

ILR 55+

Summer 2021

Now offering 10+ new classes,
as well as face to face and
online learning opportunities.

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

Kelli Ackiewicz,
ILR Program Manager
kackiewicz@frederick.edu

Cheryl Henman,
ILR Program Associate
chenman@frederick.edu

Table of Contents

Summer 2021 Courses	4
Instructor Bios	16
Registration Information	20
Important Message Regarding ILR Class Start Dates	21

Contact Us

ILR Online Registration	301.624.2888
College Information Center	301.846.2419
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
- 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

Response to COVID-19

An important message regarding ILR class start dates is located on page 21. FCC continues to follow a gradual and safe recovery plan to ensure the health and safety of our College community.

No Class Dates

Classes will not be held on the following day:

- Monday, July 5 (Independence Day Observed)



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.



Face to Face Courses

Face to Face Courses meet in-person and are taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details. Maryland Governor Larry Hogan has expanded the statewide masking order. FCC students participating in a face to face course must abide by Governor Hogan's Executive Order requiring all Marylanders over the age of five to wear face coverings in the public spaces of all businesses across the state. Face coverings will also be required in outdoor public areas, whenever it is not possible to maintain physical distancing.



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 16 listed in alphabetical order by last name. Each class an instructor is teaching during summer 2021 has been included.

LIR121 Drop-In Online Tutorial Sessions

Thinking about taking an online ILR or Lifelong Learning course but curious about how it would work? Register for one of our free 30-minute tutorial sessions.

We'll send you a link one day in advance of your session. Click on the link to enter the course and you'll join up with someone from the program and a small group of other curious students. We'll help familiarize you with the platform. You'll also have a chance to work out any issues you might have before deciding whether or not to register for an online course. Check our website for the latest dates. We are always adding more.



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.



REGISTER FOR FCC ALERTS TODAY!

Stay informed about college closings, delays, and emergency information throughout the year.

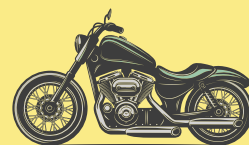
Sign up to receive instant notices via text, email, or phone. Registration is quick, simple, and free.

frederick.edu/FCCAlert

2021 CLASSES

LEARN TO RIDE

frederick.edu/Motorcycle
301.624.2727
motorcycle@frederick.edu



ILR Courses **Summer 2021**

THE ARTS & MUSIC

Immortal Beloved – Beethoven	4
Foundations of Watercolor	4
The Art of Art Interpretation – How to View and Understand It...	4
One Step Further	4
Exploring Watercolor Painting – Advanced	4
Happy Little Trees: The Bob Ross Painting Class	4

COMPUTERS & TECHNOLOGY

Using Microsoft Windows 10	5
The Cloud – Removing the Mystery: iPad/iPhone Version Only	5
Going Paperless	5

HEALTH & WELLNESS

Tai Chi for Balance and Well Being	6
Personal Self Defensive Tactics	6
Gratitude & Mindfulness Workshop	6

ARE YOU MEDICALLY CURIOUS? SERIES

Medically Curious – Senior Eyes	6
Medically Curious – Senior Ears	6
Medically Curious – Health Tips: Senior Daily Dilemmas	6

HISTORY, CULTURES & CURRENT ISSUES

American Political Ideals	7
Information Warfare: A Revolution in Military, Social, and Political Affairs	7
Cultural Competency and Unconscious Bias	7
The Constitution and the Presidency: Future of the Electoral College	7
Social Implications of Technology Innovations: An Overview and Examples	9
Re-introducing Russia: Historic Events That Took Place During the Yeltsin and Putin Eras	9
Challenging Myths about Alexander Hamilton Part 2	9

LEARN A LANGUAGE

American Sign Language I	8
American Sign Language I – Intermediate	8

FOOD & DRINK

Maryland Whiskey 101	8
----------------------------	---

HOME & HOBBY

Iris Paper Folding – Flowers & Butterflies	10
DIY Home Maintenance for Beginners	10
Beginning Calligraphy: Italic.	10

PRACTICAL SUSTAINABILITY

Practical Sustainability – The Homesteading Series: Preserving and Cooking with Herbs	10
Practical Sustainability – The Homesteading Series: Basic Water Bath Canning	10

LIFE PLANNING & FINANCES

Trips and Tips for Women Traveling Solo in Retirement	11
Downsizing Simplified: Living Smaller and Loving it!	11

LITERATURE, THEATER, WRITING

F. Scott Fitzgerald & the Roaring 20s	11
---	----

LEARNING ON LOCATION

Walking Antietam: Part 3 – Burnside Bridge	12
Hiking Safety and Leave No Trace	12
For Goodness “Namesakes” of Frederick	13
C&O Canal Dam 4 Walk	13
Butterflies in the Field – Moth Edition	14
Butterflies in the Field	14

PHILOSOPHY, RELIGION & EXPLORATION

The Power of Being Present: The Four Foundations	14
--	----

PHOTOGRAPHY

Frederick County Photo Shoot – Covered Bridges	15
Frederick County Photo Shoot – Lilypons	15
Frederick County Photo Shoot – Baker and Carrol Creek Parks	15



Thrive!

Frederick Community College is proud to offer a variety of unique non-credit courses developed for adults with intellectual disabilities to support their ability to function more independently at home, at work, and in the community.

frederick.edu/Thrive • 301.846.2661 • thrive@frederick.edu



LIR152 Immortal Beloved – Beethoven

4 sessions, 8 hours

What do we know about know Beethoven two hundred and fifty-one years after his birth? Explore the myths, legend, and greatness of one of the world's most prolific composers. In addition to studying the life and music of Beethoven, we will be viewing the movie "Immortal Beloved" during the course.

