

ILR 55+

Summer 2022

Offering 10+ new classes,
in-person and online.

Register today!



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.

**Registration
now open!**
ILRatFCC.com

Please contact us with any questions.
301.846.2561

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Contact Us

ILR Online Registration	301.624.2888
College Information Center	301.846.2469
Disability Access Services (DAS)	301.846.2408
FCC Bookstore	301.846.2463

BEFORE YOU BEGIN ...

Questions?

We're here to help!

Contact the FCC Registration Office (301.624.2888) or CEInfo@frederick.edu if you:

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

Contact the ILR Program Office (301.846.2561) or ILR@frederick.edu if you:

- Wish to suggest a class offering
- 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:

- Monday, May 30 (Memorial Day)
- Monday, June 20 (Juneteenth Observed)
- Monday, July 4 (Independence Day)

COVID-19 Update

Course offerings included in this schedule remain subject to change. Frederick Community College continues to closely monitor the impact of COVID-19 on campus. Students will be asked to follow College Covid protocols in place at the time of their class, which may include masking.

FCC hosts monthly vaccination clinics as well as weekly testing clinics. Registration is required.



Structured Remote Courses (SR)

Structured Remote courses meet as real-time online sessions during the scheduled class time. These courses are offered in an online format only. Students must be able to access the course from a computer/tablet using a link that will be emailed at least one business day prior to the course start. FCC will not be able to provide individual technical support to students during the class sessions. Should you experience difficulties and not be able to access the course, please contact the program office. Only students who have paid the course fee and are officially on the class roster may join the online class session.



In-Person Courses

In-Person courses meet face-to-face and are taught at designated locations during scheduled times. Effective March 1, 2022 masks are no longer required in indoor spaces on the FCC main campus and Monroe Center, with the exception of classrooms, including shared laboratory and other instructional spaces.



Evening Classes

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



Instructor Bios

Instructor Bios are located on page 15 listed in alphabetical order by last name. Each class an instructor is teaching during Summer 2022 has been included.



Lifelong LEARNING

Events and **experiences** for inquisitive minds.

In Person and Self-Paced Online Lifelong Learning classes at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on personal enrichment, artistic growth, and self-discovery.

Subjects for Summer 2022 include:

- Arts & Crafts (Drawing and Painting)
- Food & Drink (Asian Cuisine and Beer & Whiskey)
- Home & Hobby (Sewing, Iris Paper Folding, and Calligraphy)
- Practical Sustainability (Succession Planting, Growing & Preserving Herbs, Pickles & Fermenting, and Jams and Jellies)
- Learn a Language (Italian)
- Photography (Frederick County Photo Shoot)
- The Writer's Institute (Fiction Writing)

Get ready to participate in classes designed to build your knowledge and expand your horizons.

Learn more and sign up at frederick.edu/Lifelong
Space is limited.

lifelonglearning@frederick.edu • 301.624.2727

WEBSITE

ILR 55+

ILRatFCC.com

FACEBOOK



facebook.com/ILRFCC

BE AN ILR INSIDER! Additional courses may be added mid-term so check online to keep up with the latest news. To receive the ILR Newsletter, register at frederick.edu/ENews, or browse our classes and register online at ILRatFCC.com.



REGISTER FOR FCC ALERTS TODAY!

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.

frederick.edu/FCCAlert

Thrive!

Unique non-credit courses developed for adults with intellectual disabilities to support their ability to function more independently at home, work, and in the community.

Art • Cooking • Science • Reading & Computer Skills
Social Awareness • and more!

frederick.edu/Thrive

301.846.2661 • thrive@frederick.edu

ILR Courses **Summer 2022**

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THE ARTS & MUSIC



ACR435 Drawing A Still Life with Mixed Media

4 sessions, 6 hours

Using a variety of mixed media including pencil, chalk, pastel, colored pencil, and some other surprises, we will create several still life works. We will celebrate the season by focusing on themes and subject matter one finds this time of year. Art concepts such as texture, composition, lines and focal point are just some of the few topics we will explore. Drawing tips and suggestions will enhance your experience. A list of supplies needed will be provided to students prior to the start of the first session.

Note: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 23774 | Fri, 9:30 - 11:00 a.m., 6/3 - 6/24

Location: TBA | Fee: \$64

ACR434 Advanced Drawing: How to Build a Portrait Using Face Mapping

2 sessions, 4 hours

Learn how to build a human face and head using a few simple tools including a pencil, drawing paper, eraser, and pencil sharpener. Using basic shapes and the face mapping method, described by artist and author, Pam Carriker, students will build an accurate sketch of the human head/face. The inclusion of shading will help to create the illusion of three-dimensional forms. This course is designed for students with previous drawing experience. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Schmidt

5-Digit Number: 23775 | Thu/Fri, 6:00 - 8:00 p.m., 6/9 - 6/10

Location: Conference Center/E125 | Fee: \$39



Evening Offering



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 1.



Structured Remote Courses (SR) | Courses offered in an online format only. See page 1 for details.



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

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 26 television minutes, using big, house painting-type brushes while cooing soothing "you can do it's 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 five-hour class. All materials including brushes, Bob Ross paints, and canvases will be provided. This class will take a lunch break so be sure to bring a packed lunch.

Note: Course will meet on campus in an in-person environment.

Instructor: Denise Sullivan

5-Digit Number: 23504 | Sat, 10:00 a.m. - 4:00 p.m., 6/18

OR

5-Digit Number: 23508 | Sat, 10:00 a.m. - 4:00 p.m., 7/16

OR

5-Digit Number: 23509 | Sat, 10:00 a.m. - 4:00 p.m., 8/6

Location: Visual & Performing Arts Center/F118 | Fee: \$99

COMPUTERS & TECHNOLOGY

LIR209 iPhone - Beginner

2 sessions, 4 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? In this class you will develop a good understanding of how to use your iPhone. You will learn how to surf the web, download apps, watch videos, make phone calls, send text messages, personalize your iPhone, and explore all of your iPhone's features. The course will 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.

Note: Course will meet on campus in an in-person environment.

Instructor: Linda Frydl

5-Digit Number: 23641 | Wed, 9:00 - 11:00 a.m., 6/1 - 6/8

Location: Conference Center/E123

Tuition: \$10 | Fee: \$34 | Total: \$44 | MD residents age 60+ pay fee only

LIR208 Android Phone - Beginner

2 sessions, 4 hours

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

Note: Course will meet on campus in an in-person environment.

Instructor: Linda Frydl

5-Digit Number: 23642 | Wed, 9:00 - 11:00 a.m., 6/29 - 7/6

Location: Conference Center/E138

Tuition: \$10 | Fee: \$34 | Total: \$44 | MD residents age 60+ pay fee only

NEW LIR184 Computers for Scaredy Cats

5 sessions, 5 hours

Computers have become essential for everyday living. We use computers to create budgets, send documents, and bank and shop online. Using a computer for the first time can seem overwhelming and never mind keeping up with technology changes. This course starts with the very, very basics. You'll learn about the major parts of a computer including the keyboard and mouse. Then you'll build on your skills as you learn the basics of Windows, how to open a document, and use the internet. Your increased comfort will prepare you for other basic classes such as Word and Excel.

