

Summer 2017

ILR

55+

*"It's through
constant learning
and expanding that
you achieve success."*

*Donna Zukus
ILR Student
Owner of Vini Culture
Wine Bar & Cafe*



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
Student Accounts (Cashier).....	301.846.2658
College Information Center.....	301.846.2419
Services for Students with Disabilities.....	301.846.2408

The ILR Mission

The mission of the Institute for Learning in Retirement (ILR55+) is to provide quality, accessible, innovative opportunities for intellectual stimulation and personal enrichment to adults 55 and over in Frederick County. ILR recognizes the intellectual, social, spiritual, and physical interests of mature adults.

We hear you!

This course schedule was developed by listening to the ideas and interests of the community, the ILR Curriculum Advisory Group, and course evaluations from students like you. ILR is pleased to present this exciting schedule, which we hope offers something for virtually everyone. Your comments and suggestions are always welcome.

Registration for ILR classes begins May 1.

Please contact us with any questions.

ILR Program Manager
Kelli Ackiewicz • 301.624.2732
kackiewicz@frederick.edu

ILR Program Associate
Mary Beth Liller • 301.846.2405
mliller@frederick.edu



Be an ILR Insider!

Three Quick Ways to Stay Connected

Join us online to see what's happening, what's new, and keep up with the latest ILR news and so much more!



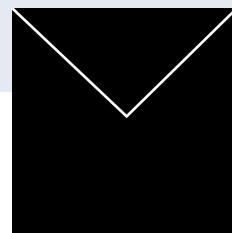
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To receive the **ILR ENewsletter**, register at **Frederick.edu/ENews**, or browse our classes and register online at **Frederick.edu/ILR**.



Summer 2017 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. Use the ILR423 course number to register for all four.

Topics include: Death and the Afterlife, The Poetry of Science, The Strange Universe, Time and the Multiverse

4-Digit Number: 5370
Mon, 10am-12pm, July 10– July 31
Location: Conference Center (E Building) /E106
Tuition: \$10 Fee: \$59 Total: \$69
MD residents age 60+ pay fee only



ILR403 Death and the Afterlife

1 session, 2 hours

Is the afterlife possible or just wishful thinking? Examine the belief and concept from a scientist's point of view.

4-Digit Number: 5372
Mon, 10am-12pm, July 10
Location: Conference Center (E Building) /E106
Total: \$19



ILR405 The Strange Universe

1 session, 2 hours

Why we, as humans, can't possibly ever know everything that comprises the Universe due to our limitations as humans.

4-Digit Number: 5374
Mon, 10am-12pm, July 24
Location: Conference Center (E Building) /E106
Total: \$19



ILR404 The Poetry of Science

1 session, 2 hours

Approach the topic of evolution, the emergence of life on Earth and ultimately human intelligence, from a cosmological point of view and also from a planetary point of view.

4-Digit Number: 5373
Mon, 10am-12pm, July 17
Location: Conference Center (E Building) /E106
Fee: \$19



ILR406 Time and the Multiverse

1 session, 2 hours

Time from the Big Bang to the present and on to the distant future. What we know; what we don't know (yet); why things are what they are today; and glimpses into the far distant future and what might await us there.

4-Digit Number: 5375
Mon, 10am-12pm, July 31
Location: Conference Center (E Building) /E106
Fee: \$19

Instructor: ILR's space cowboy, Robert (Bob) Rubock, MS, has taught physics, astronomy and engineering at FCC. An engineer by profession, he holds a BS in Electrical Engineering from Rensselaer Polytechnic and a MS from University of Connecticut. Bob has been fascinated by astronomy and physics since childhood and was inspired by the first photos from the Hubble Telescope. In Bob's words: "I love this stuff!"

ILR699 Eat Local for Less

4 sessions, 8 hours

If you've had it with over-processed foods, if you think food should come from a farm and not from a lab, if you miss the way food tasted when you were a kid, then you might be ready to opt out. In this course, you'll explore CSAs, farmer's markets, co-ops, and more. Taste industrial foods alongside local, organic alternatives. Discover how to find great local food, and pay less than what you pay at the grocery store!

Instructor: Julie Castillo is a college anthropology instructor, children's enrichment instructor, writing instructor, enrichment curriculum designer, entrepreneur, writer, and futurist. She holds an MA in sociocultural anthropology from Catholic University with a specialty in gender studies and ethnopsychology. Her current interests include development anthropology, human ecology, and poverty and affluence. She is fascinated by concepts of self and identity and frequently taps into literature, film, philosophy, and psychology in order to enhance her understanding.

4-Digit Number: 3982

Mon, 10am-12pm, May 22– June 19

No Class: May 29

Location: Conference Center (E Building) /E106

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

MD residents age 60+ pay fee only

NEW

ILR409 Thomas Jefferson's Presidency: Meanings of the Revolution

6 sessions, 12 hours

Thomas Jefferson was the 3rd President of the United States and primary author of the Declaration of Independence. In this course, you'll learn about his traits and political philosophy as well as his successes and failures as president from 1800-1808. Major topics discussed include: 1. the implementation of the "Revolution of 1800" 2. efforts and reasons to reduce the power of the Supreme Court 3. the Louisiana Purchase of 1803 4. the Embargo of 1807 and 5. the Chesapeake Affair: prelude to the War of 1812. Hear about his legacies and search for answers to some important questions: For what did he want to be remembered? For what does history remember him? How do we juxtapose "all men are created equal" with slavery at Monticello? What was his relationship to Sally Hemings?