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

Instructor: Vivian Fleming

5-Digit Number: 21803 | Mon, 1:00 - 3:00 p.m., 6/7 - 6/28

Location: Online

Tuition: \$26 | Fee: \$62 | Total: \$88 | *MD residents age 60+ pay fee only*

ACR418 Foundations of Watercolor

6 sessions, 15 hours

This course is created to provide a strong foundation of knowledge of realistic watercolor theory and practice through discussion, demonstration, and practice. Students will be carefully guided through a step by step process and learn how to select an appropriate image to paint from and how to do an accurate preliminary drawing. While utilizing learned skills, students will complete a monochromatic painting. Returning students will continue to learn and develop their color theory skills while completing a full color painting. A list of supplies will be provided prior to the class start date.

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

Instructor: Jennifer Littleton

5-Digit Number: 22025 | Thu, 2:30 - 5:00 p.m., 6/10 - 7/15

Location: Online | Fee: \$149

ILR988 The Art of Art Interpretation - How to View and Understand It...One Step Further

2 sessions, 3 hours

Whether in a museum, gallery, or on the internet, how does one view and understand art to gain a full appreciation of it? In this course, we learn ways to approach art, to delve into its meaning using the context of art history, symbolism, influences at the time it was created, and the intent of the artist. Learn how to interpret art in a more meaningful way and develop a checklist on how to fully analyze art. But this time, in Part 2 of the original offering, we'll take it a step further.

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

Instructor: Jeanne McDermott

5-Digit Number: 21705 | Fri, 9:00 - 10:30 a.m., 6/11 - 6/18

Location: Online | Fee: \$24

LIR104 Exploring Watercolor Painting – Advanced

6 sessions, 12 hours

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. Students need to purchase their own supplies and a supply list will be provided prior to the start of class sessions.

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

Prerequisite: Exploring Watercolor Painting, SEN450.

Instructor: Catherine Howard

5-Digit Number: 21704 | Tue, 10:00 a.m. - 12:00 p.m., 7/27 - 8/31

Location: Online | Fee: \$99

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.

Note: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Denise Sullivan

5-Digit Number: 21879 | Sat, 10:00 a.m. - 4:00 p.m., 6/5

OR

5-Digit Number: 21881 | Sat, 10:00 a.m. - 4:00 p.m., 8/14

Location: Visual & Performing Arts Center/F131 | Fee: \$89

ILR638 Using Microsoft Windows 10

4 sessions, 8 hours

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

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

Instructor: William O'Neal

5-Digit Number: 22000 | Tue, 1:00 - 3:00 p.m., 6/1 - 6/22

Location: Online

Tuition: \$30 | Fee: \$74 | Total: \$104 | MD residents age 60+ pay fee only

ILR857 The Cloud - Removing the Mystery: iPad/iPhone Version Only

3 sessions, 6 hours

Wouldn't it be great to be able to find your emails, photographs, appointments and contact lists on all your Apple® devices instead of just one? With "the cloud" you can! Information you save on one device (computer, laptop, tablet, smart phone) can be viewed on all of them. Learn what iCloud® is and how to safely interface between your devices. Make a change on one device and have it show up on other Apple® devices. Optionally, share your calendar and contacts with other family members. Learn how you can bring it all together with the iCloud®.

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

Prerequisite: Basic understanding of each device that you want to share information on.

Instructor: William O'Neal

5-Digit Number: 22005 | Wed, 1:00 - 3:00 p.m., 7/7 - 7/21

Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74 | MD residents age 60+ pay fee only

ILR942 Going Paperless

3 sessions, 6 hours

Are you tired of the mountain of paperwork that we receive every month in the mail? Bank and credit card statements, utility bills, Explanation of Benefits (EOB) from insurance companies, and mortgage statements - are just a few. What do you do with all this paperwork and how long should you keep it? Do you know that all of these documents are available online? You can view and search through them securely to find exactly what you are looking for and even print them if necessary. This class will show you how to set up these convenient accounts and access this information from your computer.

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

Instructor: William O'Neal

5-Digit Number: 22002 | Tue, 1:00 - 3:00 p.m., 8/10 - 8/24

Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74 | MD residents age 60+ pay fee only



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



Face to Face 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 16.

Are You Medically Curious?

Are you ever skeptical of internet medical advice and 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 learning props, and aimed at understanding your amazing body – when it works, and when it doesn't. Each session will focus on a different topic.

ILR903 Medically Curious – Senior Eyes

5-Digit Number: 21707
Tue, 11:00 a.m. - 12:00 p.m., 6/15
Location: Student Center/H204

ILR903 Medically Curious – Senior Ears

5-Digit Number: 21709
Tue, 11:00 a.m. - 12:00 p.m., 6/29
Location: Student Center/H204

ILR903 Medically Curious – Health Tips: Senior Daily Dilemmas

5-Digit Number: 21711
Tue, 11:00 a.m. - 12:00 p.m., 7/13
Location: TBA

Note: All Medically Curious courses will be taught Face to Face at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Each course is 1 session, 1 hour.

Each course has an \$11 fee.

Instructor for all courses: Dr. Larry Romane



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: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Toni Minkel

5-Digit Number: 21807 | Thu, 1:00 - 2:30 p.m., 6/10 - 7/29
Location: Athletics Center/D129 | Fee: \$84

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: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Kirby Maybush

5-Digit Number: 21706 | Wed, 1:00 - 4:00 p.m., 8/4
Location: TBA | Fee: \$32

LIR141 Gratitude & Mindfulness Workshop

1 session, 2 hours

This workshop changes how we view our complicated, imperfect, and seemingly ordinary daily lives through the practice of opening to, looking for, and sincerely appreciating all the abundance in our everyday moments. In this experiential workshop, participants will practice the skills of gratitude and mindfulness in a relaxed and supportive atmosphere. Participants will be provided with materials to start this journey and sustain their practices.