Note: Course will meet on campus in an in-person environment.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 23580 | Wed/Thu, 9:30 - 10:30 a.m., 6/2 - 6/16

Location: Student Center/H251 | Fee: \$32

NEW LIR205 Cyber Awareness: Internet Safety

3 sessions, 6 hours

In this course students will learn how to identify online threats such as email scams, phone scams, phishing, and malware. Learn how to keep yourself safe while using social media platforms, email, text and the cloud. Students will understand the importance of using strong passwords and how to keep your personal information safe while using a phone, tablet or computer.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Kimberly Perna

5-Digit Number: 23579 | Tue, 12:30 - 2:30 p.m., 6/14 - 6/28

Location: Online

Tuition: \$19 | Fee: \$49 | Total: \$68 | MD residents age 60+ pay fee only

NEW REC136 Know Your Beer

1 session, 2 hours

Any self-respecting beer drinker needs to know the difference before ordering their perfect pour. The expert brewers at the family-owned Steinhardt Brewing Company will teach you the beer basics as you taste your way through this course. Afterall, the best beer to drink is the one that you'll enjoy the most.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: Steinhardt Brewing

5-Digit Number: 23797 | Thu, 4:00 - 6:00 p.m., 6/9

OR

5-Digit Number: 23798 | Thu, 4:00 - 6:00 p.m., 7/21

Location: Steinhardt Brewing, 340 E. Patrick St., Frederick | Fee: \$29

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. Course will meet off campus in an in-person environment.

Instructor: McClintock Distilling

5-Digit Number: 23776 | Thu, 7:00 - 9:00 p.m., 7/14

Location: McClintock Distilling, 35 S. Carroll St., Frederick | Fee: \$34

NEW REC137 Gin 101

1 session, 2 hours

Students will learn about the history and production process of making gin and get the chance to sample six different styles. Learn about the different botanicals and herbs used to make gin and be able to make their own custom gin blend to take home.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: McClintock Distilling

5-Digit Number: 23832 | Thu, 7:00 - 9:00 p.m., 5/12

OR

5-Digit Number: 23833 | Thu, 7:00 - 9:00 p.m., 8/11

Location: McClintock Distilling, 35 S. Carroll St., Frederick | Fee: \$34



The above "Drink" courses are all Evening Offerings

Taste of Asia

Travel the Far East and learn about Asian cuisines from China, Japan, Thailand, Malaysia, and Vietnam both traditional and Americanized. Our chef will demonstrate how easy and simple these Asian dishes are to make. Venture into new types of vegetables and learn about stir frying, sauces, and cutting and slicing techniques. Students will also participate in Asian food trivia. This course is very interactive and a list of ingredients and other preparations will be provided during the class so you can recreate these dishes at home.

Chef Woo Can will appoint you as a sous chef, so you get hands-on experience making a dish. You may also participate in the Iron Woo Chef Contest. Use all your knowledge, make a dish, and be judged, and win a prize.

REC135 Vietnamese Summer Spring Rolls and Chicken or Beef Summer Salad

5-Digit Number: 23802 | Sat, 11:00 a.m. - 1:00 p.m., 6/11

REC135 Lettuce Wrapped Spring Rolls and Chilled Shredded Chicken

5-Digit Number: 23803 | Sat, 11:00 a.m. - 1:00 p.m., 7/9

REC135 Thai Basil Chicken and Chinese Drunken Shrimp

5-Digit Number: 23804 | Sat, 11:00 a.m. - 1:00 p.m., 8/13

Details for all Taste of Asia courses:

- Each class is 1 session, 2 hours
- Instructed by Chef Stuart Woo
- Meet on campus, in-person, Conference Center/E125
- Fee: \$29



Learn a Language

FOR124 Introduction to the Italian Language and Culture

8 sessions, 16 hours

Explore Italian culture by learning proper basic grammar, pronunciation, vocabulary, customary greetings, and levels of formality Italian style. The course includes insight into the customs and traditions, holidays, and cultural nuances of Italy including food and meal etiquette. Also receive sightseeing recommendations and explore the country's geography and beauty from North to South. Practice what you are learning by participating in class conversations and completing classroom and homework assignments based on textbook exercises.

Note: Course will meet on campus in an in-person environment. Students are required to purchase the following book: *Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition* by Marcel Danesi (ISBN 978-1260463194).

Instructor: Dora Jaar

5-Digit Number: 23781 | Wed/Fri, 10:00 a.m. - 12:00 p.m., 8/3 - 8/26 | Location: Conference Center/E138

Tuition: \$40 | Fee: \$129 | Total: \$189

MD residents age 60+ pay fee only

cadence
MUSIC LESSONS
& ENSEMBLES

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HEALTH & WELLNESS

SEN153 Tai Chi for Balance and Well Being

8 sessions, 12 hours

Terrific for adults of all fitness levels and abilities, Tai Chi Ch'uan has been practiced for fitness and health for hundreds of years. The slow, graceful movements and fluid natural postures can help improve balance, coordination, muscle tone, posture, breathing, and concentration.

Note: Course will meet on campus in an in-person environment.

Instructor: Toni Minkel

5-Digit Number: 23463 | Tue, 1:00 - 2:30 p.m., 6/14 - 8/9

No Class: 7/5 | Location: Athletics Center/D129 | Fee: \$99

ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

Note: Course will meet on campus in an in-person environment.

Instructor: Kirby Maybush

5-Digit Number: 23461 | Wed, 1:00 - 4:00 p.m., 6/22

Location: Conference Center/E138 | Fee: \$32

LIR120 Are You Medically Curious - Vitamins, Minerals, and Supplements

3 sessions, 3 hours

Are you ever skeptical of internet medical advice and TV drug company ads? Do you search for "Evidence Based Medicine," presented so a layman can understand it? Welcome to "Are YOU Medically Curious?" The sessions are interactive, highlighted with Dr. R's learning "toys," and aimed at understanding your amazing body - when it works, and when it doesn't.

Note: Course will meet on campus in an in-person environment.

Instructor: Larry Romane

5-Digit Number: 23462 | Thu, 10:00 - 11:00 a.m., 7/14 - 7/28

Location: Conference Center/E140 | Fee: \$29



LIR199 Improve Your Memory: From Mnemonics through Music

3 sessions, 6 hours

How can we retain and improve learning and memory recall as we age? We will cover environmental factors, including music and stress, that impact memory recall. We will practice recognized memory systems that work for both the "left brainer" and "right brainer." Our instructor wrote a book about this topic for an international medical publishing company and has had sponsors on this subject content in business, healthcare, and educational organizations.

Note: Course will meet on campus in an in-person environment.

Instructor: Roger Swartz

5-Digit Number: 23567 | Mon, 9:30 - 11:30 a.m., 8/1 - 8/15

Location: Conference Center/E138

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

HISTORY, CULTURES & CURRENT ISSUES



ILR995 George Washington's Old Northwest Indian War, 1786-1795

3 sessions, 6 hours

Native American nations, allied with Great Britain, and the United States were at war. Washington's presidency was shaken. This program describes the causes, major events, and results of the war; and the impacts upon both Washington and the United States. Also described are how corruption in Washington's administration contributed to United States military defeat; and the roles played during the war by Maryland's James Wilkinson.

Note: Course will meet on campus in an in-person environment.

Instructor: Roger Swartz

5-Digit Number: 23487 | Mon, 9:30 - 11:30 a.m., 6/6 - 6/27

No Class: 6/20 | Location: Conference Center/E138

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



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 1.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 15.

HISTORY, CULTURES & CURRENT ISSUES



LIR202 Jamestowne - The Sequel, 1624-1699

3 sessions, 4.5 hours

"Jamestowne - The Sequel, 1624-1699" picks up the story of the first permanent British colony in America where "Jamestowne: The Colony that Almost Wasn't" ended. Virginia has become a royal colony and faces a whole new set of challenges, in particular Bacon's Rebellion in 1676. This course will discuss those challenges and how they led to the eventual abandonment of Jamestowne in 1699.