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.

4-Digit Number: 3986

Mon, 10am-12pm, June 5– July 17

No Class: July 3

Location: Conference Center (E Building) /B102

Tuition: \$40 Fee: \$89 Total: \$129

MD residents age 60+ pay fee only

ILR745 Introduction to Zentangle®

4 sessions, 12 hours

"Anything is possible...one stroke at a time!" This is based on the Zentangle® art method developed by Rick Roberts and Maria Thomas. Discover this easy-to-learn drawing technique that inspires creativity and develops mindfulness. This method is used as a way to reduce stress, free your mind and increase focus. Combine simple, repetitive drawing strokes into "tangle" patterns to create a one of a kind works of art. Working on a 3.5 inch square paper tiles, students will learn basic tangles, how to shade to make drawings appear 3-D, and how to embellish any drawing. No art experience is necessary.

Instructor: Barb Allensworth's career with Electronic Data Systems (EDS) spanned 23 years during which she trained and mentored peers as a Contract Negotiator, Subcontract Manager and a Systems Engineer. She also was responsible for the development and documentation of new systems and procedures. Training was naturally the next step in implementing the systems and procedures. A native of upper Montgomery County, she is also experienced in various needle arts, mixed media arts, was co-owner of a stained glass company and is a certified decorative painter. Now retired, Barb earned her title of Certified Zentangle® Teacher (CZT®) in April 2015, Class #18, from the founders of the Zentangle® method, Rick Roberts and Maria Thomas, along with 105 other students representing 16 countries worldwide. She now enjoys introducing students of all ages to the Zentangle® method, watching their joy and surprise as they discover their own hidden artist from within.

4-Digit Number: 5379


Mon, 9am-12pm, June 5– June 26

Location: Braddock Hall (B Building) /B103

Fee: \$89

Please make sure your email address is on file and current as we often use email to communicate class changes and other pertinent information.

**Note: Classes will not be held on
July 3 - July 7**

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Introducing William J. Sheppard ...

ILR272 Ethnicity on the Landscape of the Cumberland Valley

4 sessions, 8 hours

Cumberland Valley is in the northern area of the Great Appalachian Valley within Pennsylvania and Maryland. Many artifacts and buildings still found in the region reflect the ethnic heritage of the people who created them. This is especially true for the Pennsylvania German tradition of the Valley. Let William Sheppard, an anthropologist and archaeologist, guide you on an exploration of the identity, folklore, generational factors, and degrees of assimilation of this regional group within American society.

Instructor: William J. Sheppard is a college Anthropology and Archaeology instructor who earned his Masters' Degree in Anthropology from The College of William and Mary. As a professional archaeologist for thirty years, Mr. Sheppard has directed prehistoric and historic period archaeological investigations in Massachusetts, Pennsylvania, North Carolina, and Virginia. His current research includes the analysis of cultural systems of power including ethnicity, race, gender and religion through the study of material culture in Historic Archaeology.

4-Digit Number: 5377

Mon, 1pm-3pm, July 10- July 31

Location: Conference Center (E Building) /E106

Tuition: \$30 Fee: \$59 Total: \$89

MD residents age 60+ pay fee only

ILR750 The Secrets of Catoctin Mountain

4 sessions, 6 hours

Catoctin Mountain is best known because it is home to Camp David, the presidential retreat. That is just the tip of the iceberg, though. Learn the stories of the people and locations on Catoctin Mountain. Learn about the secret spy training camp located there during WWII and the county's largest moonshining operation during the Great Depression. From the 1700s to the 1960s, these stories will unveil the secrets of Catoctin Mountain.

Instructor: Jim Rada has written many works of historical fiction and non-fiction history, including three novels about the C&O Canal. He has also written a number of articles about the history of and events on the canal. Jim is a full-time freelance writer who has received numerous awards from the Maryland-Delaware-DC Press Association, Associated Press, Maryland State Teachers Association, Society of Professional Journalists, and Community Newspapers Holdings, Inc. for newspaper writing.

4-Digit Number: 5386

Mon, 9:30am-11am, July 17- August 7

Location: Senior Center on Taney Avenue

Tuition: \$30 Fee: \$59 Total: \$89

MD residents age 60+ pay fee only



ILR614 The Role of the Estate Executor

1 session, 3.75 hours

Before you agree to serve as executor of an estate or designate these responsibilities to someone else, take this course as it will define the role and outline the general duties. You will learn to organize tasks and get tips for reducing stress. The course will also discuss issues of compensation and potential consequences for incorrect performance.