Note: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Nanette Tummers

5-Digit Number: 21805 | Mon, 4:00 - 6:00 p.m., 6/7
Location: Student Center/H204 | Fee: \$19



Evening Offering



LIR153 American Political Ideals

4 sessions, 6 hours

This course looks at the formation of the political ideals and values that influence American Politics. We will begin by examining the Declaration of Independence and the debates surrounding the Constitution, explore the origins and impact of American Exceptionalism and the American Dream, and conclude with a look at how the Great Depression and New Deal transformed the relationship between economic security and life, liberty, and the pursuit of happiness.

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

Instructor: Brian Stipelman

5-Digit Number: 21804 | Wed, 6:00 - 7:30 p.m., 6/2 - 6/23

Location: Online

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



LIR155 Information Warfare: A Revolution in Military, Social, and Political Affairs

3 sessions, 4.5 hours

The world is at war. However, this war does not take place on the traditional battlefield. Instead, battles in this war are fought in the ever evolving information environment. While information warfare is not a new idea, widespread access to social media and other internet forums has empowered malign actors with unprecedented speed, reach, and access to the very cognitive processes of targeted populations. This course will examine information warfare theory, Russia's employment of it, and finally how to identify/ protect yourself from information warfare itself.

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

Instructor: Antonio Salinas

5-Digit Number: 21856 | Thu, 6:30 - 8:00 p.m., 6/3 - 6/17

Location: Online

Tuition: \$10 | Fee: \$39 | Total: \$49 | *MD residents age 60+ pay fee only*



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 including race and/or gender. Do you consider yourself biased? 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.

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

Instructor: Elizabeth Ljubic

5-Digit Number: 21715 | Tue, 4:00 - 6:00 p.m., 6/22 - 7/13

Location: Online

Tuition: \$20 | Fee: \$64 | Total: \$84 | *MD residents age 60+ pay fee only*



ILR972 The Constitution and the Presidency: Future of the Electoral College

4 sessions, 8 hours

The Constitutional Convention debated the powers of the presidency, with George Washington setting the standard for limited presidential power. As Congressional war powers eroded and rule by executive order increased, we saw the emergence of a more imperial presidency, including cases for impeachment and the eventual passing of the 25th Amendment. Is it possible to restore the Founders ideal of separation of powers and checks and balances? This updated version of the course will include the history and future of the Electoral College. All new material.

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

Instructor: Jeffrey Steinberg

5-Digit Number: 21714 | Wed, 10:00 a.m. - 12:00 p.m., 7/7 - 7/28

Location: Online

Tuition: \$22 | Fee: \$72 | Total: \$94 | *MD residents age 60+ pay fee only*



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.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 16.

Learn a Language

FOR300 American Sign Language I

6 sessions, 15 hours

Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class.

5-Digit Number: 21905 | Mon, 6:00 - 8:30 p.m., 6/7 - 7/19

No Class: 7/5 | Location: Online

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

FOR303 American Sign Language II – Intermediate

6 sessions, 15 hours

Students will continue to learn and practice conversation skills used in American Sign Language I. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture.

5-Digit Number: 21907 | Mon, 6:00 - 8:30 p.m., 7/26 - 8/30

Location: Online | Tuition: \$40 | Fee: \$129 | Total: \$169

Note: These Structured Remote Courses (SR) are entirely online. Both courses use the textbook *A Basic Course in American Sign Language* (ISBN 978-0932666420), which is available for purchase in the FCC bookstore and good for FOR300 and FOR303.

Instructor for both ASL courses: Martha Pugh

MD residents age 60+ pay fee only for all ILR Language courses.



Food & Drink

REC120 Maryland Whiskey 101

1 session, 2 hours

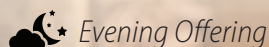
We're teaming up with McClintock Distilling to give you a beginner guide to everyone's favorite nutty, oaky, and smoky spirit – whiskey! You'll learn how whiskey is made, the different types, and the history of the barrel aging process. This class will have a special focus on Maryland Rye Whiskey and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

Note: Must be 21 to register. This Face to Face Course is taught at designated locations during scheduled times.

Instructor: McClintock Distilling

5-Digit Number: 21887 | Thu, 7:00 - 9:00 p.m., 6/24

Location: McClintock Distilling | Fee: \$34



Lifelong LEARNING

Events and **experiences** for inquisitive minds.

Lifelong Learning at Frederick Community College offers courses of all types for all ages. From candle making to snacking well, the 2021 course lineup is an opportunity for you to discover something new, revisit a favorite hobby, or share a memorable experience with friends and family members. All courses are delivered by expert instructors who provide hands-on learning, doing, and growing opportunities for every participant.

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

lifelonglearning@frederick.edu • 301.624.2727

NEW

LIR157 Social Implications of Technology Innovations: An Overview and Examples

5 sessions, 7.5 hours

Discuss the concepts of technology and innovation and frame some of the ethical dilemmas they present. Look at the role of technology in the COVID19 pandemic and examine its impact on society and its unintended consequences. The concepts of Artificial Intelligence and Deep Learning, and their presence in our lives, will be introduced in plain language, as well as their challenges, limitations, and the ethical concerns they bring about. The basic principles, classification, and state-of-the-art of the technology behind Autonomous Vehicles (self-driving cars), Unmanned Aerial Vehicles (drones), and Assistive Technology (for people with physical or mental disabilities and the elderly) will be examined, with examples and discussion of legal and ethical considerations of each one. Along the class lectures, we will engage in interactive discussions about the impact and potential of these technologies.

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

Instructor: Guillermo Warley

5-Digit Number: 21869 | Tue, 10:30 a.m. - 12:00 p.m., 7/20 - 8/17

Location: Online

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.



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



Face to Face 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 16.

