

ILR 55+

Summer 2020

“It’s important to never stop learning.

— *Renae & Jerry Winnan, ILR Students* (pictured left)

Although I’m almost 80 years old, I challenge my mind by taking excellent courses offered by ILR.”

— *Dave Bandy, ILR Student* (pictured right)





To view the latest class openings and register, visit ILRatFCC.com

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Please contact us with any questions.
301.846.2561

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Institute for Learning in Retirement

Spark your curiosity!
Learn something new about the world and yourself.

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 provided on course evaluations as well as input from ILR students who listen to the ideas and interests of the community. The ILR staff and curriculum team are pleased to present this exciting schedule with the goal of offering something for virtually everyone. Your comments and suggestions are always welcome.

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Contact Us

ILR Online Registration	301.624.2888
College Information Center	301.846.2419
Services for Students with Disabilities	301.846.2408

BEFORE YOU BEGIN ...

Questions? We're here to help!

Contact the FCC Registration Office
(301.624.2888) if you:

- Need help with class registration
- Need class dates, times, and locations
- Wish to update contact information
- Need to withdrawal from a class and request a refund

Contact the ILR Program Office
(301.846.2561) if you:

- Wish to suggest a class offering
- Wish to be placed on a wait list
- Want to inquire about teaching for the program
- Have specific questions pertaining to class content or an instructor

No Class Dates

Classes will not be held on the following days:

- Friday, July 3 & Saturday, July 4

Evening Classes

Not yet retired? We offer classes during evening hours to better suit your schedule. The icon (above) will identify evening classes throughout this course schedule.

Instructor Bios

Instructor bios are no longer listed with each class.

They now have their own section on page 13 listed in alphabetical order by last name. Each class the instructor is teaching during Summer 2020 has been included.

Online Classes

Many Summer 2020 classes will be offered online to protect both students and staff during the COVID-19 pandemic. Classes have been made available with modified instruction and learning in a virtual environment.

Learning on Location

Learning on Location trips will not take place during Summer 2020. Trips will resume as soon as larger group gatherings are permitted.

Renovations

The Conference Center (Building E) will undergo renovations throughout the Summer. We ask that you please be patient as we upgrade this space. As a result of the work, many ILR classes will have to be relocated to other locations around campus.

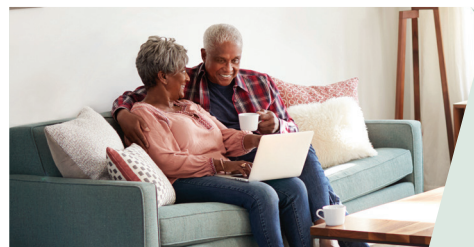


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Registration is quick, simple, and free.

frederick.edu/current-students/fccalert.aspx



Be an ILR Insider!

Join us online to see what's new. Keep up with the latest ILR news and so much more.

To receive the ILR Newsletter, register at frederick.edu/ENews, or browse our classes and register online at ILRatFCC.com.

WEBSITE

ILR
55+

ILRatFCC.com

FACEBOOK



facebook.com/ILRFCC



LIR104 Exploring Watercolor Painting: Advanced

6 sessions, 12 hours

Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art.

Note: Previous experience in watercolor painting is highly recommended for this course. A list of supplies is provided prior to the start of the first class.

Instructor: Catherine Howard

5-Digit Number: 20387

Tue, 10:00 a.m. - 12:00 p.m., 5/26 - 6/30

Location: Online

Fee: \$105



Online Offering

ACR600 Happy Little Trees: The Bob Ross Painting Class

1 session, 6 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. Although Bob Ross is no longer with us, a Bob Ross Certified Instructor will teach you the magic behind painting happy little trees when you recreate one of Bob's masterpieces in this 5 hour class.

Note: All materials including brushes, Bob Ross paints, and canvases will be provided.

Instructor: Denise Sullivan

5-Digit Number: 20333 | Sat, 10:00 a.m. - 4:00 p.m., 7/18

OR

5-Digit Number: 20334 | Sat, 10:00 a.m. - 4:00 p.m., 8/15

Location: Visual & Performing Arts Center/F141

Fee: \$89

ACR153 Introduction to Pastel 101

5 sessions, 10 hours

Do you remember the joy that you experienced as a child while drawing in your coloring book? Everything else seemed to fade away and you could escape into a world of creativity and fun. You can recapture that joy again by learning the basic techniques of pastel drawing. This drawing medium is very forgiving and it doesn't require complicated tools, drying time, or dangerous solvents. Pastel creates vibrant drawings which you can create with just a few simple tools, your fingers, pastel sticks, and paper. A list of supplies will be provided prior to class start date.

Instructor: Jodie Schmidt

5-Digit Number: 20232

Thu, 1:00 - 3:00 p.m., 7/9 - 8/6

Location: Visual & Performing Arts Center/F112

Fee: \$99

ACR167 Introduction to Oil Painting

5 sessions, 10 hours

Join us to enjoy an introduction to oil painting. Learn just how flexible this medium can be as you create a variety of effects from airy glazes to spontaneous brushwork. In this class, students will explore various oil painting techniques, develop an understanding of value and color mixing, learn to draw with pencil or your brush, and compose two paintings!