Instructor: Marcy Gouge is a licensed elder law attorney with 20 years litigation experience. She has a certificate in Gerontology and is the former National Director of National Legal Training Project (federal grant from Dept. of Health & Human Services) which provided training to elder advocates on topics which impact older adults such as Elder Abuse, Guardianship, Federal Benefits, etc. She also has extensive experience providing Continuing Education training to adults.

4-Digit Number: 3992

Tue, 5:30pm-9:15pm, June 6

Location: Conference Center (E Building) /B101

Tuition: \$10 Fee: \$29 Total: \$39

MD residents age 60+ pay fee only



ILR421 Topics on Caregiving for Elderly Parents

2 sessions, 6 hours

Many people find themselves in a care giver role. Caring for a family member is one of the most important roles you'll play. It can happen suddenly, with an accident or illness, or gradually as you find yourself taking more time off from work, preparing meals, or handling finances. This course will include information and resources to make the process easier for both you and your loved one.

Instructor: Marcy Gouge (see class above for bio)

4-Digit Number: 3980

Tue, 1pm-4pm, June 13- June 20

Location: Conference Center (E Building) /E106

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

MD residents age 60+ pay fee only



SEN450 Plein Air Watercolor Painting

6 sessions, 12 hours

Join Cath Howard as she takes her watercolor class outdoors this summer! Baker Parker will provide the venue for subjects to paint in this 6 week class. Painters will learn about landscape composition, mixing colors, shadows, reflections, and more. They will paint single subjects such as trees and skies and full landscapes. Explore your creative talents in a relaxed atmosphere of enjoyable sessions. We have added on 2 classes at the end of the class as rain dates in the event of poor weather. A list of supplies will be included in the online course description. Prerequisite: One session of Cath's indoor class or the equivalent. Instructor will notify you prior to the first class of the exact meeting location at Baker Park.

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.

4-Digit Number: 3981
Tue, 10am-12pm, June 13– July 25
Rain Dates: August 1 & August 8
No Class: July 4
Location: Baker Park
Fee: \$95



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"

4-Digit Number: 3990
Tue, 10:30am-12pm, June 20– July 25
No Class: July 4
Location: Sweadner Hall (S Building)
Fee: \$79

**Note: Classes will not be held on
July 3 - July 7**

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Introducing Mark Sankey ...

ILR823 Energy & Environmental Balance: It's Not Easy Being Green

6 sessions, 12 hours

Climate change, anthropogenic (that means “man-made”) CO2 pollution, and all the buzzwords. It's not easy being green! Thanks Kermit. How did we get here? What do we do? Since the industrial revolution, we have been dealing with the social ramifications of the growth of technology. Beginning at that point of history, we will explore the industrialization of the world along with the growth of electric power, and its impact on the environment. An overview of industrialization through the 20th century and legal responses to its environmental impact will be presented. Establishment of the EPA and its meshing with industry along with DOE's involvement are part of that history. The parallel application of natural principles created systems and equipment to deal with air pollution. We will learn about electrostatic precipitators, fabric filters, and wet and dry scrubbers in simple terms so that all can understand. While science is the background, we will be focused on social, economic, and environmental impacts of our production of electrical energy.

Instructor: Mark Sankey has over 40 years of experience in industrial air pollution control. While he worked for Bechtel Power as a technical specialist in pollution control technology, he was afforded the opportunity to be involved with Engineers Without Borders. That led to two trips to Uganda focusing on villages needing better access to clean water and included a meeting with the vice-president of Uganda. Quite an adventure! Networking with the Uganda Industrial Research Institute resulted in two additional trips to pursue business. Mark has written several papers, presented at energy industry conferences, and is published in an energy periodical. He also had the enviable opportunity to teach chemistry to high school juniors for a year in central New Jersey. Mark's background has prepared him to provide a high-level perspective on the environmentally sound use of solid and fossil fuels. As he sees these as remaining useful for electric grid reliability, he hopes to help maintain sanity in a highly-politicized culture. His adventure continues with this opportunity at ILR to promote and educate the public on responsible use of all available sources of electric power

4-Digit Number: 5385
Tue, 1pm-3pm, July 11– August 15
Location: Conference Center (E Building) /E106
Tuition: \$40 Fee: \$89 Total: \$129
MD residents age 60+ pay fee only

ILR638 Using Microsoft Windows 10

4 sessions, 8 hours

If you have an existing computer with Windows 7 or 8 and you are thinking of upgrading to Windows 10, this course will teach you everything you need to get the free upgrade and get started using the new features of Microsoft's latest operating system. Learn how to configure your computer, install new apps and organize items on your computer so that you can easily find them. This course will cover the features that are common to Windows 7, 8 and 10 plus the new features of Windows 10. Recommended textbook (not required) will be available at the FCC Bookstore prior to the start of class.

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.

