

NEW! Mimicking the Masters

From Ansel Adams to Margaret Bourke-White, the masters of photography paved the way for photography to be viewed as an art form. These photographers left their mark with images that have stood the test of time. Learn from the masters by analyzing their composition, techniques and style, and use this knowledge to create inspired photographs. Course requires the use of a digital camera, and knowledge of basic photographic terms and functions. *Prerequisite:* Beyond the Snapshot or Crafting the Photograph. *Instructor:* Christopher Ammann
Cost: \$79 (MD Senior Adults: \$79)
Course #: XXZ-076-A2
Thu., Nov. 3 - Dec. 1, 6:30 - 8:30 PM
(4 sessions; no class 11/24)
Washington Road Campus, Rm. A013

Photoshop courses

See Information Technology: Office & Workplace/ Computer Graphics and Web Design section for course details

The Business of Photography

NEW! Photography as a Business

Get the information you need to successfully take your photography business or hobby to the next level. Learn the basics of running a photography business including studio strategies, studio pricing, customer service, professional resources and more. *Instructor:* Leslie Chesley
Cost: \$59 (MD Senior Adults: \$30)
Course #: SBA-614-A2
Tue. & Thu., Oct. 18 & 20, 6:30 - 9:00 PM (2 sessions)
Washington Road Campus, Rm. T323
Course #: SBA-614-B2
Wed., Nov. 2 - 9, 6:30 - 9:00 PM (2 sessions)
Washington Road Campus, Rm. A125

Leslie Chesley has an MBA from Kennesaw State University in Marietta, GA, and her BS in Business Administration from Embry-Riddle Aeronautical University. She has owned her own photography business, Bluehat Studios, since 2001.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Community English Classes

Carroll Community College offers free classes for students who want to improve their English skills.

- Classes are open to adults over 16 years of age;
- Special classes for parents and children are offered at the Carroll County Family Center;
- A required placement test is given during registration;
- Beginner and intermediate classes are free;
- A \$25 materials fee is collected at registration from students who wish to keep their textbook.

For more information call 410-386-2550. *Se habla español.*

Testing and registration is free and will be held at the following dates and locations:

Multi-Service Center
224 North Center Street, Westminster
Wednesday, September 21 at 6:30 pm
Friday, September 23 at 8:30 am

Carroll County Family Center
(includes educational activities for children)
10 Distillery Drive, Westminster
Monday, October 3 at 6:00 pm
Tuesday, October 4 at 9:00 am

Advanced English in the Community

Improve your English writing, reading and speaking skills as you prepare for future education and employment opportunities. A placement test is required; call 410-386-2550 to schedule.
Cost: \$129 (MD Senior Adults: \$30); *plus text*
Course #: ESL-033-A2B
Mon. & Wed., Sep. 28 - Dec.7, 6:30 - 9:00 PM
(20 sessions; no class 11/23)
Business and Employment Resource Center

Academic English Classes

Academic Writing, Reading, and Grammar for English Language Learners

Review and practice English grammar to improve your skills in writing clear, precise sentences and paragraphs, while you build your academic vocabulary and reading skills. This course is the first in a series of three for non-native English speakers. The College placement tests are required; call 410-386-8450 to schedule the reading and writing placement test.
Cost: \$139 (MD Senior Adults: \$30); *plus text*
Course #: ESL-044-A2BP
Mon. & Wed., Sep. 7 - Dec. 7, 6:30 - 9:00 PM
(26 sessions; no class 11/23)
Washington Road Campus, Rm. L284

American English Pronunciation

Improve your English pronunciation skills by working on intonation, stress, linking and sounds that are difficult for you to produce. You'll complete this class feeling more confident with your new language!
Cost: \$69 (MD Senior Adults: \$30); *plus text*
Course #: ESL-042-A2
Tue., Sep. 6 - Oct. 25, 6:30 - 8:30 PM (8 sessions)
Washington Road Campus, Rm. P522

American English Pronunciation II

Continue to develop your confidence with English pronunciation. This course will use the same textbook as American English Pronunciation. Prerequisite: successful completion of American English Pronunciation
Cost: \$50 (MD Senior Adults: \$30); *plus text*
Course #: ESL-048-A2P
Tue., Nov. 1 - Dec. 6, 6:30 - 8:30 PM (6 sessions)
Washington Road Campus, Rm. P522

Grammar for ESOL: ONLINE!

If English is your second language and you're headed for college, you will find this class to be very valuable. This course provides in-depth practice with English grammar and structure so that you will be more prepared to succeed in any class taught in English.
Cost: \$104 (MD Senior Adults: \$90)
📖 *Online; new sections begin monthly*
For more information and course registration details go to www.ed2go.com/carrollcc

Writing for ESOL: ONLINE!

Learn to write more effectively! Many ESL learners have excellent training and skills in their native languages but find their academic or career progress slowed by the challenges of writing in English. This course will take you through each step of the writing process, showing you how to create, focus, and develop your ideas. You will be able to produce writing that is clear and free of grammatical and punctuation errors.
Cost: \$104 (MD Senior Adults: \$90)
📖 *Online; new sections begin monthly*
For more information and course registration details go to www.ed2go.com/carrollcc

HEALTH & WELLNESS

Body & Mind

Gentle Yoga

Stretches, postures and breathing exercises are adapted to each person's particular needs to bring calmness, stress reduction and a feeling of well-being. The stretches and simple yoga postures release tension and bring more flexibility to the body, including the shoulders, neck, back, hips and legs. Perfect for beginners, those with specific limitations or recovering from injury, or experienced students desiring a more relaxed pace. Wear loose-fitting clothes and bring a yoga mat to each class. *Instructors:* Jeanne Deignan-Kosmidis and Rebecca Berg
Cost: \$80 (MD Senior Adults: \$80)
Course #: XXZ-862-A2
Sat., Oct. 1 - Nov. 12, 9:00 - 10:30 AM (7 sessions)
Washington Road Campus, Rm. P527

Jeanne Deigman-Kosmidis, with almost 30 years experience in yoga, meditation, nutrition and alternative healing, brings a broad and unique quality of experience, knowledge and nurturing support to her yoga workshops. As a Certified Advanced Kripalu Yoga Instructor, Jeanne brings a supportive, individual approach to teaching yoga meeting each person's unique needs especially for restorative purposes. Jeanne is an adjunct instructor for the college's Yoga Teacher Training.