Note: Course will meet on campus in an in-person environment.

Instructor: Tracy Lewis

5-Digit Number: 23571 | Mon, 10:30 a.m. - 12:00 p.m., 7/11 - 7/25

Location: Conference Center/E138

Tuition: \$12 | Fee: \$39 | Total: \$52 | MD residents age 60+ pay fee only



LIR206 China Under Xi Jinping: A Global Power on the World Stage

4 sessions, 8 hours

China has gone through significant internal and international changes since Xi Jinping came to power in 2012-2013. He appears poised to be given an unprecedented third presidential term which many see as a step to his being "President for Life." Discussion will include what is to be expected from China under Xi's third term and if there is a possibility that he will be unseated by opponents. Also examine what the prospect is for the United States-China Great State Dialogue (a goal of the Biden Administration.) We'll finish with a discussion of what Xi Jinping means by the "China Dream."

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Jeffrey Steinberg

5-Digit Number: 23570 | Wed, 10:00 a.m. - 12:00 p.m., 7/13 - 8/3

Location: Online

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



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 1.



Structured Remote Courses (SR) | Courses offered in an online format only. See page 1 for details.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 15.

HOME & HOBBY

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.

Note: Course will meet on campus in an in-person environment.

Instructor: Mary Mannix

5-Digit Number: 23466 | Tue, 9:00 - 11:00 a.m., 6/7 - 6/28

Location: Conference Center/E138

Tuition: \$24 | Fee: \$69 | Total: \$93 | MD residents age 60+ pay fee only

LIR136 How to Use Your DNA Matches for your Genealogy Research

2 sessions, 4 hours

A beginner's guide on how to get started using DNA matches as a tool to help fill in your family tree. Learn to categorize and analyze DNA matches. Also learn how to use shared DNA matches to determine tree branch and strategies to use if a DNA match does not have a tree.

Note: Course will meet on campus in an in-person environment.

Instructor: Linda Frydl

5-Digit Number: 23464 | Wed, 9:00 - 11:00 a.m., 7/13 - 7/20

Location: Conference Center/E138 | Fee: \$39

ILR919 The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun

3 sessions, 6 hours

In today's world, Tarot is no longer simply the tool of fortune tellers but is used by many for personal growth and creativity. This class will discuss what tarot is and isn't. You will learn how a deck is arranged and obtain an overview of card meanings. Attendees will get hands-on experience reading throughout the two classes. No need to bring a deck of cards, they will be available for class use.

Note: Course will meet on campus in an in-person environment.

Instructor: Mary Mannix

5-Digit Number: 23467 | Tue, 9:00 - 11:00 a.m., 7/12 - 7/26

Location: Conference Center/E140 | Fee: \$65

HOM166 Start Sewing in a Nutshell

2 sessions, 4 hours

Sewing is a lifelong learning skill. Discover the fundamentals to operate a sewing machine with confidence. Start by learning how to select the right needle and thread; wind a bobbin; thread a machine; stitch settings; tension adjustments; trouble shooting common problems; and best practices. A basic sewing machine will be provided for class use to practice common sewing techniques. This class will prepare you to make your own projects whether you like crafts, make quilts, sew garments, or create home décor. This course is meant for the true beginner with little or no sewing experience. Enrollment will be limited so the instructor can provide ample attention to each student.

Note: Course will meet on campus in an in-person environment.

Instructor: Michelle Umlauf

5-Digit Number: 23779 | Tue, 6:00 - 8:00 p.m., 6/14 - 6/21

OR

5-Digit Number: 23780 | Tue/Thu, 6:00 - 8:00 p.m., 8/2 - 8/4

Location: Conference Center/E138 | Fee: \$44

 Evening Offering

HOM102 Iris Paper Folding - Butterflies & Blooms

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.

Note: Course will meet on campus in an in-person environment.

Instructor: Kathy Barylski

5-Digit Number: 23777 | Wed, 1:30 - 3:30 p.m., 7/13

Location: Conference Center/E140 | Fee: \$29

HOM132 Continuing Calligraphy

8 sessions, 16 hours

This class will provide an opportunity to take your calligraphy skills to the next level. You will learn to mix and apply colors, Italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Lide

5-Digit Number: 22913 | Fri, 10:00 a.m. - 12:00 p.m., 6/10 - 7/29

Location: Visual & Performing Arts Center/F130 | Fee: \$149

ILR860 Downsizing Simplified: Living Smaller and Loving it!

3 sessions, 4.5 hours

Overwhelmed by stuff? And the work it takes to maintain it? This course will provide a jumping off point to living smaller and will cover all the major steps of the downsizing process. Expect group discussions addressing the challenges of sorting and parting with sentimental items. Expect to bring clarity to the variety of steps and time involved in downsizing a household. Live in comfort; not clutter!

Note: Course will meet on campus in an in-person environment.

Instructor: Stacy Reno & Sharon Scarborough

5-Digit Number: 23485 | Wed, 10:00 - 11:30 a.m., 6/8 - 6/22

Location: Conference Center/E138

Tuition: \$20 | Fee: \$42 | Total: \$62 | MD residents age 60+ pay fee only

ILR965 The Role of the Executor in Maryland

2 sessions, 6 hours

Learn how to be an executor for a loved one or designate the responsibilities as part of your own estate plan. Understand the legal responsibilities of the role and discuss required general competencies, including personal traits, while understanding the potential consequences for incorrect performance. Learn to organize tasks in advance, minimize errors, be compensated for the work, reduce stress, and recognize when to engage a professional.

Note: Course will meet on campus in an in-person environment.

Instructor: Marcy Gouge

5-Digit Number: 23470 | Tue/Thu, 5:30 - 8:30 p.m., 7/12 - 7/14

Location: Conference Center/E138

Tuition: \$12 | Fee: \$54 | Total: \$66 | MD residents age 60+ pay fee only

 Evening Offering



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

ILR871 Investment Strategies for Seniors Through Options

 4 sessions, 8 hours

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

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Richard Bender

5-Digit Number: 23486 | Mon/Wed, 1:30 - 3:30 p.m., 8/1 - 8/10

Location: Online | Fee: \$89

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 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 Health Advance Care Planning Initiative. It always seems too early, until it's too late. Do it for yourself and your family.

Note: Course will meet on campus in an in-person environment.

Instructor: Sharon Smith

5-Digit Number: 23752 | Tue, 10:00 a.m. - 12:00 p.m., 8/2

Location: Conference Center/E138 | Fee: \$19

Practical Sustainability: The Homesteading Series

We no longer live in a time when we can be totally self-sufficient, however we can be "practically" self-sufficient and sustainable. This practical, multi course series is designed to prepare a family to provide sufficient food from a medium-sized suburban home garden, a not-for-profit homestead, or a small farm. The series includes elements of composting, food preservation, reducing energy consumption, and living in a more responsible way. The single topics will address many of the questions and issues you may have about pursuing such a lifestyle.