4-Digit Number: 3983
Wed, 1pm-3pm, May 24– June 14
Location: Catocin Hall (C Building) /C206
Tuition: \$50 Fee: \$79 Total: \$129
MD residents age 60+ pay fee only

ILR777 The History of Rock and Roll

3 sessions, 6 hours

Explore the history of Rock and Roll! Yes, Rock and Roll had an enormous impact on the world. Experience very lively sessions as we discuss and listen to the music of the people who shook-up-the-world. Some of the artists we will discuss include the Beatles, Chuck Berry, Elvis Presley, Jerry Lee Lewis, Buddy Holly, Richie Valens, and many more. Don't forget the record labels that help make those artists famous; labels like: Sun Records, Decca, Motown, Vee-Jay, and so many more. Also, don't be surprised if your instructor pulls out his guitar for an impromptu sing-a-long of some of the most memorable hits. Come join 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 DC-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.

4-Digit Number: 3987
Wed, 1pm-3pm, June 14– June 28
Location: Conference Center (E Building) /E106
Tuition: \$29 Fee: \$50 Total: \$79
MD residents age 60+ pay fee only



ILR408 The Power of Being Present: The Four Foundations

4 sessions, 8 hours

One often hears that one meditates to learn to relax. Although relaxing is often a byproduct of meditation, the true purpose is to be present in one's life more fully; being present on the spot rather than being riveted about according to one's hopes and fears. The practice of the four foundations is an everyday practice to enter the now more fully. Meditation is making friends with oneself and developing compassion towards others. This is a course on mindfulness. It is not about becoming a Buddhist but about employing techniques which Gotama Buddha employed over 3,000 years ago. It worked for him, and it has worked for many people since him in a variety of spiritual traditions. This is not a religious course, but it is about working with techniques and exercises that will allow one to enter the now of everyday life more fully.

Instructor: Dr. Jerry Webster presently serves as the Shastri, or head teacher, with the Shambhala Buddhist Meditation Center in Washington, DC. 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 Corp in Afghanistan. He currently teaches this course and others at Johns Hopkins University.

4-Digit Number: 3988

Wed, 10am-12pm, June 14– July 12

No Class: July 5

Location: Conference Center (E Building) /E106

Tuition: \$30 Fee: \$59 Total: \$89

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 (see page 6 for bio)

4-Digit Number: 3991

Wed, 1pm-3pm, June 28– July 26

No Class: July 5

Location: Braddock Hall (B Building) /B103

Tuition: \$33 Fee: \$69 Total: \$102

MD residents age 60+ pay fee only

"Very well conducted and well-staffed."

~ ILR participant

**Note: Classes will not be held on
July 3 - July 7**



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History's Mysteries

ILR394 History's Mysteries: Who Killed JFK?

2 sessions, 6 hours

In 1979, the U.S. House of Representatives officially concluded that JFK was killed by "a conspiracy", entirely overturning the seriously-flawed Warren Commission, yet how many of us really know that today? The mountain of scientific evidence, ballistic evidence, eyewitness testimony, tape transcripts, and deathbed confessions since then leaves no doubts regarding exactly who pulled the triggers, who ordered the presidential murder, and why.

4-Digit Number: 5382

Wed, 9am-12pm, July 19– July 26

Location: Conference Center (E Building) /E106

Tuition: \$20 Fee: \$39 Total: \$59

MD residents age 60+ pay fee only

ILR312 History's Mysteries: Bigfoot - Does It Really Exist?

2 sessions, 6 hours

Contrary to popular belief, they have been filmed, shot, killed, captured, and their blood and tissue have recently undergone extensive DNA analysis. We now know exactly what they are, with at least 99.7 percent certainty. Check out the evidence.

4-Digit Number: 5381

Wed, 9am-12pm, August 2– August 9

Location: Conference Center (E Building) /E106

Tuition: \$20 Fee: \$39 Total: \$59

MD residents age 60+ pay fee only

Instructor: Warren Gray is a retired Air Force intelligence officer with experience in special operations and counterterrorism, and an avid interest in historical mysteries. He earned twenty military medals and four college degrees, including a Master of Aeronautical Science degree, and has authored seven published historical novels. He has instructed fighter pilots, military commanders, civilian dignitaries, senior NATO officers, students of all ages, and various public audiences on a wide range of topics. Warren's engaging teaching style and visually rich presentations offer unique insights and shed light into the dim corners of history.

ILR730 Using Your Smartphone for Digital Photography - Tips and Tricks

3 sessions, 6 hours

Today's smartphone cameras take excellent quality photos that rival your point and shoot camera. In fact, with the great photo taking and additional photo-enhancement features on your phone, you may not need to carry an additional camera. Your phone is right at hand when you need it! Learn how to use the camera and explore how the camera interfaces with other applications on the phone. Topics include: taking photos with the smartphone, how to enhance and share photos, apps to modify photos, printing photos from your phone, and other apps that use the camera. You might be surprised just what your camera can do.

Instructor: Bill O'Neal

4-Digit Number: 3571

Thu, 1pm-3pm, May 25– June 8

Location: Conference Center (E Building) /E106

Fee: \$39

MD residents age 60+ pay fee only

We heard you! This fall we will offer both Beginner and Advanced Tech Classes to better suit your needs.

"Excellent, cooperative, supportive – well done!"
~ ILR participant

What We Eat Series

NEW

Introducing Catharine Clark ...