Instructor: Jodie Schmidt

5-Digit Number: 20233

Fri, 10:00 a.m. - 12:00 p.m., 7/10 - 8/7

Location: Visual & Performing Arts Center/F130

Fee: \$99



Online Offering | Classes available with modified instruction and learning in a virtual environment.



Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 13.

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: William O'Neal

5-Digit Number: 20225

Tue, 1:00 - 3:00 p.m., 7/21 - 8/4

Location: Visual & Performing Arts Center/F112

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 including the Apple Watch. 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: William O'Neal

5-Digit Number: 20255

Tue, 1:00 - 3:00 p.m., 8/11 - 8/25

Location: Langanore Hall/L112

Tuition: \$20 | Fee: \$59 | Total: \$79 | *MD residents age 60+ pay fee only*

Evening Offering | Not yet retired? We offer classes during evening hours to better suit your schedule.

REC120 Maryland Whiskey 101

1 session, 2 hours

We're teaming up with McClintock Distilling to give you a beginner guide to everyone's favorite nutty, oaky, and smoky spirit – whiskey! You'll learn how whiskey is made, the different types, and the history of the barrel aging process. This class will have a special focus on Maryland Rye Whiskey and what makes it so special.

Note: Must be 21 to register.**Instructor:** Braeden Bumpers

5-Digit Number: 20251

Thu, 7:00 -9:00 p.m., 7/30

Location: McClintock Distilling

Fee: \$134

*Evening Offering***REC129 Snack Attack I**

1 session, 1.5 hours

Join us at Lebherz Oil & Vinegar Emporium to learn how fresh olive oil can make all the difference in your comfort food! Come learn how to revamp your snacks with a healthy spin. We'll show you how to make a crunchy grilled cheese, popcorn 2 ways, and a summer staple- fresh pesto.

Instructor: Maggie Lebherz

5-Digit Number: 20253

Thu, 6:30 - 8:00 p.m., 7/23

Location: Lebherz Oil & Vinegar Emporium

Fee: \$36

*Evening Offering***REC130 Snack Attack II**

1 sessions, 1.5 hours

Join us at Lebherz Oil & Vinegar Emporium to learn how fresh olive oil can make all the difference in your food! Come learn how to revamp your snacks with a healthy spin. We'll show you how to make spicy roasted almonds, fresh hummus and olive tapenade.

Instructor: Maggie Lebherz

5-Digit Number: 20254

Thu, 6:30 - 8:00 p.m., 8/13

Location: Lebherz Oil & Vinegar Emporium

Fee: \$36

*Evening Offering*

Free Classes

Health & Wellness

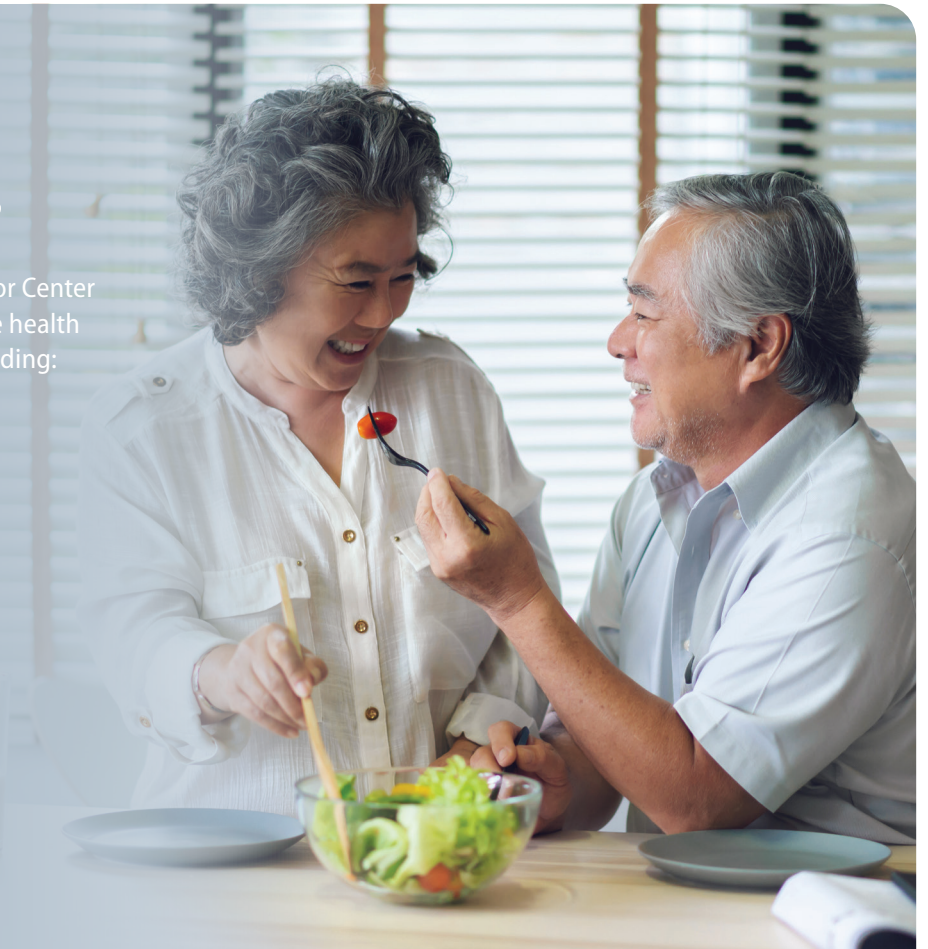
ILR has partnered with Frederick County Senior Center Virtual 50+ Community Center to present free health and wellness classes this summer online including:

1. Gender Differences in Heart Disease
2. The Art of Marriage
3. Fun Functional Fitness

Classes will be a 1-hour lecture with 30 minutes for Q&A

To register and view the current list of topics, dates, times, and locations, please visit:

ILRatFCC.com



Rescheduled

Spring 2020 Classes

We are currently working to reschedule several ILR Spring 2020 semester classes to Fall 2020. At this time, dates are TBD. Classes we intend to reschedule are:

- ILR791 Eruption and Balance: The Presidency of John Adams
- ILR806 Frederick Town History Series
- ILR971 World Religion Series: Models of Human Community
- ILR979 Women and the Vote

To view the most up-to-date class listings, please visit

ILRatFCC.com



NEW

ILR990 Healthy Eating For a Healthy Life: How To Shop For and Prepare Nutritious And Delicious Meals

6 sessions, 9 hours

It's really very easy to prepare nutritious, healthy meals if you know the basics of nutrition. The information that has been disseminated to the public, even by the USDA, over the last thirty years, has been fraught with errors. And that information keeps changing, such as which fats are good for you, and what percentages and types of carbohydrates and protein people should have in their daily diets. This course will address all of these controversies by providing the latest, most definitive nutritional research findings. Students will also learn very practical information, such as how to be savvy shoppers at the food store and be able to intelligently read packaged food labels from a nutrition standpoint; the concept of food-as-medicine, and how to prepare their own nutritious and delicious recipes at home.

Instructor: Terry Leitma

5-Digit Number: 20462

Wed, 10:30 a.m. - 12:00 p.m., 7/29 - 9/2

Location: Braddock Hall/B110

Tuition: \$20 | Fee: \$74 | Total: \$94 | *MD residents age 60+ pay fee only*

NEW

ILR989 Stress Management

6 sessions, 9 hours

No one can escape stress. It is a part of life. Often times it is not the stress that is the problem as much as our way of dealing with it. Sometimes stress can last too long and become chronic stress, which can be very harmful for both the body and mind. This course focuses on the harmful effects of chronic vs. acute stress and emphasizes the prevention and management of chronic stress throughout the lifespan. Students will explore and learn how to perform, through live student demonstrations, a wide variety of stress management techniques. As part of the learning process, students will engage in small-group activities involving stress-management problem-solving.

Instructor: Terry Leitma

5-Digit Number: 20463

Mon, 10:30 a.m. - 12:00 p.m., 7/27 - 8/31

Location: Visual & Performing Arts Center/F105

Tuition: \$20 | Fee: \$74 | Total: \$94 | *MD residents age 60+ pay fee only*



Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 13.



LIR103 Cultural Competency and Unconscious Bias

4 sessions, 8 hours

Implicit bias is the unconscious attribution of particular qualities to a member of a certain social group. Stereotypes are shaped by experience and based on learned associations between social categories. Learn how to recognize implicit (unconscious) bias, acknowledge it, and overcome it by reflecting on your own cultural perceptions and how they influence every aspect of life.

Instructor: Betsy Ljubic

5-Digit Number: 20375

Tue, 2:00 - 4:00 p.m., 7/14 - 8/4

Location: Online

Tuition: \$20 | Fee: \$69 | Total: \$89 | *MD residents age 60+ pay fee only*



Online Offering

ILR424 Democracy in America Forum

5 sessions, 10 hours

This interactive lecture and discussion will examine aspects of democracy in contemporary American society. Examine constitutional principles in the light of such issues as equality, diversity, immigration, terrorism, partisanship, political ideologies, education, science and critical thinking, health care, the social safety net, civic responsibility, and the future of American democracy.

Instructor: Julie Castillo

5-Digit Number: 20220

Wed, 10:00 a.m. - 12:00 p.m., 6/10 - 7/8

Location: Online

Tuition: \$30 | Fee: \$84 | Total: \$114 | *MD residents age 60+ pay fee only*



Online Offering



ILR983 The Gettysburg Campaign

6 sessions, 9 hours

An examination of the three day battle in Gettysburg, Pennsylvania on July 1, 2, and 3 of 1863. We will be looking at why Gettysburg was so vital to the outcome of the Civil War and how the town of Gettysburg was turned upside down. We will also look at how a small town in south central PA transformed into a staple of American history and continues to radiate relevancy today.

Instructor: Michelle Petty

5-Digit Number: 20280

Thu, 6:00 - 7:30 p.m., 7/23 - 8/27

Location: Visual & Performing Arts Center/F105

Tuition: \$20 | Fee: \$74 | Total: \$94 | *MD residents age 60+ pay fee only*



Evening Offering



Online Offering | Classes available with modified instruction and learning in a virtual environment.



Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 13.