HOM163 Succession Planting

5-Digit Number: 23834 | Wed, 6:30 - 8:30 p.m., 6/1

HOM163 Growing and Preserving Herbs

5-Digit Number: 23835 | Wed, 6:30 - 8:30 p.m., 6/15

HOM163 Pickles and Fermenting

5-Digit Number: 23836 | Wed, 6:30 - 8:30 p.m., 7/13

HOM163 Jams and Jellies

5-Digit Number: 23837 | Wed, 6:30 - 8:30 p.m., 8/3

Details for above Practical Sustainability courses:

- Each class is 1 session, 2 hours
- Instructed by Don Ludke
- Meet on campus, in-person, Conference Center/E125
- Fee: \$19

HOM163 Field Trip to Homesteading Farm

1 session, 2 hours

Note: This tour will be conducted on location at a farm near Union Bridge, MD. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Don Ludke

5-Digit Number: 22924 | Tue, 6:30 - 8:30 p.m., 6/7

Location: Off Campus | Fee: \$19



Evening Offerings



LITERATURE, THEATER, WRITING



LIR200 Classics Made Current: “The Great Gatsby”

5 session, 7.5 hours

Since it's publication nearly a century ago, the iconic novel, *The Great Gatsby*, has cemented itself as a formative fixture in English classes for generations, and is as beloved as it is infamous. The *Great Gatsby* continues to inspire and withstand the tests of time. This class will examine the masterful way author F. Scott Fitzgerald infuses fiction with fact to both cast and sweep away the glamour of the American Dream. Join this class in rereading the Jazz Age novel that both defined and decried the opulence of “The Roaring 20’s.” Students must purchase a copy of *The Great Gatsby* prior to the first class.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Kierstin Klimas

5-Digit Number: 23568 | Fri, 10:00 - 11:30 a.m., 6/3 - 7/8

No Class: 6/24 | Location: Online

Tuition: \$15 | Fee: \$64 | Total: \$79 | MD residents age 60+ pay fee only

PHILOSOPHY, RELIGION & EXPLORATION



LIR204 Discussing “The Book of Joy” - A Conversation between the Dalai Lama and Desmond Tutu

4 sessions, 6 hours

The book that will be studied is *The Book of Joy - Lasting Happiness in an Unchanging World* (2016). We live in difficult times with uncertainty. The term “lasting happiness” may seem preposterous to us given the world’s suffering. Nevertheless, two men, the Dalai Lama and Desmond Tutu, have undergone a combined fifty years of exile as they lived through each of their own nation’s violence and suffering. Having both earned the Nobel Prize for Peace both men present a vision that allows for a spiritual peace. *The Book of Joy* is a New York Times Bestseller. We will discuss our common spiritual humanity and provide directions for a spiritual path. Meditation practice and teachings will be an ongoing part of these classes. We highly recommend the book is purchased and read, available in both print and e-reader forms, prior to class.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Jerry Webster

5-Digit Number: 23572 | Thu, 10:00 - 11:30 a.m., 6/23 - 7/14

Location: Online

Tuition: \$15 | Fee: \$54 | Total: \$69 | MD residents age 60+ pay fee only

Lifting the Veil, a Paranormal Series

The supernatural is embedded in our culture. We celebrate Halloween. We watch scary movies. We hold superstitions and use crystals. Many are curious about the unexplained and seek information that helps us make sense of it all. Each session will focus on a different topic. We hope we can “lift the veil” and satisfy your curiosity about the paranormal through this lecture series.

LIR195 Ghost Hunting Equipment 101

1 session, 2 hours

Note: Course will meet on campus in an in-person environment.

5-Digit Number: 23575 | Wed, 2:00 - 4:00 p.m., 6/15

Location: Conference Center/E138 | Fee: \$22

LIR195 The Haunted Orphanage Investigative Field Trip

1 session, 2.25 hours

Note: This investigative field trip involves the use of ghost hunting equipment and takes place in the very early hours. Only students who have attended the Ghost Hunting Equipment session are permitted to attend the investigation. Portions of the investigation will occur in the dark. The group size will be kept small. Students are to provide their own transportation to the Gettysburg Orphanage and they are also encouraged to bring ghost hunting equipment if they desire. An email with additional details will be sent one week prior to the course date.

5-Digit Number: 23576 | Sat, 12:00 - 2:15 a.m., 6/18

Location: Off Campus | Fee: \$69

LIR195 Smudging and Cleansing

1 session, 2 hours

Note: Course will meet on campus in an in-person environment.

5-Digit Number: 23577 | Wed, 2:00 - 4:00 p.m., 6/29

Location: Conference Center/E138 | Fee: \$22

Instructors for all classes: Terri Rodabaugh & Rhonda Russo



Structured Remote Courses (SR) | Courses offered in an online format only. See page 1 for details.

Learning on Location



LIR207 Antietam: As Seen from the Antietam

1 session, 4 hours

Experience the Battle of Antietam from the vantage of the Antietam Creek. This 4-hour canoe trip will present the battle from a novel perspective, viewed and interpreted from the creek itself. You will “float” to places not accessible from the public battlefield. A Civil War adventure never to be forgotten. This trip requires that you have mobility to enter, exit, and paddle a 2 person canoe for the duration of the course.

Note: This tour will be conducted at a location to be determined closer to the course date. Students will be required to provide their own transportation. An email will be sent with trip details 1-2 weeks prior to the course date.

Instructor: Dennis Frye

5-Digit Number: 23574 | Wed, 1:00 - 5:00 p.m., 6/8

Location: Off Campus | Fee: \$129



LIR167 Fascinating and Forgotten: Glimpses of the Past - Part 2

1 session, 1.5 hours

In Part 2 of this walking tour, we will explore different streets of Frederick to rediscover years past. The tour includes the sites of former retail shops and the products they sold, houses and buildings that convey the impact of Frederick as a meaningful and vibrant city, and nostalgic clues from the past. We’ll walk past former Civil War “hospitals” and enjoy many interesting tidbits of their history. This is a new version of the original tour. This tour involves walking in downtown Frederick on mostly flat sidewalks for 10-15 blocks moving at a slow pace.

Note: This tour will be conducted in downtown Frederick. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Jeanne McDermott

5-Digit Number: 23573 | Sat, 9:30 - 11:00 a.m., 6/11

Location: Off Campus | Fee: \$18

Rain Date: Saturday, June 18



LIR210 “The Home of the Brave” - Notable Veterans Within Frederick’s Historic Mount Olivet Cemetery

1 session, 3.5 hours

Considered one of the most distinguished and beautiful burial grounds in the country, Mount Olivet serves as home to thousands of patriots who bravely served their country under the same flag so proudly hailed in 1814 by fellow cemetery resident and Frederick native, Francis Scott Key. Here, one can find veterans connected to every conflict our country has been involved in. Emmy-award winning documentarian and Mount Olivet historian Chris Haugh will give participants a rare view of the lives and achievements of some of these men and women through a leisurely walking tour. Of those reposing in Mount Olivet, some veterans died in military combat, while others succumbed to wounds and sickness acquired while in military service. Thankfully, the vast majority of armed forces personnel came back home from the battlefields and lived out full lives dedicated to family and professional pursuits. Most returned with a renewed understanding that “freedom is not necessarily free,” as the greatest sacrifices have been made by our soldiers and sailors throughout our country’s vast military history. Bring your walking shoes as we plan to cover a few miles through the winding roads and lanes of Frederick’s historic, garden cemetery. We will meet at the Key Memorial Chapel just beyond the Francis Scott Key Memorial. There is ample parking in the circle drive around the chapel as students can park here.

Note: This tour will be conducted at Mt. Olivet Cemetery. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Christopher Haugh

5-Digit Number: 23796 | Tue, 9:00 a.m. - 12:30 p.m., 6/14

Location: Off Campus (Mt. Olivet Cemetery)

Tuition: \$10 | Fee: \$29 | Total: \$39 | MD residents age 60+ pay fee only

Rain Date: Thursday, June 16



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 15.