NEW

LIR156 Re-introducing Russia: Historic Events That Took Place During the Yeltsin and Putin Eras

3 sessions, 6 hours

This course will offer a re-introduction to the main political and social events between 1991 and modern-day Russia and will serve as a bridge to the course Modern Russian History: 1991 to Present. Learn about the developments that lead to and transpired after the Soviet Union ceased to exist including the post-break up economic and political developments, the new Russian Constitution, freedom of the press, creation of new political parties, free elections, and independent judiciary. The course will review the role of Boris Yeltsin in modern Russian history, the dawn of the Vladimir Putin era and the main events that took place during his tenure.

Note: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Pavel Reznikov

5-Digit Number: 21808 | Wed, 1:30 - 3:30 p.m., 7/28 - 8/11

Location: TBA

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

LIR117 Challenging Myths about Alexander Hamilton Part 2

4 sessions, 6 hours

Contrary to myth, Alexander Hamilton founded the American System of economics which was responsible for our nation's periods of dramatic growth in prosperity. We pick up the implementation of his principles by discussing the Lincoln Administration's ambitious Hamiltonian program. We will then explore the deliberate spread of the program internationally, and its revival in the administration of "Jeffersonian" Franklin Roosevelt. Lots of surprises are in store, as we uncover the hidden history of our nation's growth.

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

Instructor: Nancy Spannaus

5-Digit Number: 22022 | Wed, 1:00 - 2:30 p.m., 6/30 - 7/21

Location: Online

Tuition: \$20 | Fee: \$44 | Total: \$64 | *MD residents age 60+ pay fee only*



Practical Sustainability

We no longer live in a time when we can be totally self-sufficient, we can only be “practically” self-sufficient and sustainable. This multi course series is designed to prepare a family to “practically” 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, caring for small animals, reducing energy consumption, and living a lifestyle in a more responsible way. The single topics will address many of the questions and issues you may have in pursuing such a lifestyle.

HOM163 Practical Sustainability – The Homesteading Series: Preserving and Cooking with Herbs

5-Digit Number: 21902 | Wed, 6:30 - 8:30 p.m., 6/30
Location: Conference Center/E125 | Fee: \$19

HOM163 Practical Sustainability – The Homesteading Series: Basic Water Bath Canning

5-Digit Number: 21903 | Tue, 6:30 - 8:30 p.m., 8/10
Location: Conference Center/E125 | Fee: \$19

Note: All Practical Sustainability courses will be taught Face to Face at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Each course is a single, 2 hour session.

Instructor for both courses: Don Ludke

 Evening Offerings



HOME & HOBBY

HOM102 Iris Paper Folding - Flowers & Butterflies

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: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Kathy Barylski

5-Digit Number: 21888 | Tue, 1:00 - 3:00 p.m., 6/8
Location: Conference Center/E140 | Fee: \$29

HOM127 DIY Home Maintenance for Beginners

1 session, 5.5 hours

If you live under a roof and four walls, this class is a must! Join us to learn the DIY maintenance skills everyone should master! Learn how to do simple drywall repair; hang a perfectly straight picture; mount a TV; locate a stud; fix leaky faucets, toilets, and drains; master the use of common tools, and so much more!

Note: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: James Thuman

5-Digit Number: 21991 | Sat, 9:00 a.m. - 2:30 p.m., 6/5
Location: Monroe Center/MC147 | Fee: \$99

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.

Note: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Jodie Lide

5-Digit Number: 21896 | Fri, 10:00 a.m. - 12:00 p.m., 6/18 - 8/13
No Class: 7/2/21
Location: Visual & Performing Arts Center/F131 | Fee: \$139

ILR766 Trips and Tips for Women Traveling Solo in Retirement

3 sessions, 6 hours

There's a big world out there--but if you don't have a travel companion, what do you do? This class will teach you the benefits (and concerns) about traveling solo in a post 9/11 world. Course will cover how to plan a great trip, pay for it, and then share it with others. Along the way we will talk about concerns such as safety, eating alone, and how to meet local people on your travels. You will even get some tips on great itineraries for older women. Don't miss out on the great experience of traveling just because you have no one to travel with!

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

Instructor: Marcy Gouge

5-Digit Number: 21713 | Tue, 10:00 a.m. - 12:00 p.m., 6/1 - 6/15

Location: Online

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

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: This Face to Face Course is taught at designated locations during scheduled times.

Instructor: Stacy Reno & Sharon Scarborough

5-Digit Number: 21816 | Wed, 10:00 - 11:30 a.m., 8/11 - 8/25

Location: TBA

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

LIR144 F. Scott Fitzgerald & the Roaring 20s

6 sessions, 9 hours

What better way to celebrate the 100th anniversary of one of America's most iconic decades than by studying it's patron author F. Scott Fitzgerald and the Roaring 20's? Through his writings, F. Scott Fitzgerald influenced, inspired, and inscribed an entire generation and defined a new period in American History. Join us in diving deeply into this distinguished era through the lens of Fitzgerald's classic stories, tumultuous life, and compelling career. Students should purchase the following two books prior to class: *Flappers and Philosophers* and *Tales of the Jazz Age*.

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

Instructor: Kierstin Klimas

5-Digit Number: 21712 | Thu, 5:00 - 6:30 p.m., 6/24 - 7/29

Location: Online

Tuition: \$25 | Fee: \$69 | Total: \$94 | *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.



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



Face to Face 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 16.

Learning on Location

NEW

LIR154 Walking Antietam: Part 3 – Burnside Bridge

1 session, 3.5 hours

Burnside Bridge is Antietam's most iconic image. The graceful three-arch stone span, original to its core, has endured war, floods and millions of tourists. But few understand its real role in America's bloodiest battle. Join Civil War historian and Antietam scholar Dennis Frye for a stroll about the bridge, discovering its hidden mysteries and the falsehoods surrounding its legends. Dennis is renowned for challenging conventional history, and in this case, he will tackle the near impossible – redeeming Burnside's reputation.

Note: Bring your walking shoes as we expect to walk a total distance of 2.7 miles over gentle undulating terrain. Please bring a foldable chair in case you need a rest during the walk.