ILR419 What We Eat Series: The Migraine Cure (or Headache Cure)

2 sessions, 4 hours

Learn the dietary approach used in clinical trials to dramatically reduce pain from chronic headaches.

4-Digit Number: 3985

Thu, 1pm-3pm, May 25– June 1

Location: Conference Center (E Building) /E125

Tuition: \$20 Fee: \$29 Total: \$49

MD residents age 60+ pay fee only

NEW

ILR418 What We Eat Series:

The Anti-inflammatory Diet

2 sessions, 4 hours

Attack the root cause of many inflammatory chronic conditions with explicit, straightforward changes to what you eat.

4-Digit Number: 5380

Thu, 1pm-3pm, July 20– July 27

Location: Conference Center (E Building) /E106

Tuition: \$20 Fee: \$29 Total: \$49

MD residents age 60+ pay fee only

Instructor: Catharine Clark, MS, CNS, LDN is a former corporate executive with a passion for Wellness. She has over 20 years of Blue Chip experience in a variety of roles and executive positions. Catharine has partnered with preeminent biochemist Bill Lands, PhD to bring Bill's 50 years of outstanding research to the forefront: Omega 3-6 Balance. As a Fellow in Nutrition Policy at the Office of Disease Prevention and Health Promotion at the Department of Health and Human Services, Catharine was the liaison between all HHS organizations (including the NIH, CDC, and FDA) and the US Department of Agriculture for all nutrition publications at the federal level. Catharine enriches her body of knowledge with didactic lectures, symposia, and one-on-one discussions at prestigious institutions including of the National Institutes of Health, Harvard Medical School, and the Institutes of Medicine. Catharine has a Masters degree in Human Nutrition, is nationally board certified, and licensed by the state of Maryland. A stickler for peer-reviewed, evidence-based practices, Catharine is a certified Master Black Belt (MBB) in Six Sigma.

ILR743 Principles of U.S. National Security

5 sessions, 10 hours

National security issues are a hot topic these days. This course is a basic introduction to the theory and practice of national security policy by the United States in the 21st century setting, drawing upon real-world situations that are widely discussed in the national media. The course will be comprised of the following topics: 1. Principles of national security including neo-conservative, humanitarian interventionist, neo-isolationist, and some historical American national security policies. 2. The role of the military in U.S. national security policy including NATO and Constitutional provisions of how the United States government "goes to war." 3. The role of diplomacy in national security policy versus the use of military power. 4. The role of economic policy in shaping U.S. national security policy.

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. Steinberg is the author and/or co-author of hundreds of articles and special reports on a wide range of national security issues, current affairs, and history.

4-Digit Number: 3975

Thu, 1pm-3pm, June 8– July 13

No Class: July 6

Location: Student Center (H Building) /H205

Tuition: \$40 Fee: \$89 Total: \$129

MD residents age 60+ pay fee only

**Note: Classes will not be held on
July 3 - July 7**



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Introducing Frank A. Salamone ...

ILR822 Comin' In On a Wing and a Prayer - WWII Music and It's Influences

4 sessions, 8 hours

As the American home front became immersed in WWII, citizens turned to patriotic music for both entertainment and as a way to achieve war time goals. The war influenced the music as much as the music influenced the culture. Through a mix of lecture, videos, and recordings, the instructor will present what the American war aimed to achieve and the role of music in achieving these goals.

Instructor: Frank A. Salamone is a cultural anthropologist who has conducted research in various locations, including Africa, the United States, and South America. He has taught and written on many topics and on many stages of life. These include religion, imperialism, music, and human development.

4-Digit Number: 3976

Thu, 10am-12pm, June 8- June 29

Location: Conference Center (E Building) /E106

Tuition: \$30 Fee: \$59 Total: \$89

MD residents age 60+ pay fee only



Introducing Lawrence Freeman...

ILR821 Africa: The Sleeping Giant

7 sessions, 14 hours

Africa has been called The Sleeping Giant because it is a continent of vast resources just waiting to be developed. Explore this unique place and learn about the geographic and political landscapes that shape it. Africans are a very diverse group of people. What were the effects of colonialism and neo-colonialism on the many different cultures that exist on this very large continent? In this course explore the ethnicity, population growth, infrastructure deficit, as well the current state of agricultural-industrial development and trans-formative solutions. Highlighted regions will include; East and West Africa and the Lake Chad Basin.

Instructor: Lawrence Freeman 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 DC 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.

4-Digit Number: 3989

Thu, 10am-12pm, June 15- August 3

No Class: July 6

Location: Braddock Hall (B Building) /B222

Tuition: \$50 Fee: \$99 Total: \$154

MD residents age 60+ pay fee only

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- Stay informed about college closings, delays, and emergency information throughout the year.
- Sign up to receive instant notices via text, email, or phone.
- Registration is quick, simple, and free.

<http://apps.frederick.edu/pages/myfccalert.aspx>

"This is my first class – but not my last! Very enjoyable and thought provoking."