Russian History



Online Offerings

Both Russian History classes listed on this page will be offered online

NEW

ILR884 Russian History: The Big Picture

4 sessions, 6 hours

Russia is unique in both geography and history. The story of Russia's people is one of great achievements set against unbearable tragedies. This "Big Picture" survey of Russia's long history brings to light the patterns, trends, and key events that have brought us to the Russia of today and the world view of its people.

Instructor: Ernest O'Roark

5-Digit Number: 20257 | Tue, 10:00 - 11:30 a.m., 7/7 - 7/28 | Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74

ILR981 The Russian American Paradox: Extended Version

4 sessions, 8 hours

The United States and Russia first started their relationship during the American Revolution, assuring deliveries of vital military supplies to the colonists/rebels. Ties deepened and extended through a wartime alliance during World War II. The Cold War ended their relationship and for the next 50 years the U.S. and Russia were adversaries. With the fall of the Soviet Union and the Warsaw Pact, there were some who hoped that U.S.-Russian relations could be normalized. However, Russia today is identified as a strategic adversary seeking to overturn the U.S. How did we get here? What is the unknown history? What can and should be done now?

Note: This course will be conducted remotely by the instructor. Students will join the course by meeting in the classroom during the session and interacting with the instructor through the use of Skype."

Instructor: Jeffrey Steinberg

5-Digit Number: 20247 | Wed, 1:00 - 3:00 p.m., 7/8 - 7/29 | Location: Online

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

MD residents age 60+ pay fee only for both Russian History classes





LIR102 History of Rome: The Kings of Rome

4 sessions, 6 hours

Rome certainly was not built in a day. The rise of Rome, from its origins as a small settlement to a transcontinental empire, is a story steeped in myth and a history already considered ancient before its most famous historians attempted to record it. We will explore the history of Rome's establishment and the kings who ruled before the establishment of the Roman Republic.

Instructor: Michael Newlin

5-Digit Number: 20221

Thu, 3:00 - 4:30 p.m., 6/11 - 7/2

Location: Online

Tuition: \$20 | Fee: \$52 | Total: \$72 | *MD residents age 60+ pay fee only*



Online Offering



ILR984 Jamestown: The Colony that Almost Wasn't

3 sessions, 4.5 hours

This class tells the story of Great Britain's first permanent colony in North America from its inception in 1607 until the first meeting of the General Assembly in 1619. Learn of the trials of the first settlers and the fateful ship wreck that would save the colony through the eyes of a cast of characters that include Captain John Smith. The course concludes with a discussion about the current research efforts at the James Fort site by "Jamestown Rediscovery" archeologists to reclaim the colony's past.

Instructor: Tracy Lewis

5-Digit Number: 20217

Thu, 10:00 - 11:30 a.m., 6/4 - 6/18

Location: Online

Tuition: \$12 | Fee: \$39 | Total: \$51 | *MD residents age 60+ pay fee only*



Online Offering

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 (via TED.com) at each class and share your own ideas with your fellow students in a lively discussion of the topic.

Instructor: K. Yosef Webb

5-Digit Number: 20258

Tue, 10:00 - 11:30 a.m., 6/16 - 7/14

Location: Online

Fee: \$79



Online Offering



ILR991 The Secrets of Washington County

4 sessions, 6 hours

Many consider Washington County the beginning of Western Maryland. Did you know that Hagerstown was ransomed during the Civil War, a monster met its fate near Boonsboro, and the U.S. Marines invaded the county in 1924? That is just the tip of the iceberg. Learn the stories of the people and places of Washington County.

Instructor: James Rada

5-Digit Number: 20249

Thu, 6:00 - 7:30 p.m., 8/6 - 8/27

Location: Liganore Hall/L202

Tuition: \$20 | Fee: \$52 | Total: \$72 | *MD residents age 60+ pay fee only*



Evening Offering



Online Offering | Classes available with modified instruction and learning in a virtual environment.



Evening Offering | Not yet retired? We offer classes during evening hours to better suit your schedule.

NEW

LIR101 World War II: Remembering the War By Those Who Fought

6 sessions, 9 hours

World War II remains the most total and destructive conflict in human history. It involved the major industrial countries and left an indelible mark on global memory. This class will analyze the cause, course, and aftermath of World War II. In addition to discussing the course of the war in both Europe and the Pacific, the class will consider topics such as roles of women and minority groups as well as the motivations and experiences on the battlefield. All these remembrances will be introduced by the men and women who served.

Instructor: Jessica Colon

5-Digit Number: 20222

Fri, 10:00 - 11:30 a.m., 7/10 - 8/14

Location: Online

Tuition: \$20 | Fee: \$74 | Total: \$94 | *MD residents age 60+ pay fee only**Online Offering***ILR554 Genealogy Basics: A Deeper Appreciation**

4 sessions, 8 hours

This course will cover the in depth basic records that all genealogists should investigate as cornerstones of their life-time of research. Learn how to best utilize the census, vital records, newspapers, and published histories. You'll look deeply at on-line resources, and also discuss the "real" places that should be visited and why.