SCIENCE & NATURE

ILR449 Dark Matter; The Dark Side of the Universe

7 sessions, 14 hours

The Hubble Telescope has provided spectacular images of the cosmos, but what's out there that the space telescopes can't pick up? We used to think that the universe was composed of the things we could see such as stars, planets, Big Macs, etc. It turns out that is only about 5% of everything out there. Astronomy teacher, Bob Rubock leads this exploration of the 25% of the stuff we can't see called Dark Matter. Topics include: the fundamental building blocks of the universe; the expanding universe; space, time, and gravity; cosmology in Einstein's universe; WIMPs and supersymmetry; and dark stars and black holes. The second course of this two part series to be offered next fall, will turn to the remaining 70%, Dark Energy.

Note: Course will meet on campus in an in-person environment.

Instructor: Robert Rubock

5-Digit Number: 23578 | Thu, 10:00 a.m. - 12:00 p.m., 6/2 - 7/14

Location: Conference Center/E138

Tuition: \$30 | Fee: \$119 | Total: \$149 | MD residents age 60+ pay fee only

ILR575 Butterflies in the Field

1 session, 2 hours

Enjoy the magic of butterflies in the field. Summer is still a great time to see butterflies in Maryland. With cooperative weather, we may see a dozen or more species. Expect up close viewing and plan to take plenty of pictures. Transportation will be provided by the student to a location that will be determined closer to the course date. Please bring your own water and be prepared for some moderate walking.

Note: This tour will be conducted at a location to be determined closer to the course date. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Kathy Barylski

5-Digit Number: 23489 | Tue, 9:30 - 11:30 a.m., 7/12

Location: Off Campus | Fee: \$22

Rain Date: Wednesday, July 13



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 1.



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

ILR575 Butterflies in the Field - Moth Edition

1 session, 2.5 hours

Did you know that Maryland is home to over 1500 moth species? Join us for this special nighttime adventure. With the help of a special light setup, we'll attract a variety of moths for close up looks. We'll also have time to talk about unique features of moths, new research, and differences between moths and butterflies. Transportation will be provided by the student to a location that will be determined closer to the course date. Please bring your own water, a flashlight, and be prepared for some minimal walking.

Note: This tour will be conducted at a location to be determined closer to the course date. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Kathy Barylski

5-Digit Number: 23488 | Tue, 8:00 - 10:30 p.m., 7/19

Location: Off Campus | Fee: \$26

Rain Date: Wednesday, July 20



Evening Offering

THE WRITER'S INSTITUTE



ENG239 The Art of Worldbuilding in Fiction



6 sessions, 12 hours

A reader enters the world of the story the moment they open a book and begin reading. The novelist's job is to entice them to stay by plunging them into a world so immersive that it becomes as real to them as the world in which they live. This course will look at the essential elements for creating a believable world that offers the reader an experience as well as a story. We will discuss the use of these worldbuilding elements using examples from familiar stories from both literature and television/film such as Lord of the Rings, Star Wars, The Hunger Games, and The Lion, The Witch, and the Wardrobe. Only a well-built world can convince a reader to believe in it, stay in it, want to learn more about it, and, hopefully, return to it again and again. The goal of this course is to arm writers with tools for building immersive worlds, no matter where (or when) their stories take place.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Tiffany Jansen

5-Digit Number: 23793 | Thu, 2:00 - 4:00 p.m., 7/7 - 8/11

Location: Online

Tuition: \$20 | Fee: \$99 | Total: \$119 | MD residents age 60+ pay fee only

Photography: Frederick County Photo Shoot

Join us for a photo shoot in Frederick County. You will be informed where to find the instructor at the designated venue. The instructor will help you identify better points of view for photographing the location and also review your results on the spot and help you optimize the settings on your camera. Get expert advice that is sure to enhance your camera skills. Following the on-location session, you'll have the opportunity to submit sample photos for an expert, online, live critique.

PHO127 Culler Lake

Note: This in person course will meet for the first session at Culler Lake in Frederick. The second session will meet in the Conference Center/E138.

5-Digit Number: 23514

First Session: Sat, 9:00 a.m. - 12:00 p.m., 6/11

Location: On Location at Culler Lake

Second Session: Thu, 7:00 - 9:00 p.m., 6/23

Location: Conference Center/E138

Rain Date: Saturday, June 18

Details for all Frederick County Photo Shoot courses:

- Each class is 2 sessions, 5 hours
- Instructed by Howard Clark
- Fee: \$59

PHO127 Lilypons

Note: This in person course will meet for the first session at Lilypons Water Garden parking lot near Buckeystown. The second session will meet in the Conference Center/E138.

5-Digit Number: 23517

First Session: Sat, 9:00 a.m. - 12:00 p.m., 7/9

Location: On Location at Lilypons Water Garden

Second Session: Thu, 7:00 - 9:00 p.m., 7/21

Location: Conference Center/E138

Rain Date: Saturday, July 16

PHO127 Surreybrooke Nursery

Note: This in person course will meet for the first session at Surreybrooke Nursery near Middletown, MD. The second session will meet in the Conference Center/E138.

5-Digit Number: 23519

First Session: Sat, 9:00 a.m. - 12:00 p.m., 8/13

Location: On Location at Surreybrooke Nursery

Second Session: Thu, 7:00 - 9:00 p.m., 8/25

Location: Conference Center/E138

Rain Date: Saturday, August 20



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Instructor Bios

Kathy Barylski

From outdoors to crafting to travel to finance, Kathy has expertise in them all. She is an ardent naturalist with specialization in butterflies, leading local butterfly counts and even traveling internationally in search of butterflies. Her travels have led Kathy to develop expertise in travel planning and light packing. Kathy also crochets, embroiders, and does paper crafting. Kathy is also a trained financial coach with special emphasis on the needs of widows and in understanding the nuances of social security.

Iris Paper Folding - Butterflies & Blooms	9
Butterflies in the Field	13
Butterflies in the Field - Moth Edition	13

Richard Bender

Richard attended New York University (Economics) and Drake University Law School. He has been teaching French and Options Investments classes, the proper method of earning weekly income through options, at FCC since 2015. He has taught French after living and working in France for 7 years. Richard has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry.

Investment Strategies for Seniors Through Options	10
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Howard Clark

Howard Clark is a professional photographer with over 55 years of experience with “enthusiast” and professional level photographic equipment. He is an active participant in two camera clubs and two art associations. He has exhibited photos in galleries around D.C. including solo exhibits.

Frederick County Photo Shoot - Culler Lake, Lilypons, & Surreybrooke Nursery	14
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Elizabeth Davis-Reinhold

Beth Davis-Reinhold taught job search and basic computer skills for Frederick County Workforce Services for over 20 years. She is an entertaining speaker who is skilled at explaining complicated concepts for the beginner.

Computers for Scaredy Cats	5
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Linda Frydl

Linda Frydl has a master’s degree in English and Creative Writing. She works in Adult Services at the public library and has taught classes to adults and seniors on topics such as computer basics, knitting, writing, and geocaching. She has been a genealogist for over 20 years and is a member of the National Genealogical Society.

iPhone - Beginner	4
Android Phone - Beginner	5
How to Use Your DNA Matches for your Genealogy Research	8

Dennis Frye

Dennis E. Frye has spent nearly 50 years studying and writing about Antietam. As a native of the battlefield region and an actual “Dunker,” his distant relatives owned much of the ground where the battle occurred. Dennis retired from the National Park Service after more than a three-decade career, including 20 years as Chief Historian at Harpers Ferry National Historical Park. Dennis has written ten books and 102 articles, his most recent entitled: *Antietam Shadows: Mystery, Myth & Machination*. Dennis is a nationally recognized preservationist, as co-founder and past president of both the American Battlefields Trust and Save Historic Antietam Foundation.