Rebecca Berg, a certified yoga teacher, believes in the benefits yoga can provide for all, no matter their physical condition. Given her background in the practice of yoga, training and personal experiences, she feels she can offer a beneficial and thoughtful yoga class for students of varying abilities.

Hatha Yoga (Beginning)

Transform your mind and body with yoga. Discover physical posture and breathing techniques, body awareness tips, and methods for releasing muscular tension. Apply yoga philosophy and techniques to develop a personal yoga practice. Beginners welcome. Wear loose-fitting clothes and bring a yoga mat and blanket to each class. *Instructor:* Tim Hurley.
Cost: \$80 (MD Senior Adults: \$80)
Course #: XXQ-033-A2
Sun., Sep. 25 - Nov. 6, 12:00 - 1:30 PM (7 sessions)
Washington Road Campus, Rm. A202

Tim Hurley brings a compassionate and encouraging approach to teaching yoga. A certified yoga therapist and teacher, Tim is able to tailor yoga practices to the individual student's physical needs. He has been teaching locally for several years and is an adjunct instructor for the college's Yoga Teacher Training.

Intro to Reflexology

Reflexology is an ancient massage technique that focuses on reflexes or zones in the feet, hands and ears that correspond to another part, gland, or organ of the body. Applying pressure on these reflexes relieves tension, promotes relaxation, and can unblock the energy pathways in the body, which allows the body to heal itself. Learn specific techniques that are applied during the session plus a basic understanding of the history and benefits of reflexology. Bring a pillow and a towel to class. *Instructor:* Annette Dill Annette.
Cost: \$25 (MD Senior Adults: \$25)
Course #: XXZ-789-A2
Wed., Oct. 12, 6:30 - 8:30 PM
Washington Road Campus, Rm. A125

Annette Dill is a certified reflexologist and the Director and teacher at the Baltimore Satellite of the Baltimore School of Reflexology. She has also studied the healing art of Usui Reiki, achieving a Level 3 degree.

Free!

Awareness Through Movement Preview

Sample and see what it's all about in this 1-hour preview of the Awareness Through Movement. See below for more information. Registration required.
No Cost
Course #: XXZ-932-A2
Tue., Sep. 20, 5:30 - 6:30 PM
Washington Road Campus, Rm. M157

Awareness Through Movement

Twisting the wrist, turning the head, lifting - what was once easy becomes difficult either through age, injury or the stress of living. Discover a method to reclaim the ease of these movements through the Feldenkrais Method® of movement. Whether you wish to sit more comfortably at your computer, garden without aching knees and back, or improve performance in your favorite sport or job, these lessons can improve your ability to move with ease. Appropriate for any level of fitness; participants must be able to lie on the floor and bend the knees. *Instructor:* Jeri Eaton
Cost: \$95 (MD Senior Adults: \$95)
Course #: XXZ-558-A2
Tue., Sep. 27 - Nov. 29, 5:30 - 6:30 PM (10 sessions)
Washington Road Campus, Rm. M157

NEW! Oh, My Aching Back!

Feel how you move and how lack of movement in one place can cause discomfort. Using Awareness Through Movement® lessons explore every day movements and discover gentle, easy, pain-free ways to move. Lessons are done on the floor; bring a blanket and a sense of exploration. (more information about the Feldenkrais Method® at www.feldenkrais.com). *Instructor:* Jeri Eaton
Cost: \$25 (MD Senior Adults: \$25)
Course #: XXZ-073-A2
Sat., Sep. 17, 9:30 AM - 12:00 PM
Washington Road Campus, Rm. M157
Course #: XXZ-073-B2
Sat., Oct. 29, 9:30 AM - 12:00 PM
Washington Road Campus, Rm. M157

NEW! Pain in the Neck?

Pain doesn't have to be an everyday reality! Explore how movement can contribute to pain. Learn exercises targeting neck issues from Awareness Through Movement® lessons created by Dr. Moshe Feldenkrais, D.Sc. (more information at www.feldenkrais.com). Discover freedom from pain with small, gentle, easy movements. Bring a blanket to lie on and your curiosity. *Instructor:* Jeri Eaton
Cost: \$25 (MD Senior Adults: \$25)
Course #: XXZ-074-A2
Sat., Sep. 24, 9:30 AM - 12:00 PM
Washington Road Campus, Rm. M157
Course #: XXZ-074-B2
Sat., Nov. 5, 9:30 AM - 12:00 PM
Washington Road Campus, Rm. M157

Jeri Eaton wears many hats—writer, real estate owner, and teacher—and finds that the Feldenkrais Method® of movement helps her in all of them. Having completed 400 hours of training as well as attended Awareness Through Movement® classes for more than 10 years, she is excited to bring the joy and discovery of Feldenkrais Method® classes to Carroll County.