Rain date: Friday, 6/4 (21809) • Friday, 6/11 (21811)

Instructor: Dennis Frye

5-Digit Number: 21809 | Wed, 9:00 a.m. - 12:30 p.m., 6/2
OR

5-Digit Number: 21811 | Tue, 9:00 a.m. - 12:30 p.m., 6/8
Location: Off Campus | Fee: \$42

NEW

LIR158 Hiking Safety and Leave No Trace

1 session, 3 hours

The seven Leave No Trace Principles (LNT) are not only good for the natural resources we love, but they are an integral part of having a safe, comfortable and uneventful hike. We will learn the seven LNT principles and see how they apply to every outing. By the end of this course, participants will have a better understanding of how to plan and prepare for safe outdoor activity. As we hike, we will stop periodically to discuss various topics. We will be hiking on the iconic Appalachian Trail, on an out-and-back hike to a trail shelter. This hike coincides with the peak time of the mountain laurel bloom and part of the trail traverses a dense section of this beautiful flowering bush.

Note: This course is entirely held outdoors. The hike is 3 miles with moderate elevation changes and some rocky terrain. We will take an extended break halfway at the shelter area. There will be benches and picnic tables for sitting. Prepare to walk on rocky, uneven surfaces. Students are to provide their own transportation to the trailhead which is located at Major General Jesse Reno Monument, 21605 Reno Monument Rd, Boonsboro, MD 21713. Please dress for the weather, bring water, and a snack.

Rain date: Wednesday, 6/9

Instructor: Tara Gettig

5-Digit Number: 21812 | Wed, 9:00 a.m. - 12:00 p.m., 6/2
Location: Off Campus | Fee: \$32

All Learning on Location courses are Face to Face and taught at designated locations during scheduled times.

Students will be required to provide their own transportation.

An email will be sent with trip details one week prior to the course date.

Learning on Location courses are subject to change as a result of COVID-19.



NEW

LIR160 For Goodness “Namesakes” of Frederick

1 session, 3.5 hours

William Shakespeare posed the immortal question: What’s in a Name? Well Frederick, Maryland has plenty of places and things named after mere mortals that once walked our streets. In fact, many of our streets are even named after former citizens and community leaders. Don’t miss this unique opportunity to learn more about the place we live through the many names that adorn our city streets, parks, buildings, businesses, and neighborhoods. And what better place to do this than Mount Olivet Cemetery, once dubbed “Frederick’s Other City.” Award-winning writer/researcher/documentarian Chris Haugh will explain how, and why, these names came about as he introduces you to the former citizens behind the monikers.

Note: 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 for student parking. We will have no problem socially distancing, and the fresh air and exercise will be a bonus.

Rain date: Monday, 6/14

Instructor: Christopher Haugh

5-Digit Number: 21984 | Mon, 9:00 a.m. - 12:30 p.m., 6/7

Location: Off Campus

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

NEW

LIR132 C&O Canal Dam 4 Walk

1 session, 2.5 hours

Dam 4 and its associated structures make it an engineering and historically complex location. Highlighted will be the current masonry dam and its abutments with history about the first dam. The waterpower generating station on the West Virginia side will be discussed as well as the guard walls and guard gate. Participants then drive one mile to the Dam 4 recreation area parking lot from which they walk to the inlet lock that is discussed along with its associated structures. Finally, the group walks along Big Slackwater approximately a mile, to the beginning of the section of restored Slackwater towpath beside the river before returning to their cars at the recreation area.

Note: This tour involves moderate walking on flat terrain. Students should provide their own water and food and their own transportation to the tour location. There is ample parking available on site.

Rain date: Thursday, 6/17.

Instructor: Karen Gray

5-Digit Number: 21719 | Thu, 10:00 a.m. - 12:30 p.m., 6/10

Location: Off Campus | Fee: \$26

Be sure to register early as these courses will have limited enrollment to adhere to physical distancing guidelines.

ILR students participating in Learning on Location courses must abide by Maryland Governor Larry Hogan’s Executive Order requiring the use of face coverings, issued July 29, 2020. Face coverings are required in the public spaces of all businesses and in outdoor public areas, whenever it is not possible to maintain physical distancing.

LEARNING ON LOCATION *continued*

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 Face to Face Course is taught at designated locations during scheduled times.

Rain date: Thursday, 8/5

Instructor: Kathy Barylski

5-Digit Number: 21718 | Thu, 8:00 - 10:30 p.m., 7/29

Location: Off Campus | Fee: \$26



Evening Offering

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 Face to Face Course is taught at designated locations during scheduled times.

Rain date: Tuesday, 8/3

Instructor: Kathy Barylski

5-Digit Number: 21717 | Mon, 9:30 - 11:30 a.m., 8/2

Location: Off Campus | Fee: \$22

PHILOSOPHY, RELIGION & EXPLORATION

ILR408 **The Power of Being Present: The Four Foundations**

4 sessions, 8 hours

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

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

Instructor: Jerry Webster

5-Digit Number: 21716 | Wed, 12:00 - 2:00 p.m., 7/28 - 8/18

Location: Online

Tuition: \$30 | Fee: \$69 | Total: \$99 | MD residents age 60+ pay fee only



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



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



Face to Face 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 16.

Photography: Frederick County Photo Shoot

NEW

Join an instructor for a photo shoot in Frederick County. You'll be provided with a meeting location where you'll spend some time examining the surroundings. The instructor will then help you to identify better points of view for photographing the location. The instructor will also review your results on the spot and help you to optimize the settings on your camera. You'll get expert advice that is sure to enhance your skill with a camera. Following the on-location session, you'll have the opportunity to submit some sample photos for an expert, on-line, live critique.