Instructor: Mary Mannix

5-Digit Number: 20213

Tue, 10:00 a.m. - 12:00 p.m., 6/9 - 6/30

Location: Online

Tuition: \$24 | Fee: \$69 | Total: \$93 | *MD residents age 60+ pay fee only**Online Offering***HOM102 Iris Paper Folding**

1 session, 2 hours

Iris Paper Folding is a wonderful technique that looks difficult but is fairly easy to master. It makes gorgeous greetings cards and can be incorporated into scrapbooking and other crafts. All materials are included in the course fee and directions are provided to you so you can create additional projects on your own.

Instructor: Kathy Barylski

5-Digit Number: 20243

Fri, 10:00 a.m. - 12:00 p.m., 7/31

Location: TBD

Fee: \$29

HOM126 Beginning Calligraphy: Italic

8 sessions, 16 hours

Join us to discover the basics of the Italic hand. In this course, students will become familiar with the tools and methods of hand lettering while gaining knowledge of basic letter forms through hands-on experience. Learn the tools of the trade, practice basic lettering strokes, and leave with your own finished calligraphy piece at the end of the class! A list of supplies will be provided prior to class start date.

Instructor: Jodie Lide

5-Digit Number: 20244

Fri, 10:00 a.m. - 12:00 p.m., 7/10 - 8/28

Location: Linganore Hall/L112

Fee: \$139



Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 13.

HOM143 The Joy of Candle Making

1 session, 6 hours

In this class students will learn all of the basics of candle making, including the history, theory, and of course - practice of making their very own candles! Students will cover the equipment used, different types of wax, candle dyes and fragrances available, while also learning about wicks, the process, and troubleshooting! Students will leave with the candles they make each session, plus a workbook for continued fun! All materials included. No experience necessary.

Note: Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Instructor: Ceila Papaya

5-Digit Number: 20245

Sat, 9:00 a.m. - 3:30 p.m., 7/18

Location: Visual & Performing Arts Center/F118

Fee: \$129

ACR154 Jewelry Soldering Workshop

1 session, 5 hours

Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the "how" and "why" of jewelry soldering by combining an overview of the tools, techniques and process + hands-on practice. Each student will fabricate textured stacking rings or bangles. Safety Requirements (No Exceptions): • Closed-toed, low-heeled or no-heeled shoes • Comfortable "play-clothes." No flowing sleeves or bulky fabrics • Long hair must be worn in a bun or ponytail • Protective eyewear must be worn

Note: Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Instructor: Georgina Copanzz

5-Digit Number: 20240

Sat, 9:00 a.m. - 2:30 p.m., 7/25

Location: Monroe Center/MC147

Fee: \$79

ACR165 Metal Etching Jewelry Workshop

1 session, 5 hours

Join instructor Gina Copanzz to explore etching metal using an illustration. You will learn how to make a transfer, and how to etch copper. Students will complete a few pieces of finished copper jewelry. This class will include lecture, demonstration, hands on practice and one on one instruction in the creation of your own unique designs. All tools and materials are provided. No experience necessary.

Note: Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Instructor: Georgina Copanzz

5-Digit Number: 20242

Sat, 9:00 a.m. - 2:30 p.m., 8/22

Location: Monroe Center/MC147

Fee: \$79

LIFE PLANNING & FINANCES

ILR969 Advance Care Planning: Your Life, Your Plan

1 session, 2 hours

Advance Care Planning is making decisions about the type of care you would like if you are ever unable to speak for yourself. This course provides information and answers questions about how to make a deliberate plan to think about and complete your advance care planning decisions, sharing those decisions with those who will be in the position of making determinations for you, explaining what's important to you and why, and initiating this decision-making conversation with your parents or other family members/friends for whom you may be the one making the determinations. It also introduces the Frederick Memorial Hospital (FMH) Advance Care Planning Initiative. It always seems too early, until it's too late. Do it for yourself and your family.

Instructor: Sharon Smith

5-Digit Number: 20214

Mon, 10:00 a.m. - 12:00 p.m., 8/3

Location: Visual & Performing Arts Center/F105

Fee: \$19

 Rescheduled Spring 2020 Class



ILR985 Cultivating Compassion and Joy in Everyday Life

4 sessions, 8 hours

The practice of the Four Immeasurables - the cultivation of loving-kindness, compassion, joy, and equanimity - opens our own hearts and deepens our relationship to others. This course introduces students to Buddhist mindfulness meditation practices as well as techniques for incorporating the results of these practices into our everyday lives. It includes guided meditation and lively dialogues. The fruition lies in beginning to realize our kinship with all of humanity.

Note: Students should purchase the following books prior to class: *In Love with the World: Stories and Essential Teachings from a Monk's Life* by Thich Nhat Hahn and *The Places That Scare You: A Guide to Fearlessness in Difficult Times* by Pema Chodron. Books can be purchased online or at most bookstores.

Instructor: Jerry Webster

5-Digit Number: 20223

Mon, 12:30 - 2:30 p.m., 8/10 - 8/31

Location: Braddock Hall/B215

Tuition: \$20 | Fee: \$72 | Total: \$92 | *MD residents age 60+ pay fee only*



Online Offering



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Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 13.