~ ILR participant

Learning on Location

NEW

ILR395 In George Washington's Footsteps: Old Town Alexandria and Mount Vernon Tour

2 sessions, 11 hours

Old Town Alexandria, Virginia, founded in 1749, was devised by the Virginia House of Burgesses and plotted by a young surveyor named George Washington. He later called it home, as did Robert E. Lee, John Carlyle and many other historic figures. Today, Alexandria is a bustling waterfront town with cobblestone streets and red brick sidewalks. We will spend the morning exploring this charming old town and immerse ourselves in the history of the city. We will see many historic sites, such as the Christ Church, where both Washington and Lee still have pews in their family names, and the house where Robert E. Lee lived as a boy. You will have time for some self-exploration before we head to Mount Vernon to visit the plantation home of our first President. Mount Vernon offers a glimpse into 18th-century plantation life through beautiful gardens and grounds, intriguing museum exhibits, and a pioneer farm that is still in operation today as it was in the days when Colonel Washington was leading our colonial troops. We will start by enjoying a sit down lunch in the Mount Vernon Inn. Then we will tour the grounds, walk through the actual mansion where George Washington lived, and visit the tomb where he rests next to his beloved wife, Martha. There will also be time to explore the magnificent Museum and Education Center to view the fascinating array of Mount Vernon artifacts, including the most famous pair of dentures in U.S. history. **Please note:** Your registration fee includes a 2 hour pre-trip class, a two course lunch on the day of the trip, and entry to Mt. Vernon. You will be asked to select your meal choice prior to the trip.

Instructor: Marsha Adelson is a retired Federal Employee who has spent the last 10+ years as a Licensed Professional Tour Guide in Washington, DC. 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 with others through tours and lectures.

****Pre-trip class will be held on Thursday, August 17, from 10am-12pm in Sweadner Hall (S Building).**

4-Digit Number: 5384

Thu, 8:30am-5:30pm, August 24

Location: Conference Center (E Building) /Meet in Lobby

Tuition: \$40 Fee: \$129 Total: \$169

MD residents age 60+ pay fee only

NEW

Introducing Jeanne McDermott...

ILR465 Maritime and Industrial History of Baltimore Excursion

1 session, 8 hours

We're going to Balmer hun! Explore and learn about the maritime history of Baltimore and why it is a significant city for trade. Our morning includes a light and easy walking tour of the famous former ship building area known as Fell's Point. Built by Englishmen, it still reflects hints of architecture and the flavor of its origins. Enjoy lunch on your own at one of the many delightful restaurants along the waterfront. After lunch head back on the bus and catch a glimpse of the port of Baltimore and discover what sort of items were imported here, learn about the many immigrants who arrived here long ago, and understand why Baltimore is such a thriving and unique city. We finish the day at the fascinating Baltimore Museum of Industry for an indoor tour of the trades that made the city prosperous, from the oyster canning industry to the garment factories. Enjoy exhibits of vintage signs and photos, portrayals of Baltimore occupations and a recreated pharmacy and cannery. Return home having refreshed your knowledge about Charm City! Tour guide is a native of Baltimore. Fee includes admission to museum; lunch however is not included in the tour fee.

Instructor: Jeanne McDermott has conducted tours in Baltimore, Philadelphia, Annapolis and Frederick. She has worked for Greenspring Tours of Timonium, Baltimore Rent A Tour, and has done local, step on motor coach tours of Frederick for various groups. She has also worked for Candlelight Ghost Tours of Frederick for over ten years. In addition, she was a tour guide for Cosmos Tours, an international company, and gave tours of New England for the Fall Foliage excursion.

4-Digit Number: 3978

Fri, 9am-5pm, June 9

Location: Conference Center (E Building) /Meet in Lobby

Tuition: \$40 Fee: \$89 Total: \$129

MD residents age 60+ pay fee only



ILR788 Nature Walks 101 - Flora and Fauna

4 sessions, 8 hours

If you think you would enjoy knowing the names and stories behind some of our common flora and fauna, you'll enjoy this course. In this field-based course, we will learn to identify common plants and flowers on sight, plants based on similar characteristics, and local birds by appearance and song. We will discuss complex relationships between plants, animals, and the environment. During the class we will take nature walks around campus and meet off-campus twice at the Monocacy Battlefield to enjoy trails within the park. Wear proper shoes and dress for the weather please. All walks are considered easy and gentle. Students must provide their own transportation to the trail walk site.

Instructor: Bethany Dellagnello has a bachelor degree in zoology and has been a Frederick County Public School science teacher for 23 years, teaching both life and physical sciences in both middle and high school. She has been certified as a Master Gardener and also has a small business, creating and selling her one-of-a-kind jewelry.