PHO127 Frederick County Photo Shoot – Covered Bridges

2 sessions, 5 hours

Students will meet at Roddy Road Covered Bridge for one hour and then drive to nearby Loy's Station Covered Bridge, and finally Utica Covered Bridge.

Note: Hybrid Remote (HYR) course is both online and face to face. Students will meet for the first class session face to face beginning at Roddy Road Covered Bridge.

Rain date: Saturday, 6/19

Instructor: Howard Clark

5-Digit Number: 21988 | Sat, 9:00 a.m. - 12:00 p.m.

& Thu, 7:00 - 9:00 p.m., 6/12 - 6/24

Location: Off Campus | Fee: \$59

PHO127 Frederick County Photo Shoot – Baker and Carrol Creek Parks

2 sessions, 5 hours

Students will meet at the Carillon in Baker Park. Then students will crossover to the nearby Carroll Creek Park.

Note: Hybrid Remote (HYR) course is both online and face to face. Students will meet for the first class session face to face beginning at the Carillon in Baker Park.

Rain date: Saturday, 8/21

Instructor: Howard Clark

5-Digit Number: 21990 | Sat, 9:00 a.m. - 12:00 p.m.

& Thu, 7:00 - 9:00 p.m., 8/14 - 8/26

Location: Off Campus | Fee: \$59

PHO127 Frederick County Photo Shoot – Lilypons

2 sessions, 5 hours

Students will meet at Lilypons Water Garden parking lot near Buckeystown.

Note: Hybrid Remote (HYR) course is both online and face to face. Students will meet for the first class session face to face beginning at Lilypons Water Garden.

Rain date: Saturday, 7/17

Instructor: Howard Clark

5-Digit Number: 21989 | Sat, 9:00 a.m. - 12:00 p.m.

& Thu, 7:00 - 9:00 p.m., 7/10 - 7/22

Location: Off Campus | Fee: \$59

Note: These Hybrid Remote (HYR) courses are conducted online with an in-person requirement during a scheduled time. In-person requirements follow current FCC physical distancing protocols.



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 - Flowers & Butterflies.....	10
Butterflies in the Field - Moth Edition	14
Butterflies in the Field	14

Howard Clark

Frederick County Photo Shoot - Covered Bridges	15
Frederick County Photo Shoot - Lilypons.....	15
Frederick County Photo Shoot - Baker and Carrol Creek Parks.....	15

Vivian Fleming

Lynn Fleming is currently principal bassist with the National String Symphonia. She has conducted orchestras and participated in the InterHarmony Music Festival in Italy. She is currently the director and conductor of the Frederick Community College String Ensemble. A graduate of the Juilliard School of Music, Ms. Fleming spent time teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Ms. Fleming joined the faculty of the Juilliard School Music Advancement Program where she taught double bass and performed with some of the premier ensembles in NYC and the surrounding area.

Immortal Beloved - Beethoven.....	4
-----------------------------------	---

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 the Save Historic Antietam Foundation.

Walking Antietam: Part 3 - Burnside Bridge	12
--	----

Tara Gettig

Tara Gettig worked as an educator for Pennsylvania State Parks where she developed and facilitated programs and also taught geography at Shippensburg University. She has a passion for sharing outdoor recreation in a safe and enjoyable manner. In her free time, she has organized hikes for women, families, and kids. Tara is particularly passionate about the Appalachian Trail, of which she hiked 900 miles (and counting).

Hiking Safety and Leave No Trace.....	12
---------------------------------------	----

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.

Trips and Tips for Women Traveling Solo in Retirement.....	11
--	----

Karen Gray

Raised in Spokane, Washington, Karen Gray earned her bachelor's degree from Whitworth University, an STB from the Harvard Divinity School, and her PhD in religious philosophy from the University of Edinburgh, Scotland. She has created educational tours in the mid-Atlantic region for the Smithsonian Institution's educational outreach program. Since her youth she has been an intensive student of philosophy, religion, history, and literature, and since retiring she has taught courses in these areas for regional lifelong learning programs. While living in DC, she began to also study the C&O Canal's history and engineering and she serves as a volunteer historian for the C&O Canal National Historical Park with an office at the park's headquarters.

C&O Canal Dam 4 Walk.....	13
---------------------------	----

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.

For Goodness “Namesakes” of Frederick.....	13
--	----

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	4
--	---

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 Content 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.

F. Scott Fitzgerald & the Roaring 20s	11
---	----

Jodie Lide

Jodi learned calligraphy at a young age and was instantly hooked. After earning my 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.

Beginning Calligraphy: Italic..... 10

Jennifer Littleton

J. M. Littleton is a graduate of the Maryland Institute College of Art. She exhibits and has won awards at international competitions. She has taught watercolor workshops throughout the United States including the San Diego Watercolor Society, Hilton Head Art League, and Rhode Island Watercolor Society. She is a signature member of the Baltimore Watercolor Society and she founded the Littleton School of Art in Towson, MD. She has exhibited with the American Watercolor Society and the National Watercolor Society. She teaches in a "realistic watercolor" style.

Foundations of Watercolor..... 4

Elizabeth Ljubic

Betsy has 21 years of teaching experience overseas and in the United States. She holds a Bachelor's degree in Theology and a Master's degree in Education. Currently, she teaches ESL full-time for Montgomery County Public Schools and teaches in three programs at FCC.

Cultural Competency and Unconscious Bias..... 7

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:
Preserving and Cooking with Herbs 10

Practical Sustainability - The Homesteading Series:
Basic Water Bath Canning..... 10

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..... 6

Jeanne McDermott

Jeanne has a master's degree in Art Education from the College of Notre Dame of Maryland and worked for more than seven years as a floral designer for Radebaughs in Towson, Maryland. She has over 10 years teaching experience for FCPS.

The Art of Art Interpretation - How to View and Understand It...
one step further 4

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..... 6

William O'Neal

Bill O'Neal has designed and been teaching computer curriculum since 1998. He has more than 30 years of 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 the Federal Government in Information Management, where most recently he was a manager in the Directorate of Information Management at Fort Detrick.