ILR574 The Haunted View's Paranormal Roadshow: Ghost Hunting for Beginners

2 sessions, 4 hours

Learn the proper beginner ghost hunting techniques with The Haunted View crew. This course includes a lecture, discussion, and ghost hunting equipment demonstrations including handouts. The 2nd session will be a field trip for a ghost hunting investigation at a haunted site. Please call the Program Office for exact date and location of field trip. Note that we could meet as far away as Gettysburg. The student is responsible for transportation to the haunted site for the 2nd session.

Instructor: Rhonda Russo

5-Digit Number: 20281

Tue, 6:00 - 8:00 p.m., 8/11, 2nd session is TBD

Location: TBD (for 1st session) & TBD (for 2nd session)

Fee: \$69



Evening Offering



ILR987 The Joys and Consolations of Philosophy for Seniors

4 sessions, 10 hours

For many individuals the senior years are enriched by their belief systems that have been informed and proven by their life experiences and continuous learning. In this series of lectures Dr. Gray considers the examples of this reality that are provided to us by two ancient men—Socrates and Boethius; and two contemporary philosophers—Robert C. Solomon and Robert Crichtley. In the discussion at the end of the lectures, participants will have the opportunity to share some of the most meaningful understandings in their own belief system.

Instructor: Karen Gray

5-Digit Number: 20211

Fri, 10:00 a.m. - 12:30 p.m., 7/10 - 7/31

Location: Conference Center/E123

Tuition: \$40 | Fee: \$99 | Total: \$149 | *MD residents age 60+ pay fee only*

Science & Nature

ILR850 On Gossamer Wings: The Magic of Moths

3 sessions, 6 hours

With at least a 1000 species of moths in Frederick County, we have much to explore. This introduction course will include classroom time to study lifecycles, anatomy, nomenclature and identification, and time outdoors to apply that knowledge.

Note: Class session #1 and #2 will be held during the daytime hours in a classroom on the FCC campus. During the evening of class session #2, students will meet from 8:30-10:30 pm at a yet to be determined location in Frederick County. The instructor will utilize a special light setup to attract moths. Students will provide their own transportation to the site. The rain date for the evening session is July 30.

Instructor: Kathy Barylski

5-Digit Number: 20256

Tue, 10:00 a.m. - 12:00 p.m., 7/21 & 7/28

Location: TBD for on campus session & TBD for off campus session

Fee: \$59



PHOTOGRAPHY

PHO100 Explore Your EOS Canon DSLR

1 session, 6 hours

Unleash your creativity by mastering the technical aspects of your Canon EOS Digital SLR. This class will help you get to know your camera system and go beyond the "automatic" setting! Move from the "Basic Zone" to the "Creative Zone." Acquire a clear understanding of all the buttons and menu items on your camera. Learn how to creatively use exposure, composition, flash, and a variety of lenses. This is a hands-on class. We will take a short lunch break (lunch not included). Bring your camera, manual, battery and a tripod if you have one.

Instructor: Howard Clark

5-Digit Number: 20331

Sat, 9:00 a.m. - 3:30 p.m., 8/22

Location: Braddock Hall/B104

Fee: \$89



PHO121 Get to Know Your Nikon DSLR-Extended Workshop

2 session, 9 hours

Have you been using your Nikon DSLR like a point-and-shoot and long to move out of your comfort zone? Explore the features and get the most out of your Nikon camera in this two day class. Day one will start by learning what all those buttons and dials can do to improve your photographs. Then, learn about the different lenses and when to use them. The second day will put your new found camera knowledge to practice both indoors and out in this half day session. Please bring your camera and a fully charged battery, a clean memory card, any lenses you have, and a bagged lunch to class.

Instructor: Carolyn Miller

5-Digit Number: 20351

Sat, 9:00 a.m. - 3:30 p.m., 8/22 & Sat, 9:00 a.m. - 12:00 p.m., 8/29

Location: Braddock Hall/B105

Fee: \$119

Instructor Bios

Kathy Barylski

From outdoors to crafting to travel to finance, Kathy Barylski has expertise in them all. She is an ardent naturalist who has led the local Frederick County butterfly count at Catocin Creek Park and has traveled in search of more species of butterflies while documenting her travels through photography. Kathy also is an extensive crafter and crocheter, creating with fiber, fabrics, and paper.

Iris Paper Folding.....	9
On Gossamer Wings: The Magic of Moths.....	12

Julie Castillo

Julie Castillo is a college anthropology, children's enrichment, and 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.

Democracy in America Forum.....	6
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Jessica Colon

Jessica Colon holds a master's degree in military history from Norwich University. Her research centered around the U.S. Marine Corps and their tactics and training implementation during World War II. During her graduate research, she learned and performed critical skills such as the development of research methods and presented her research in a multitude of professional settings. She is currently a teacher at New Life Christian School in the subject areas of English and U.S. History.

World War II: Remembering the War By Those Who Fought.....	9
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Karen Gray

Raised in Spokane, Washington, Karen Gray earned her BA from Whitworth University, an STB from the Harvard Divinity School, and her PhD in religious philosophy from the University of Edinburgh, Scotland. For 20 years she created educational tours in the mid-Atlantic region for the Smithsonian Institution's educational outreach program. Since retiring in 2001, she has taught courses in philosophy, religion, history, and literature for regional lifelong learning programs. She has also served as a volunteer historian for the C&O Canal National Historical Park with an office at the park's headquarters since 2005.

