we examine the works of such dynamic singing guitarists as Son House, Pete Seeger, Hank Williams, Bob Dylan, Joan Baez, Billy Joel, Neil Diamond, Bonnie Raitt, Bruce Springsteen, and many more. Come and enjoy the listening, the lively discussions, and the fun.

Instructor: Jacob Sylvester is a musician, writer, speaker, and educator. He holds an A.A.S. in Accounting (UDC), a B.A. in English, and a M.S. in Management (UMUC). He is an Adjunct Professor at FCC in Business Studies. Additionally, he teaches and tutors via his company Jakesong Learning Center (JLC). As a musician, Jacob has performed in and around the D.C.-MD-VA area for many years. He is the author of two poetry collections: *My World In Variables* (2014), and *Reflections* (2016). Jacob loves learning new things and exchanging ideas with his students. In fact, he believes to teach is to learn! His motto: Let us learn new things together.

5-Digit Number: 15770

Thu, 1 p.m. - 3 p.m., 7/12- 8/2

Location: Catocin Hall/C112

Fee: \$89

ACR326 Glass Fusing Jewelry: Pendants, Bracelets, and Pins

1 session, 3 hours

Join us to discover how to create gorgeous, one-of-a-kind pendants, wine bottle stoppers, bracelets, and pins for yourself or as gifts for family and friends. Using fusible glass, dichroic glass, frit, and mosaic pieces, learn the basics of fusing, how to cut and grind glass, clean pieces, and assemble pieces. Create multiple unique, stunning pieces during this three-hour session. Finished items are then fused in a kiln and returned the following week for pick up. This class is meant for beginners! Sign up with a friend and learn together. All supplies are included in the course cost.

Instructor: Pat Stein

5-Digit Number: 15950

Sat, 1 p.m. - 4 p.m., 6/9

Location: Visual & Performing Arts Center/F118

Fee: \$69



ILR866 Viking History and Journeys to America

4 sessions, 10 hours

Among the Old Icelandic sagas are two that have come to be called the Vinland Sagas. They contain the oldest European descriptions of North America and the stories of Norse experiences sailing to and from it, and briefly living there. In these four lectures Dr. Karen Gray will provide an overview of Viking history and culture and extensive information on Norse ship-building and sailing techniques before turning her attention to the two Vinland sagas: The Greenlanders Saga and Saga of Eric the Red. The latter saga is a significant source of information on Gudrid, whose son may have been the first European born on the North American continent. All presentations are heavily illustrated with slides and each class involves a 10-minute break midway through the presentation and half-an-hour discussion at the end.

Instructor: Karen Gray, Ph.D., received her S.T.B. degree from Harvard Divinity School and her Ph.D. from the University of Edinburgh where her thesis was on "Religious Atheism in Contemporary Western Thought: A Christian Problem and a Buddhist Perspective." She recently retired after 20 years with the Smithsonian Associates designing adult study tours. She has had a lifelong fascination with the world's religions which she approaches with openness and from a scholarly perspective.

5-Digit Number: 15774

Fri, 10 a.m. - 12:30 p.m., 7/13- 8/3

Location: Conference Center/E106

Tuition: \$40 Fee: \$99 Total: \$139

MD residents age 60+ pay fee only

How to Register for ILR55+ Classes



Online

- Go to Frederick.edu/ILR
- Click Login/Create Account in the green menu bar.
- Enter username and password or choose Create New Profile. (Be sure to select Yes to email preference as class confirmations and receipts are provided via email.)
- Click Browse Courses or ILR55+ for available classes.
- Click Add to Cart
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and Process Payment to complete your registration.



In Person

New Location!

During campus building renovations, the Continuing Education & Workforce Development registration office is temporarily located in the Student Center (H105).

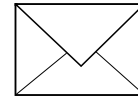
- Visit us in the Student Center (H-105) to complete a registration form and submit payment in full (cash, check or money order).
- A kiosk is available to accept credit card registrations.

Hours of Operation

Monday: 8:30 a.m. - 6 p.m.

Tuesday-Thursday: 8:30 a.m. - 4:30 p.m.

Friday: 10 a.m. - 4:30 p.m.



Mail

We encourage Online or In Person registrations, as Mail registrations often result in a delay of processing due to incorrect payments or inaccurate information.

Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per term. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per term.
- An \$8 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during the period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents.
- The CEWD Registration Office has relocated to the Student Center, Building H.