Antietam: As Seen from The Antietam	12
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Marcy Gouge

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 which provided training to elder advocates on topics which impact older adults such as Elder Abuse, Guardianship and Federal Benefits. She has spent her retirement traveling the world for months at a time. She blogs regularly about traveling as a solo older woman, and contributes articles to online and print magazines about the joys of solo travel for women.

The Role of the Executor in Maryland	9
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Christopher Haugh

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.

“The Home of the Brave” - Notable Veterans within Frederick’s Historic Mount Olivet Cemetery	12
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Dora Jaar

Born in Haiti from Italian parents, Dora speaks four languages fluently. She worked at the Italian Embassy in Haiti upon her return from studying Naples. She works as an interpreter for the Asian American Center and Frederick County Public Schools and was employed by FCPS in the English as a Learning Language Program for many years. She also teaches French for the Alliance Francaise of Frederick.

Introduction to the Italian Language and Culture	6
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Tiffany Jansen

Tiffany R. Jansen is a freelance writer with work published in The Atlantic, Parents, Hemispheres, Saveur, and others. She holds an MFA in Creative Writing from Reinhardt University and is working on her first novel; a work of historical fiction she describes as The Girl With the Pearl Earring meets Netflix’s Medici the Magnificent. She lives in Georgia with her husband, daughter, and two crazy cats.

The Art of Worldbuilding in Fiction	13
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Instructor Bios *continued*

Kierstin Klimas

Kierstin has a master's degree from Temple University in English, focusing on literary study and Modernism, with a Concentration in Creative Writing and two Minors in Theatre and French. She works as an AmeriCorps VISTA Community Resource Liaison at Carroll Community College. She has previously served as a Supervisor, Trainer, and Contend Tutor at Temple University's Writing Center, and held several administrative internships at a regional theatre and arts nonprofit. These experiences have impassioned Kierstin to teach and encourage others in their creative, academic, and literary explorations.

Classics Made Current: "The Great Gatsby" 11

Tracy Lewis

Tracy Lewis is an early American historian 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. Tracy also studies and collects antique coverlets. She is a novice weaver and belongs to both the National Museum of the American Coverlet and the Weavers Guild of Greater Baltimore.

Jamestowne - The Sequel, 1624-1699 8

Jodie Lide

Jodie learned calligraphy at a young age and was instantly hooked. After earning her degree from the University of Maryland, she began a career as a graphic designer and professional calligrapher. She taught calligraphy workshops and classes for the University of Maryland, Montgomery College, the Washington Calligraphers Guild, and currently for Frederick Community College. Her work has been displayed at galleries in D.C., Maryland, and Virginia. She's an active member of the Washington Calligraphers Guild, and continues to sharpen her skills by taking classes from master calligraphers.

Continuing Calligraphy..... 9

Don Ludke

Don Ludke is a retired teacher, Certified Master Gardener, experienced woodworker, dedicated food preserver, want-to-be farmer, and pretend Philosopher. He grew up on a dairy farm. In addition to milking cows, he tended to extensive gardens and canned or preserved most of what he ate. He has worked for the past 20 years establishing "Donnie's Farm" as a tribute to all of those 'real farmers' that helped make him who he is today.

Practical Sustainability - The Homesteading Series

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Jams and Jellies	10

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 for over five years. She read and held classes at The Owl Nest, Frederick's former premier metaphysical store. She has taught "101 courses" and hosted "meet-ups". 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..... 8

The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun 8

Kirby Maybush

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

Personal Self Defensive Tactics 7

Jeanne McDermott

Jeanne McDermott has a master's degree in Art Education from the College of Notre Dame of Maryland and a bachelor's degree in Writing from Towson University. In addition to teaching youth for FCPS and Kids on Campus at FCC, she also instructs adults in the ILR, Lifelong Learning, and Thrive Programs. Classes include drawing, acrylic painting, art history lectures, and tours of local downtown Frederick.

Drawing A Still Life with Mixed Media..... 4

Fascinating and Forgotten: Glimpses of the Past - Part 2 12

Toni Minkel

Toni Minkel has trained in martial arts since 1985 and has received black belt rank from the World Taekwondo Federation and rank in Modern Arnis directly from Grandmaster Remy Presas. She received instructor certification in the gentle art of Tai Chi Chuan from the Baltimore Academy of Martial Arts. She is the founder of Mt. Airy Tai Chi and teaches classes in Yang Style Tai Chi, Qi Gong, and Taiji Kungfu Fan in Mt. Airy and Frederick and has been teaching Tai Chi for Balance and Well Being at ILR since the Fall of 2000.

Tai Chi for Balance and Well Being..... 7

Kimberly Perna

Kimberly Perna has worked in Information Technology for over 20 years. She is currently the Deputy Chief Technology Officer at the University of Redlands. Kimberly regularly teaches workshops and supports faculty, staff, and students in the use of technology specifically, Microsoft Office, Windows 10, mobile devices, videoconferencing, cybersecurity, cloud computing, and social media platforms.

Cyber Awareness: Internet Safety 5

Stacy Reno & Sharon Scarborough

Stacy Reno and Sharon Scarborough are owners of Frederick's Premier Home Staging Company, Limelight Staged Homes. As Accredited Staging Professionals, they have helped homeowners prepare their homes to appeal to a wide range of buyers. They have also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to assist their clients with the downsizing process.

Downsizing Simplified: Living Smaller and Loving it! 9

Terri Rodabaugh & Rhonda Russo

Terri Rodabaugh and Rhonda Russo partner to form a podcast show entitled "Lifting The Veil with Terri and Rhonda". They also do live gallery mediumship messages performance events, as well as virtual gallery messages, spirit circles and one on one readings. Terri and Rhonda can often be heard on the WFRE Radio station giving live caller messages. They do free paranormal investigating for folks in need as a way of giving back to the community. Terri Rodabaugh is a medium that comes from a long line of intuitives. She resides in Gettysburg giving messages from loved ones who have passed and from guides and teachers in spirit. Terri has been a practicing mediumship for over 30 years and brings a lot of experience to her trade. Along with connecting people to their loved ones in spirit she also teaches tarot, angel communication, and intuitive development courses. Rhonda has over 20 years of experience investigating the paranormal, and was born a seer, sensitive and empath, and has turned those abilities into becoming a Psychic Medium and Animal Intuitive. She is also a Reiki Master/Teacher and enjoys certifying people in the Usui Reiki method so that they can heal themselves or others. Rhonda is the author of a book *Bump In The Night Investigations: Beginner Ghost Hunting Book* which she wrote for her ghost hunting classes.

Lifting the Veil, a Paranormal Series

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The Haunted Orphanage Investigative Field Trip 11

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Larry Romane

Medical questions? Dr. Larry Romane is a retired ER physician and the author of *R U Medically Curious?* and has a passion for teaching. His courses "translate" current, evidence-based medicine to a high school reading level for laymen.

Are You Medically Curious - Vitamins, Minerals, and Supplements 7

Robert Rubock

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

Dark Matter; The Dark Side of the Universe 13

Jodie Schmidt

Jodie Schmidt discovered her love of oil painting while earning a Bachelor of Fine Arts at McDaniel College in Westminster, Maryland. After graduating with honors, she continued studying art on her own and through classes with local artist and teacher, Rebecca Pearl. She studied watercolor, oil painting and pastel for several years before deciding to become a teacher. She recently joined the Institute for Learning in Retirement at Frederick Community College in 2019, 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.