4-Digit Number: 3979
Fri, 9am-11am, June 9– June 30
Location: Conference Center (E Building) /E106
Tuition: \$30 Fee: \$69 Total: \$99
MD residents age 60+ pay fee only



ILR407 The Magnificent Medieval Norse Sagas

3 sessions, 7.5 hours

Widely recognized as a gem of world literature, the Icelandic sagas created between the 10th and 14th centuries provide a unique view into the times and culture of the Norse and Celtic people who settled in Iceland as well as their unique commonwealth, and their relationship with Norway. Although predominantly written in Old Icelandic and Old Norse prose, this literature also includes some of the finest poetry of the period, and the power of both its poetry and prose is not lost in the modern English translations. Dr. Karen Gray provides an overview of origin, content, and literary characteristics of this literature and illustrates her lectures with image-rich PowerPoint slides and excerpts from some of the most important and masterful saga passages.

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.

4-Digit Number: 5383
Fri, 10am-12:30pm, July 14– July 28
Location: Conference Center (E Building) /E106
Tuition: \$30 Fee: \$69 Total: \$99
MD residents age 60+ pay fee only

ILR291 Frederick History Research, Resources and Strategies Workshop

1 session, 6.25 hours

Have you ever been curious to learn about an ancestor or person from Frederick history? What about a certain event, building or place? Well here's your chance to see how it's done, with emphasis on some of the major local research resources, tools and repositories available. This class will be taught by Chris Haugh, whose research skills have produced award-winning documentaries, history writings, lecture presentations, walking tours, commemorative events and family history projects. Many have reached out to Chris over the past 25+ years for advice and guidance. How to find certain information, as well as where to go for answers are at the core of this ILR offering. Chris will introduce class participants to tools and resources found right here in our own backyard of Frederick, along with best practice strategies for success. Chris will also share plenty of personal anecdotes of past successes and failures in tracking down such things as gravestones, photographs, newspaper articles and homes associated with past research subjects. This one-day workshop will include a variety of multi-media and on-site visits to four of the leading repositories in Frederick County. Expect some light walking to sites within Frederick City.

- **Part 1:** Cemetery Resources/ Online Resources
9:30am-11:30am
Boxed lunch (included)
11:30am-12:30pm
- **Part 2:** The Maryland Room (C. Burr Artz Public Library)
1-1:45pm
- **Part 3:** History Archives/Archive Room
(Heritage Frederick/Hist. Society of Fred Co)
2-2:45pm
- **Part 4:** Frederick County Courthouse Records
3-3:45pm

Special Note: The student is responsible for providing transportation to the various locations downtown. If you desire, you may park your car at Mt. Olivet for the duration of the class and walk to the other locations as a group. A boxed lunch will be provided.

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.

4-Digit Number: 5378
Fri, 9:30am-3:45pm, August 4
Location: Mt. Olivet Cemetery Office
Tuition: \$20 Fee: \$69 Total: \$89
MD residents age 60+ pay fee only

ILR294 Buying, Selling and Consigning Antiques and Collectibles

4 sessions, 10 hours

During this intro “hands-on” course, you will gain knowledge about buying and selling antiques and collectibles. The class will include tips, handouts, resources, research tools, on-line sites, strategies, question and answer sessions, and a visit to a local antiques store. During the last 30 minutes of the third on-campus session, you may bring in 1 small antique or collectible item for discussion. During the final session (which is a 4 hour session), you will meet your instructor and classmates off-campus to visit a local antiques store (you will need your own transportation). There you will learn how to buy items for the “best” price, evaluate the quality of items, and understand needed strategies for the buying and selling process.

Instructor: In addition to 23 years at FCC as an English Professor and the International Education Coordinator, Peg Mauzy worked for Sloan’s Auction House in Washington DC and has sold antiques and collectibles for over 10 years. She currently has a booth at the FoxDen Antiques Shop in Warrenton, VA.

4-Digit Number: 3904

Sat, 10am-12pm, June 3–June 17; 10am-2pm, June 24 (off campus)

Location: Conference Center (E Building) /E106

Fee: \$99



Introducing Barbara Powell...

ILR820 Happy Little Trees: The Bob Ross Painting Class

1 session, 5.5 hours

You’ve seen him before. He’s the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big, house painting-type brushes while cooing soothing “you can do it” to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. This summer you can join in on the fun at FCC. Although Bob Ross is no longer with us, Bob Ross Certified Instructor Barbara Powell will teach you the magic behind painting happy little trees when you recreate one of Bob’s masterpieces in this 5 hour class. All materials including brushes, Bob Ross paints, and canvases will be provided.

Instructor: Barbara Powell is an artist and teacher living in Hagerstown, MD. She works in acrylics, watercolor and oils, and is well-known along the East Coast — especially in the Washington, DC, and Baltimore areas — for her miniature buildings, done in acrylic on wood. She has created miniatures of many famous buildings, including a series she calls the Morgan County Collection Series. That series consists of over 40 buildings in the historic town of Berkeley Springs, W. Va., including the county court house, area churches, the fire station, hotels, a local castle, a Roman bath in the park, all of interest to the town’s many visiting tourists. The chaplain at Camp David has even commissioned Barbara to do wooden miniatures of his chapel, which he then presented to visiting dignitaries. At 17, she attended the Art Institute of Pittsburgh where she cemented her life-long love of the arts. She has used practically every medium – from pottery to crafts to all types of paintings – to give life to her creative ideas. She currently teaches the Bob Ross method of oil painting in Maryland and Pennsylvania.