Using Microsoft Windows 10 5
The Cloud - Removing the Mystery: iPad/iPhone version only 5
Going Paperless 5

Martha Pugh

Martha B. Pugh holds a master's degree in Secondary Deaf Education from Gallaudet University and a bachelor's degree in English Education from Boston University. She has over 20 years of experience in teaching Introductory ASL classes. Martha has also been working as an ASL interpreter for elementary, secondary, and post-secondary schools for the past 22 years. She enjoys sharing her love of ASL with all ages.

American Sign Language I..... 8
American Sign Language II - Intermediate..... 8

Stacy Reno & Sharon Scarborough

Stacy Reno and Sharon Scarborough created and opened Frederick's Premier Home Staging Company, Limelight Staged Homes, in 2010. As Accredited Staging Professionals, they have helped homeowners prepare their homes to appeal to a wide range of buyers and to get the best price possible. They have also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to service our clients to the highest degree. They specialize in giving homeowners steps and plans to make the downsizing process as stress-free as possible.

Downsizing Simplified: Living Smaller and Loving it!..... 11

Instructor Bios *continued*

Pavel Reznikov

Pavel Reznikov is a Russian linguist. He holds a Juris Doctor and an LL.M. degrees from Vermont Law School. He has acted as a senior subject matter expert and a quality control point person for the development of language industry standards. Mr. Reznikov worked as an interpreter and translator for the National Aeronautics and Space Administration (NASA). Mr. Reznikov also worked in the legal field as a judicial extern, a prosecutorial aide, and an analyst. Born in the Soviet Union, Mr. Reznikov is an avid student of modern Russian history, specifically the Boris Yeltsin era.

Re-introducing Russia: Historic Events That Took Place
During the Yeltsin and Putin Eras..... 9

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.

Medically Curious - Senior Eyes..... 6
Medically Curious - Senior Ears..... 6
Medically Curious - Health Tips, Senior Daily Dilemmas..... 6

Antonio Salinas

Antonio Salinas is a Solider-Scholar with over twenty years of military service in both the United States Marine Corps and Army. He has served in combat in both Iraq as well as Afghanistan. He holds a Bachelors and Masters in History from Eastern Michigan University as well as a Masters in Eurasian studies from National Intelligence University. Antonio also taught Military and European History at West Point. Antonio enjoys writing books and continues to serve in uniform at the Defense Intelligence Agency.

Information Warfare: A Revolution in Military, Social,
and Political Affairs 7

Nancy Spannaus

Nancy Bradeen Spannaus is a retired journalist/editor who began studying Alexander Hamilton and American history in the 1970s. In 1977 she co-edited *The Political Economy of the American Revolution*, a collection of economic writings which influenced and reflected the American System. In 2017 she started the blog *americanssystemnow* and in 2019 published *Hamilton Versus Wall Street: The Core Principles of the American System of Economics*. She's a graduate of Bryn Mawr College (BA) and Columbia University (MS).

Challenging Myths of Alexander Hamilton Part 2 9

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 participated in various advisory capacities for U.S. government officials on a wide range of national security issues including strategic defense policy and the war on terrorism. 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.

The Constitution and the Presidency: Future of the Electoral College..... 7

Brian Stipelman

Dr. Brian Stipelman is the Dean of Liberal Arts at Frederick Community College. Prior to that he was an associate professor of Political Science at Dowling College. He graduated with a PhD in Political Theory from Rutgers University and is the author of “That Broader Definition of Liberty: The Theory and Practice of the New Deal.”

American Political Ideals..... 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. 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

James Thuman

DIY Home Maintenance for Beginners 10

Nanette Tummers

Dr. Nanette Tummers has been a writer, scholar, and educator in the health behavioral change field for over 35 years. Her specific areas of interest include: yoga, gratitude, and movement. She is an international speaker and author of four books.

Gratitude & Mindfulness Workshop..... 6

Guillermo Warley

Guillermo Warley is an Electrical Engineer with degrees in electronics and signal processing. He has more than 30 years of experience designing products that use some of the technologies discussed in the class. He is a Senior Life Member of the IEEE (Institute for Electrical and Electronics Engineers), and a member of the SSIT (Society for the Social Implications of Technology). He has previously taught this class at the OSHER programs of Shepherd University, Johns Hopkins University, Anne Arundel Community College, and Towson University.

Social Implications of Technology Innovations:
An Overview and Examples 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 full-time in public school systems for 40 years. He 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.

The Power of Being Present: The Four Foundations..... 14

June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 31	1 10:00 Tips: Women Traveling Solo 1:00 Using Microsoft Windows 10	2 9:00 Walking Antietam: Part 3 9:00 Hiking Safety 6:00 American Political Ideals	3 6:30 Information Warfare	4
7 9:00 For Goodness "Namesakes" 1:00 Immortal, Beethoven 4:00 Gratitude & Mindfulness 6:00 ASL I	8 9:00 Walking Antietam: Part 3 10:00 Tips: Women Traveling Solo 1:00 Using Microsoft Windows 10 1:00 Iris Paper Folding - Flowers	9 6:00 American Political Ideals	10 10:00 C&O Canal Dam 4 Walk 1:00 Tai Chi for Balance 2:30 Foundations of Watercolor 6:30 Information Warfare	11 9:00 Art Interpretation
14 1:00 Immortal Beloved, Beethoven 6:00 ASL I	15 10:00 Tips: Women Traveling Solo 11:00 Med. Curious, Senior Eyes 1:00 Using Microsoft Windows 10	16 6:00 American Political Ideals	17 1:00 Tai Chi for Balance 2:30 Foundations of Watercolor 6:30 Information Warfare	18 9:00 Art Interpretation 10:00 Begin Calligraphy: Italic
21 1:00 Immortal Beloved, Beethoven 6:00 ASL I	22 1:00 Using Microsoft Windows 10 4:00 Cultural Competency	23 6:00 American Political Ideals	24 1:00 Tai Chi for Balance 2:30 Foundations of Watercolor 5:00 F. Scott Fitzgerald/20s 7:00 Maryland Whiskey 101	25 10:00 Beginning Calligraphy: Italic
28 1:00 Immortal Beloved, Beethoven 6:00 ASL I	29 11:00 Med. Curious, Senior Ears 4:00 Cultural Competency	30 1:00 Myths, Hamilton Part 2 6:30 Homesteading Series: Herbs	JULY 1 1:00 Tai Chi for Balance 2:30 Foundations of Watercolor 5:00 F. Scott Fitzgerald/20s	JULY 2