Advanced Drawing: How to Build a Portrait Using Face Mapping 4

Sharon Smith

Sharon Smith Sharon Smith has a B.A. in speech communication and English, an M.A. C. T. (Masters of Arts 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 Health 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 is an investigative journalist, serving on the editorial board of the Executive Intelligence Review, and writing for a range of international newsletters and magazines. He has also participated in various advisory capacities for U.S. government officials on a wide range of national security issues including strategic defense policy, the war on terrorism and illegal narcotics, and economic dimensions of national security. He has lectured internationally on issues related to national security. Steinberg is the author and/or co-author of articles and special reports on a wide range of national security issues, current affairs, and history.

China Under Xi Jinping: A Global Power on the World Stage 8

Instructor Bios *continued*

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. The Bob Ross technique inspired Dee to put brush to canvas and her goal is to help bring students the same courage, confidence and fulfillment painting "Happy Little Trees" brought her.

Happy Little Trees: The Bob Ross Painting Class..... 4

Roger Swartz

Colonial historian Roger G. Swartz received national acclaim for his two books covering the frontiers of the American Revolution. In 2004, he was chosen 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. Roger is also the author of two books on memory and learning including Accelerated Learning: How You Learn Determines What You Learn, published by an international medical publishing company in 1996. Sponsors have included, healthcare, educational, and business institutions & organizations.

Improve Your Memory: From Mnemonics through Music..... 7

George Washington's Old Northwest Indian War, 1786-1795 7

Michelle Umlauf

Michelle Umlauf has made a career for herself in the sewing industry working as an independent educator representing herself and companies such as Sulky of America, Clover Needlecraft, Baby Lock, and Pam Damour, the Decorating Diva. She served as the Maryland Chapter President of the American Sewing Guild and founded Sewing Online with Sulky, on online webinar. Michelle teaches classes at national and international expos, quilt shops and guilds. She hosts UFO Friday, a weekly online Zoom meeting. Visit her website at SewingMachineArtistry.com.

Start Sewing in a Nutshell..... 9

Jerry Webster

Dr. Jerry Webster (Curriculum and Instruction, University of Maryland) has taught numerous courses in literature for UMD and in multiculturalism for Montgomery County Public Schools. He taught English for 40 years and served as the Shastri, or head teacher, with the Shambhala Buddhist Center in Washington, D.C. for 10 years prior to retiring. He regularly teaches courses for FCC, the Johns Hopkins Odyssey Program, the Washington, D.C., Politics Prose Bookstore, and Shambhala Buddhist Meditation Centers.

Discussing "The Book of Joy" - A Conversation between the Dalai Lama and Desmond Tutu..... 11

Stuart Woo

Chef Woo always had a fascination with cooking. He would watch his grandma cook huge feasts for the family. He later went to work for his uncle in New York's Chinatown where he learned all aspects of the kitchen. The experience taught him that there is a reason that you do things a certain way. He brings this experience to all his classes.

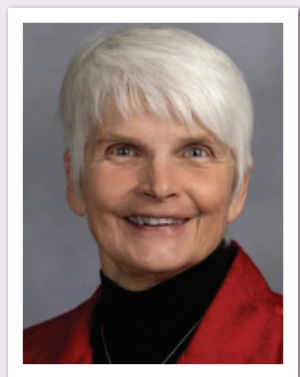
A Taste of Asia

Vietnamese Summer Spring Rolls and Chicken or Beef Summer Salad..... 6

Lettuce Wrapped Spring Rolls and Chilled Shredded Chicken..... 6

Thai Basil Chicken and Chinese Drunken Shrimp..... 6

IN MEMORIAM | **Dr. Carol Zehnacker** | December 27, 1944 - November 21, 2021



Dr. Carol Hamilton Zehnacker's passion for the mechanics of the human body drove her to pursue a Doctorate in Physical Therapy from Widener University. Among Dr. Z's many professional honors, she recently achieved national recognition when she was awarded the prestigious Lucy Blair Service Award from the American Physical Therapy Association. In addition to maintaining a practice, she taught health and wellness courses for the ILR Program for twenty-one years. She also served on the Women's Giving Circle and the Board of Directors of Heartly House for Victims of Domestic Violence. Carol's avocation was exercise. She enjoyed running, biking and swimming, and unsurprisingly, was a decorated triathlete. Carol's greatest joy was her family. Dr. Z was an inspired professional, a tenacious individual and a compassionate human being. She spoke her truth without compromise and truly appreciated the many blessings bestowed on her by family and friends. Her enduring legacy will be her sassy spirit that was evident in the way she lived her life. That spirit continues in all of those whose lives have been touched by Dr. Z.

ILR SUMMER 2022 CALENDAR • MONDAY - FRIDAY

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 30	MAY 31	1 9:00 iPhone - Beginner <u>6:30 Sustainability, Planting</u>	2 9:30 Computers, Scaredy Cats 10:00 Dark Matter	3 9:30 Drawing a Still Life, Mixed 10:00 Classics Made Current
6 9:30 G.Washington, Indian War	7 9:00 Genealogy Basics <u>6:30 Sustainability, Field Trip</u>	8 9:00 iPhone - Beginner 9:30 Computers, Scaredy Cats 10:00 Downsizing Simplified <u>1:00 Antietam: The Antietam</u>	9 9:30 Computers, Scaredy Cats 10:00 Dark Matter <u>4:00 Know Your Beer</u> 6:00 Advanced Drawing: Portrait	10 9:30 Drawing a Still Life, Mixed 10:00 Classics Made Current 10:00 Continuing Calligraphy <u>6:00 Advanced Drawing: Portrait</u>
13 9:30 G.Washington, Indian War	14 9:00 Genealogy Basics 9:00 The Home of the Brave 12:30 Cyber Awareness 1:00 Tai Chi for Balance 6:00 Start Sewing in a Nutshell	15 9:30 Computers, Scaredy Cats 10:00 Downsizing Simplified <u>2:00 Paranormal, Ghost Hunting</u> <u>6:30 Sustainability, Herbs</u>	16 <u>9:30 Computers, Scaredy Cats</u> 10:00 Dark Matter	17 9:30 Drawing a Still Life, Mixed 10:00 Classics Made Current 10:00 Continuing Calligraphy
20 COLLEGE HOLIDAY, JUNETEENTH OBSERVED	21 9:00 Genealogy Basics 12:30 Cyber Awareness 1:00 Tai Chi for Balance <u>6:00 Start Sewing in a Nutshell</u>	22 <u>10:00 Downsizing Simplified</u> <u>1:00 Personal Self Defense</u>	23 10:00 Dark Matter 10:00 The Book of Joy	24 <u>9:30 Drawing a Still Life, Mixed</u> 10:00 Continuing Calligraphy
27 <u>9:30 G.Washington, Indian War</u>	28 <u>9:00 Genealogy Basics</u> <u>12:30 Cyber Awareness</u> 1:00 Tai Chi for Balance	29 9:00 Android Phone, Beginner <u>2:00 Paranormal, Smudging</u>	30 10:00 Dark Matter 10:00 The Book of Joy	JULY 1 10:00 Classics Made Current 10:00 Continuing Calligraphy