4-Digit Number: 5376

Sat, 9am-2:30pm, July 15

Location: Visual/Performing Arts Center (F Building) /F118

Fee: \$79

Save the Dates



1634 Founding of Maryland: Weekend Coach Tour

Explore the history of Southern Maryland with a weekend trip to Calvert and St. Mary's counties

October 6-8

3 days • 2 nights

\$499 per person, double occupancy

\$549, single occupancy

(Price includes transportation, entry fees, hotel, breakfast, and lunches)

Registration begins on May 1

Visit www.ilratfcc.com for details and registration information.



Discover Panama: The Land Between the Seas

Departing January 18, 2018

9 Days • 15 Meals

(8 Breakfasts; 3 Lunches; 4 Dinners)

Check the web page below for pricing details

Please join us for a free Information Session to learn more about the trip. Q & A session is included.

May 23, 10am-11:30am, Conference Center (Building E)

Visit www.ilratfcc.com for details and registration information.

How to Register for ILR55+ Classes



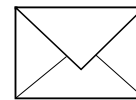
Online

- Go to Frederick.edu/ILR
- Click Sign In in the left menu
- 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

- Visit us in the Conference Center (E-113) to complete a registration form and submit payment in full (cash, check or money order).
- A kiosk is available to accept credit card registrations.



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.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents.

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 FCC Conference Center, Building E, by email to CERequest@frederick.edu, or by fax at 301.624.2749. Students may also obtain the Drop/Transfer form in the CEWD Registration Office.
- Requests to drop a class after the start date may be submitted to CERequest@frederick.edu.

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, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or 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 two weeks in advance. Requests made less than two weeks in advance may not be able to be provided.

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PERSONAL INFORMATION (please print clearly)

Name: _____ (_____)
Last First (Maiden if applicable) MI

Home Address: _____
Street Address Apt #

_____ City State Zip Code County

Student ID Number (optional) _____

MD resident past 3 months Yes No

Date of Birth: Month/Day/Year _____ SSN (optional) _____
(REQUIRED to process)

(_____) _____ (_____) _____ (_____) _____
Home Phone Work Phone Cell Phone

Email Address _____

Male Female

Ethnic Group: (check one)
(Colleges and universities are asked by many, including federal and State governments and national surveys to describe the racial and ethnic backgrounds of our students and employees.)

Are you of Hispanic or Latino Origin? Yes No

What is your race? Select one or more of the following categories:

White Native Hawaiian/Other Pacific Island American Indian or Alaska Native

Asian Black/African American

REGISTRATION INFORMATION (please print clearly)

ONLINE
frederick.edu/QuickEnroll
 Sign in or create an account to browse courses, register with a credit debit card and receive email confirmations.

BY MAIL with check or money order
Send Completed Form & Full Payment to:
 Attn: Continuing Education,
 Frederick Community College
 7932 Opossumtown Pike, Frederick, MD 21702

IN PERSON
Frederick Community College - Conference Center (E-113)
 Complete the section below and visit us to pay by cash, check or money order. A kiosk is available for credit and debit cards.

Index #	Course # / Section #	Title	Days	Time	Start Date	Tuition	Fees	Out-of-County add \$5/course	Out-of-State add \$10/course	Total

*** One-time per year nonrefundable registration fee \$8.**
If the registration fee has been PAID within the last 365 days, no registration fee is due.

Registration fee*	\$8
Total Due	

Refund Policy: To receive a 100% refund, excluding the registration fee, a drop/transfer request form must be received by the CEWD Registration Office one business day prior to the class start date.

By signing, I understand that without full payment I may not be enrolled and I accept and agree to abide by the policies and regulations of Frederick Community College, including those concerning drug and alcohol abuse, weapons on campus, student conduct, classroom behavior, discrimination, grievance, and other policies and procedures. I understand that not abiding by these policies and procedures will subject me to the penalties stated within. See www.frederick.edu for student policies and procedures. I furthermore certify that the information provided on this form is correct.

Reg	Date
Finance	Date
Check Amt.	Check #

➔ **Student signature** (REQUIRED for processing) **Date** ←

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, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or 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 two weeks in advance. Requests made less than two weeks in advance may not be able to be provided.



Location Key

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

Campus Locations

FCC/A–Annapolis Hall
FCC/B–Braddock Hall
FCC/C–Catocoin Hall
FCC/D–Athletics Center
FCC/E–Conference Center
FCC/F–Visual & Performing Arts Center
FCC/G–Gambrill Hall

FCC/H–Student Center
FCC/J–Jefferson Hall
FCC/L–Linganore Hall
FCC/P–Plant Operations
FCC/S–Sweadner Hall
FCC/K–Mercer-Akre Kiln
FCC/Con. Room–Conference Center

Off Campus Locations

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

Visit frederick.edu for complete directions.



Frederick Community College

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ILR **UNCORKED**

Learn about the program and meet current participants.

Vini Culture • Thursday, May 11 • 5:00-7:00 p.m.

No RSVP Required