Drop a Class

- Students who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least one business day before the beginning date of the class. Trips may have a different refund policy; please refer to the class information for specific details. Students electing to drop a class can do so by completing the CEWD Drop/Transfer Form available at frederick.edu/QuickEnroll under the Registration Office link. This form must be submitted to the CEWD Registration Office located in the Student Center, Building H or by email to CERequest@frederick.edu. Students may also obtain the Drop/Transfer form in the CEWD Registration Office.
- For more information refer to Tuition and Payments information at frederick.edu/QuickEnroll.

Frederick Community College

The information contained in this schedule is abbreviated for registration purposes. The provisions of this publication are not to be regarded as a contract between the student and Frederick Community College. Changes are effected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses. Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301.846.2408. To request a sign language interpreter, please visit <http://fcc-interpreting.genbook.com>. If you have interpreting related questions, please email Interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

Board of Trustees David F. Butfer, *Chair* • Myrna R. Whitworth, *Vice Chair* • Debra S. Borden • Nick Diaz • Tom Lynch • Dr. John Molesworth
Elizabeth Burmaster, *Secretary/Treasurer* • Janice Spiegel, *Education Liaison/Office of the County Executive*

hullabaloo!

– Special Events for Families & Friends to Enjoy Together –



Art & Craft

Classes starting at \$69+

Happy Little Trees

May 12 • 10 a.m. – 4 p.m.

You've seen him before. Bob Ross is the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big house painting-type brushes and cooing soothing "you can do it's" to the audience. Join in on the fun this summer @ FCC!

Additional classes include:

Glass Fusing Jewelry

June 9 • 9 a.m. – 12 p.m.

DIY Chainmaille Jewelry

June 23 • 10 a.m. – 12 p.m.

Earrings & Pendants

Aug. 25 • 9 a.m. – 3:30 p.m.

Home & Hobbies

Classes starting at \$39+

Beginner Knitting

May 29 & 30 • 6 p.m. – 8 p.m.

We're heading to The Knot Shop in downtown Frederick to learn how to cast on, knit, purl, read a pattern and complete a custom-made creation. Come by for a fun evening out on the town while learning a new skill!

Additional classes include:

Beginner Sewing Bootcamp

June 9 & 10 • 10 a.m. – 2 p.m.

The Urban Farmer: Planning & Planting

July 28 • 10 a.m. – 2 p.m.

Crochet Beginner

Aug. 23, 30 & Sept. 6 • 6:30 p.m. – 8:30 p.m.

Food & Drink

Classes starting at \$29+

Vegetable Fermentation for Beginners

June 21 • 6 p.m. – 8:30 p.m.

Discover the benefits of fermented foods! In this fun and informative session, learn all about fermentation, probiotics, and the benefits of making your own sauerkraut. Join Rachel Armistead of The Sweet Farm as she walks you through the basics of vegetable fermentation with samples from The Sweet Farm's own product line.

Additional classes include:

Liquid Gold: The Olive Oil Class

June 7 • 6:30 p.m. – 8 p.m.

Get the Party Started

June 9 • 6:30 p.m. – 8 p.m.

Southern Cooking

Aug. 18 • 10 a.m. – 1 p.m.

“My wife and I took the Bob Ross painting class from Dee Sullivan. We had been wanting to take such a class for quite some time, and boy are we glad we took it. It was great. We absolutely are amazed with our painting.”

- John Ames, Personal Enrichment Student



Location Key

FCC classes are held on the main college campus, at the Monroe Center, online and offsite at various locations throughout the county.

Campus Locations

- | | |
|---------------------------------------|---------------------------------|
| FCC/A–Annapolis Hall | FCC/H–Student Center |
| FCC/B–Braddock Hall | FCC/J–Jefferson Hall |
| FCC/C–Catoctin Hall | FCC/L–Linganore Hall |
| FCC/D–Athletics Center | FCC/P–Plant Operations |
| FCC/E–Conference Center | FCC/S–Sweadner Hall |
| FCC/F–Visual & Performing Arts Center | FCC/K–Mercer-Akre Kiln |
| FCC/G–Gambrell Hall | FCC/Con. Room–Conference Center |

Off Campus Locations

Frederick Senior Center–1440 Taney Avenue
Frederick, MD 21702 • 301.600.3525

Registration Office New Location!

During campus building renovations, the Continuing Education & Workforce Development registration office is temporarily located in the Student Center (H105).

New Hours of Operation

Monday: 8:30 a.m. - 6 p.m. | Tuesday-Thursday: 8:30 a.m. - 4:30 p.m. | Friday: 10 a.m. - 4:30 p.m.

Visit frederick.edu for complete directions.

New! Time Together

Debuting this summer, these all-new programs offer adult and younger participants the chance to spend time together on the weekends, learn something new, and create lasting memories. Our initial offerings include gardening, baking, jewelry-making programs, and so much more. Visit us online and get ready to experience valuable Time Together.