The Joys and Consolations of Philosophy for Seniors.....	11
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Catherine Howard

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.

Exploring Watercolor Painting - Advanced.....	2
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Terry Leitma

Terry Leitma has a master's degree in Human Development Education from the University of Maryland. She also completed all of the necessary coursework toward her Ph.D. in Health Education at UMD. Terry has been an adjunct college instructor for 20 years at various colleges including Montgomery College. She considers herself to be a passionate and dedicated psychologist/health educator who wants to motivate and empower people to have the highest quality of health as they age. She does this by teaching knowledge about health and the aging process so one may achieve a high level of wellness.

Stress Management.....	5
Healthy Eating For A Healthy Life: How To Shop For and Prepare Nutritious And Delicious Meals.....	5

Tracy Lewis

Tracy Lewis is a recent graduate with Master's degrees in American History and Library Science, concentrating in Archival Studies. She wrote her thesis on Elizabeth Bayley Seton and her impact on female education in the early 19th century. Her areas of interest are Early National America and women's and religious history. She works part-time as a tour guide at the National Shrine of St. Elizabeth Ann Seton in Emmitsburg.

Jamestown: The Colony that Almost Wasn't.....	8
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Betsy Ljubic

Betsy has 20 years of teaching experience and is committed to research informed teaching. She holds a Bachelor's degree in Biblical Studies and a Masters of Arts in Education in Curriculum and Instruction and English as a Second Language. She has taught K-12 and adults in several contexts including overseas, and private and public school. Currently, she teaches for Montgomery County Public Schools and as an adjunct instructor in multiple ESL programs at FCC.

Cultural Competency and Unconscious Bias.....	6
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Mary Mannix

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. Mary is also a professional tarot educator and reader. Mary strives to not only interpret the cards during a reading, but to also help her querents understand the history and symbolism of the cards they are dealt.

Genealogy Basics: A Deeper Appreciation.....	9
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Instructor Bios *continued*

Carolyn Miller

Cam Miller is a retired educator turned professional fine art photographer who lives in New Market, MD. After living and teaching on the Eastern Shore, she moved to Central Maryland, where she is fully engaged in the arts community. She is a member of several museums, arts councils, and photography organizations. Cam has won many awards for her photographs, the subjects of which include light paintings, still lifes, landscapes, and nature. She teaches photography classes at FCC, as well as private tutoring. To see more of her work, visit Cam's website: camscamerashots.com.

Get to Know Your Nikon DSLR-Extended Workshop..... 12

Michael Newlin

Michael Newlin received his master's in history from George Mason University. He has a passion for Roman history. He currently works at Lord Fairfax Community College.

History of Rome: The Kings of Rome..... 8

William O'Neal

Bill O'Neal has been teaching with ILR and designing its computer curriculum since 1998. He has 30+ 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.

iPhone - Beginner..... 3

iPhone - Advanced..... 3

Ernest O'Roark

Ernest O'Roark was a writer and team member for the World History for Us All curriculum project, working with David Christian, author of *Maps of Time* and *This Fleeting World*, as well as a number of other leading scholars in the field of World History. Ernie taught middle school in Montgomery County for 32 years.

Russian History: The Big Picture..... 7

Michelle Petty

Michelle Petty has a history degree from Drexel University. After living outside Gettysburg for most of her life, she developed an unwavering passion for history and the Civil War. She took many advanced classes that allowed her access to a variety of archives and experts and was able to complete a lengthy thesis on the Salem Witch Trials as well as the Gettysburg Campaign. Today she continues to practice her love of history and visits Gettysburg annually for the reenactment.

The Gettysburg Campaign..... 6

James Rada

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.

The Secrets of Washington County..... 8

Rhonda Russo

Rhonda McGaha Russo has been a paranormal investigator for 20+ years and is founder of "Bump In The Night Investigations." She has been seeing, hearing and sensing spirits/ghosts all of her life. Rhonda partners with two other Mediums to form an online paranormal talk show and investigative team called "The Haunted View". Rhonda also works as a Reiki Master/Teacher. She is the author of the book *Bump In The Night Investigations: Beginner Ghost Hunting Book*.

The Haunted View's Paranormal Roadshow - Ghost Hunting for Beginners11

Jodie Schmidt

Jodie Schmidt discovered her love of oil painting while earning a Bachelor of Fine Arts at McDaniel College. After graduating, she continued studying watercolor, oil painting and pastel for several years before deciding to become a teacher. She recently joined ILR at FCC as an art instructor, teaching pastel and drawing classes. Previously she worked as a short-term substitute art teacher at Buckingham's Choice, in Adamstown, MD.

Introduction to Pastel 101..... 2

Introduction to Oil Painting..... 2

Sharon Smith

Sharon Smith has a B.A. in speech communication and English, an M.A. of College Teaching in Speech Communication/Theatre with a secondary emphasis in English, and an M.A. in Thanatology. She has taught high school English and public speaking at FCC. Sharon is a member of the Frederick Memorial Hospital Advance Care Planning Committee and her role in the community is presenting on Advance Care Planning topics.