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 COLLEGE HOLIDAY, INDEPENDENCE DAY	5	6 <u>9:00 Android Phone, Beginner</u>	7 10:00 Dark Matter 10:00 The Book of Joy 2:00 Art of Worldbuilding	8 <u>10:00 Classics Made Current</u> 10:00 Continuing Calligraphy
11 10:30 Jamestowne, The Sequel	12 9:00 The Fool's Journey <u>9:30 Butterflies in the Field</u> 1:00 Tai Chi for Balance 5:30 Role of Executor in Maryland	13 9:00 How to Use DNA Matches 10:00 China Under Xi Jinping <u>1:30 Iris Paper Folding</u> <u>6:30 Sustainability, Pickles</u>	14 <u>10:00 Dark Matter</u> <u>10:00 The Book of Joy</u> 10:00 Are You Medically Curious 2:00 Art of Worldbuilding <u>5:30 Role of Executor in Maryland</u> <u>7:00 Maryland Whiskey 101</u>	15 10:00 Continuing Calligraphy
18 10:30 Jamestowne, The Sequel	19 9:00 The Fool's Journey 1:00 Tai Chi for Balance 8:00 Butterflies in Field, Moth	20 <u>9:00 How to Use DNA Matches</u> 10:00 China Under Xi Jinping	21 10:00 Are You Medically Curious 2:00 Art of Worldbuilding 4:00 Know Your Beer	22 10:00 Continuing Calligraphy
25 <u>10:30 Jamestowne, The Sequel</u>	26 <u>9:00 The Fool's Journey</u> 1:00 Tai Chi for Balance	27 10:00 China Under Xi Jinping	28 <u>10:00 Are You Medically Curious</u> 2:00 Art of Worldbuilding	29 <u>10:00 Continuing Calligraphy</u>

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Improve Your Memory 1:30 Investment Strategies	2 <u>10:00 Advance Care Planning</u> 1:00 Tai Chi for Balance 6:00 Start Sewing in a Nutshell	3 <u>10:00 China Under Xi Jinping</u> 10:00 Intro to Italian Language 1:30 Investment Strategies <u>6:30 Sustainability, Jams & Jellies</u>	4 2:00 Art of Worldbuilding <u>6:00 Start Sewing in a Nutshell</u>	5 10:00 Intro to Italian Language
8 9:30 Improve Your Memory 1:30 Investment Strategies	9 <u>1:00 Tai Chi for Balance</u>	10 10:00 Intro to Italian Language <u>1:30 Investment Strategies</u>	11 <u>2:00 Art of Worldbuilding</u>	12 10:00 Intro to Italian Language
15 <u>9:30 Improve Your Memory</u>	16	17 10:00 Intro to Italian Language	18	19 10:00 Intro to Italian Language
22	23	24 10:00 Intro to Italian Language	25	26 <u>10:00 Intro to Italian Language</u>

Bold indicates first session of class • Underline indicates last session of class

How to Register for ILR55+ Classes



ONLINE

NEED HELP REGISTERING?

- Go to 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.

CEWD Registration Office – Jefferson Hall Now open for in-person registration.

- For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888 during normal business hours:
Monday: 8:30 a.m. - 6:00 p.m.
Tuesday - Friday: 8:30 a.m. - 4:30 p.m.

Waiting List

If the class in which you wish to participate is full, additions to the waiting lists can be done online by clicking "Add to Waiting List" when viewing a class.

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.
- A \$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 now have the ability to drop classes online with our new self-service cancellation feature, often referred to as the "Self-drop" option. Available on select classes up to 7 days prior to the class start date, this option is now accessible from your dashboard.
- To get started, sign into your account and go to your account dashboard. Select "cancel" from the left side of the screen and then click the Cancel tab. Classes eligible for self-drop will be displayed. From that list, click on the class you wish to drop, or remove, from your schedule, and follow the prompts to complete the transaction.
- 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 by email at CEInfo@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.

Age Requirements

Students should be at least 16 years of age to enroll in most continuing education courses, except for those courses specifically designated for younger students. Students under the age of 16 who have completed at least the seventh grade may be permitted to enroll on a case-by-case basis. Students will be considered for such admission if they demonstrate the ability to profit from instruction based on a set of specific criteria. For more information, call the counseling office (301.846.2471). Certain programs or courses of study include higher minimum age for participation when the College has determined that age is a factor necessary to the normal operation of the program or activity. Minimum age is used as a measure of approximation of the level of maturity, judgment, and social independence needed for successful participation in the program or activity in addition to academic skills. [Authority:34 CFR 110.12]

College Policies & Procedures

All students agree to abide by the policies and procedures of FCC, including those concerning drug and alcohol abuse, weapons on campus, student conduct, classroom behavior, discrimination, grievance, and other policies and procedures. Students understand that not abiding by these policies and procedures will subject them to the penalties stated within. See frederick.edu for student policies and procedures and the Student Code of Conduct.

Family Educational Rights & Privacy Act of 1974 (FERPA)

FERPA, commonly known as the Buckley Amendment, was issued by the Department of Health, Education and Welfare in the 1976 Federal Register. The regulations were transferred to the Department of Education when it was established and codified in Part 99 of Title 34 of the Code of Federal Regulations.

The purpose of FERPA is to afford certain rights to students concerning their educational records. FERPA applies to all schools that receive funding under most programs administered by the Secretary of Education. Most post-secondary institutions, both public and private, generally receive such funding and must, therefore, comply with FERPA. FERPA applies to all education records maintained by a post-secondary institution, or by any party acting for the institution, which are directly related to the student. These include but are not limited to assessment test scores, academic standing, rosters, class schedule, or any information must contact the Enrollment Center (located on the first floor of Jefferson Hall) in writing with their request. Contact the Welcome Center for additional information.

CAMPUS LOCATIONS

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

Campus Locations

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

Addresses

FCC Main Campus

7932 Opossumtown Pike, Frederick, MD 21702

The Monroe Center (MC)

200 Monroe Avenue, Frederick, MD 21701 • 240.629.7900

McClintock Distilling

35 S. Carroll Street, Frederick, MD 21701

Steinhardt Brewing

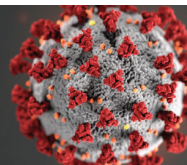
340 E. Patrick St., Suite 102, Frederick, MD 21701

Visit frederick.edu for directions and hours of operation.



COVID-19 UPDATE | Please note, course offerings included in this schedule remain subject to change. Frederick Community College continues to closely monitor the impact of COVID-19 on campus. Students will be asked to follow College Covid protocols in place at the time of their class, which may include masking.

For important FCC updates and COVID-19 information, visit frederick.edu/Covid-19



Frederick Community College, ILR Summer 2022 – The information contained in this schedule is abbreviated for registration purposes. The provisions of this publication are not to be regarded as a contract between the student and Frederick Community College. Changes are effected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301.846.2408. To request a sign language interpreter or if you have questions related to interpreting services, please email Interpreting@frederick.edu or call 301.846.2408. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

The College provides support services to students with disabilities. The specific needs of each student are considered on an individual basis. Students with disabilities are encouraged to contact the Disability Access Services (DAS) Office as early as possible after applying for admission. Reasonable accommodations, based on student request and disability documentation submitted, may be approved for classes and placement testing, if applicable. Students in need of sign language interpreting services should contact the Coordinator for Interpreting Services a minimum of two weeks prior to the beginning of classes to ensure services are in place.

Disability Access Services (DAS) | 301.846.2408 • DisabilityServices@frederick.edu • **Coordinator for Interpreting Services** | 301.846.2476 (Voice) • 240.575.1803 (VP) or via email at Interpreting@frederick.edu

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



Frederick Community College

Institute for Learning in Retirement

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Frederick, Maryland 21702

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CO-LISTED CLASSES FOR ILR STUDENTS

def: a co-listed class gives the student an option to choose either credit or continuing education (noncredit) status. Each section will include both credit and noncredit students. The expectations for attendance, participation, and effort are the same for all students.

Want to dive more deeply into a subject?

This fall, ILR will be offering a selection of co-listed classes. Topics include **Health and Wellness, Language, and Theater.**

To learn more about these courses, including what to expect and how to register, please visit ILRatFCC.com in May 2022 when program details will be posted.