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 INDEPENDENCE DAY OBSERVED	6 4:00 Cultural Competency	7 10:00 The Constitution/Pres. 1:00 The Cloud 1:00 Myths, Hamilton Part 2	8 1:00 Tai Chi for Balance 2:30 Foundations of Watercolor 5:00 F. Scott Fitzgerald/20s	9 10:00 Beginning Calligraphy: Italic
12 6:00 ASL I	13 11:00 Med. Curious, Health Tips 4:00 Cultural Competency	14 10:00 The Constitution/Pres. 1:00 The Cloud 1:00 Myths, Hamilton Part 2	15 1:00 Tai Chi for Balance 2:30 Foundations of Watercolor 5:00 F. Scott Fitzgerald/20s	16 10:00 Beginning Calligraphy: Italic
19 6:00 ASL I	20 10:30 Social Implications/Tech	21 10:00 The Constitution/Pres. 1:00 The Cloud 1:00 Myths, Hamilton Part 2	22 1:00 Tai Chi for Balance 5:00 F. Scott Fitzgerald/20s	23 10:00 Beginning Calligraphy: Italic
26 6:00 ASL II - Intermediate	27 10:00 Exploring Watercolor/Adv. 10:30 Social Implications/Tech	28 10:00 The Constitution/Pres. 12:00 Power of Being Present 1:30 Re-introducing Russia	29 1:00 Tai Chi for Balance 5:00 F. Scott Fitzgerald/20s 8:00 Butterflies Field - Moths	30 10:00 Beginning Calligraphy: Italic

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Butterflies in the Field 6:00 ASL II - Intermediate	3 10:00 Exploring Watercolor/Adv. 10:30 Social Implications/Tech	4 12:00 Power of Being Present 1:00 Per. Self Defensive Tactics 1:30 Re-introducing Russia	5	6 10:00 Beginning Calligraphy: Italic
9 6:00 ASL II - Intermediate	10 10:00 Exploring Watercolor/Adv. 10:30 Social Implications/Tech 1:00 Going Paperless 6:30 Homesteading: Canning	11 10:00 Downsizing Simplified 12:00 Power of Being Present 1:30 Re-introducing Russia	12	13 10:00 Beginning Calligraphy: Italic
16 6:00 ASL II - Intermediate	17 10:00 Exploring Watercolor/Adv. 10:30 Social Implications/Tech 1:00 Going Paperless	18 10:00 Downsizing Simplified 12:00 Power of Being Present	19	20
23 6:00 ASL II - Intermediate	24 10:00 Exploring Watercolor/Adv. 1:00 Going Paperless	25 10:00 Downsizing Simplified	26	27
30 6:00 ASL II - Intermediate	31 10:00 Exploring Watercolor/Adv.	SEPT 1	SEPT 2	SEPT 3

How to Register for ILR55+ Classes



ONLINE	NEED HELP REGISTERING?
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> All summer 2021 CEWD registration services are currently being conducted remotely and in-person registration is not available. For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888.

Waiting List

Please note - if the class in which you wish to participate is full, please contact us at 301.846.2561. 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.
- 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 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. [Aughority:34 CFR 110.12]

College Policies & Procedures

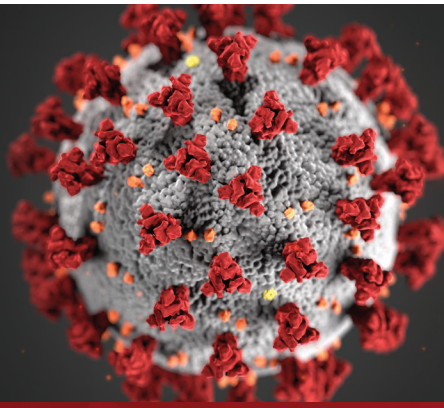
All students agree to abide by the policies and procedures of FCC, including those concerning drug and alcohol abuse, weapons on campus, student conduct, classroom behavior, discrimination, grievance, and other policies and procedures. Students understand that not abiding by these policies and procedures 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.

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

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.

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 — 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*



Institute for Learning in Retirement
7932 Opossumtown Pike
Frederick, Maryland 21702

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
FREDERICK, MD
PERMIT NO. 172



FREE ILR COURSE

Hosted by the Senior Center of Frederick

Maryland Food History

Tuesday, June 8 & 15, 2021 | 10:00 - 11:00 a.m.

Maryland's long history, diverse inhabitants, and varied landscapes have crafted a delicious cornucopia of foods and culinary traditions. In this lively and engaging two-part session, Professor Christine Rai explores tastes of Maryland, both familiar and unique, from the Appalachians of western Maryland to the Chesapeake Bay's Eastern Shore. Dive into the history of familiar favorites like Old Bay, Smith Island cake, and Natty Boh beer and uncover more unusual food items like shad roe, ramps, and muskrat. Discover how Marylanders both indigenous and immigrant, historic and recent, have evolved the enticing foodways of the "Land of Pleasant Living".

Visit frederickcountymd.gov/8075/Virtual-50-Community-Center to register and learn more about this free class!