Advance Care Planning: Your Life, Your Plan 10

Jeffrey Steinberg

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 on the editorial board of a weekly publication, Executive Intelligence Review, and writing for 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. Steinberg is the author and/or co-author of hundreds of articles on national security issues, current affairs, and history.

The Russian American Paradox - Extended Version 7

Denise Sullivan

Dee Sullivan wasn't just soothed by Bob Ross' "You can do it." In 1995, Dee found her own Joy of Painting and became a Bob Ross certified instructor. First in landscapes, Dee went on to become certified in Florals in 1996, and Wildlife in 2000. Though her focus at the time was raising a family and working as a nurse, since retirement in 2013, Dee found teaching helped fulfill her lifetime dream of becoming an artist.

Happy Little Trees: The Bob Ross Painting Class 2

K. Yosef Webb

K. "Yosef" Webb, MDiv. is an educator committed to supporting individuals and communities in their journeys for personal, social, and cultural change. Yosef received his Masters of Divinity from Wesley Theological Seminary in Washington, DC where he focused on interfaith dialogue. He earned a BA in Anthropology with a focus on Archaeology from California State University. He is trained as an interfaith and mental health chaplain.

Mornings With TED 8

Jerry Webster

Jerry Webster, Ph.D., (Curriculum and Instruction, University of Maryland) has taught numerous courses in literature for UMD and in multiculturalism for Montgomery County Public Schools. He has taught English full-time in public school systems for 40 years. He serves as the Shastri, or head teacher, with the Shambhala Buddhist Center in Washington, D.C. He regularly teaches courses for FCC, Johns Hopkins Odyssey Program, and the D.C. Politics & Prose Bookstore.

Cultivating Compassion and Joy in Everyday Life 11

How to Register for ILR55+ Classes



ONLINE

- Go to [Frederick.edu/ILR](https://frederick.edu/ILR)
- Click Login/Create Account in the left menu
- Enter username and password or choose Create Account. (Be sure to select Yes to email preference as class confirmations and receipts are provided via email.)
- Click Browse, then ILR55+ Programs to view available classes.
- 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 complete your registration



IN PERSON

- Visit us in the Registration Office located in Jefferson Hall to complete a registration form and submit payment in full (cash, check, money order or credit card).

Waiting List

Please note - if the class in which you wish to participate is full, please contact us at 301.846.2405. We may be able to make arrangements to accommodate additional students and we also offer wait lists for individual sessions.

Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per class. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per class.
- An \$9 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 for select classes.

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 two business days before the beginning date of the class. Trips and some classes may have a different refund policy; trips and classes with a different full refund period will be noted in the shopping cart during checkout. 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 on the first floor of Jefferson Hall), or by email at CERequest@frederick.edu. Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the Associate Vice President of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.

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.

Board of Trustees – Dr. John Molesworth, *Chair* • Tom Lynch, *Vice Chair* • Ellis Barber • Nick Diaz • Gary Fearnow • Carolyn Kimberlin • Dr. April Miller
Elizabeth Burmaster, *FCC President/Secretary-Treasurer* • Janice Spiegel, *Director of Education and Special Initiatives/Office of the County Executive*



FCC Main Campus

7932 Opossumtown Pike
Frederick, MD 2170

The Monroe Center, FCC Campus

200 Monroe Avenue
Frederick, MD 21701
240.629.7900

Main Campus Locations

- A – Annapolis Hall
- B – Braddock Hall
- C – Catoctin Hall
- D – Athletics Center
- F – Visual & Performing Arts Center
- G – Gambrill Hall
- H – Student Center
- J – Jefferson Hall
- L – Linganore Hall
- M – The Carl & Norma Miller Children's Center
- P – Plant Operations
- S – Sweadner Hall
- K – Mercer-Akre Kiln

Visit frederick.edu for complete directions.



 Building E (Conference Center) renovations are currently underway. No access.

Off Campus Locations

Frederick Senior Center
1440 Taney Avenue
Frederick, MD 21702
301.600.3525

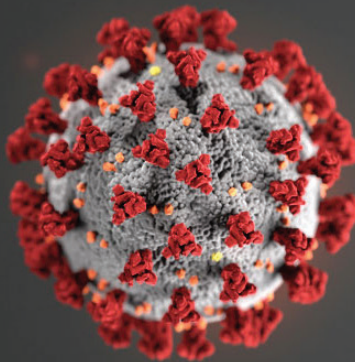
Lebherz Oil & Vinegar Emporium
214 N. Market Street
Frederick, MD 21701
301.228.3996

McClintock Distilling
35 S. Carroll Street
Frederick, MD 21701
240.815.5259

Spin the Bottle
9 W. Patrick Street
Frederick, MD 21701
301.732.5800



COVID-19 UPDATE



Important Message Regarding ILR Class Start Dates

We thank our students for all they have done during this difficult time related to the coronavirus (COVID-19). Student success remains our top priority.

Please note that as we continue to follow the recommendations outlined by the State of Maryland and the Frederick County Health Department to ensure the health and safety of our College community, the course dates included in this schedule remain subject to change.

For the most current information
regarding class start dates, visit

ILRatFCC.com



For important FCC updates and
Covid-19 information, visit

frederick.edu/coronavirus