LIFESTYLE AND POPULAR CULTURE

NEW! Food for a Fit Lifestyle Over 50
What is the best way to obtain longevity? Feed it! People over 50 have unique nutritional requirements; every calorie needs to be packed with nutrients. Find out which foods help you live the longest, the four most important factors when it comes to nutritional density, plus tips for fitting the freshest, healthiest foods into an active lifestyle. Instructor: Julie Castillo
Total Cost: $41 (includes $41 fees)
MD senior adults pay fees only.
Course #: XZX-413-A3
Fri., May 6, 2:00 - 4:00 PM
Washington Road Campus, A125

NEW! History of Rock & Roll: The First 25 Years
Discover Elvis Presley, Chuck Berry, the Beatles, Led Zeppelin and more. Study both cultural context and the music itself. Follow the story of how this rowdy first wave of rock and roll (1955-’59) was tamed in the early 60s but came thundering back with the Beatles, then went psychedelic by the end of the decade. Discuss the art form known as “rock” and the major cultural phenomenon that changed the last half of the 20th century and on to today.
Instructor: Paul Ruehs
Total Cost: $63 (includes $30 fees)
MD senior adults pay fees only.
Course #: PDE-985-A4
Thu., Apr. 7 - 21, 6:30 - 8:30 PM (3 sessions)
Washington Road Campus, L281

Paul Ruehs, an adjunct for Carroll Community College’s credit program, brings his love of history and music to Lifelong Learning. He brings his 50 years of knowledge of the Beatles and a unique historical perspective to the classroom.

Cooking

Demonstration courses: Students observe instructor prepare recipes and demonstrate technique. Class culminates with tasting and students take home recipes.

Hands-on courses: Students actively participate in practicing technique, preparing recipes and tasting the prepared food. Recipes provided for all dishes.

Please note: Students who withdraw two business days or less before the start date may receive a refund less the supply fee.

NEW! The Perfect Brunch
If breakfast is the most important meal of the day, brunch can be the most fun! Learn how to make eggs in different styles. Experiment with the perfect breakfast meats. And no brunch would be complete without breads!
Instructor: Tim Norwood
Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XCO-108-A4
Sat., May 21, 8:30 - 12:00 PM
Carroll County Career and Technology Center

NEW! Provence in the Spring
Enjoy a luxurious spring dinner in Rivera style: mussels cooked with white wine, garlic and cream; mesclun salad with rose vinaigrette; sea bass shrimp baked on a bed of potatoes with leeks; garlic, fennel and tomatoes, with mixed marinated olives; and pan roasted asparagus and apricot. Demonstration class.
Instructor: Greg Hutsell
Total Cost: $64 (includes $64 fees)
MD senior adults pay fees only.
Course #: XCO-105-A4
Sat., May 14, 8:00 - 12:00 PM
Carroll County Career and Technology Center

NEW! Seafood
Expand your culinary repertoire of the abundant seafood in the region with uncomplicated do-ahead hors d’oeuvres, inexpensive and satisfying week-night dinners or lunches and terrific entrees for entertaining. Hands-on course. Instructor: Tim Norwood
Total Cost: $99 (includes $99 fees)
MD senior adults pay fees only.
Course #: XCO-110-A4
Thu., Apr. 28 & May 5, 6:30 - 9:30 PM (2 sessions)
Carroll County Career and Technology Center

Cooking
• The Perfect Brunch
• Provence in the Spring
• Thrill of the Grill
• Spring Desserts

Wine
• Spring and Summer Wines
• Zinfandel: A Grape to Call Our Own
• NEW! Beer Appreciation

See Index for course locations.
Spring Desserts

Spring means a desire for lighter meals and less time in the kitchen. Try these three no fuss classic desserts for a sweet ending with a lighter taste: Strawberry Frangipane, Cherry Gateau and Apricot Colbert. Hands-on class.

Instructor: Greg Hutsell

Total Cost: $64 (includes $64 fees)
MD senior adults pay fees only.

Course #: XCO-104-A4
Tue., Apr. 12, 6:30 - 9:30 PM
Carroll County Career and Technology Center

NEW! Thrill of the Grill

It’s grillin’ time! Whether you use charcoal or gas, food barbequed on the grill is the taste of summer. Jazz up your grilling techniques and take home tips for successfully grilling meats, seafood, vegetables and the sauces and marinades that make them so special. Learn about using direct vs. indirect heat, getting unique flavor using soaked charcoal or wood chips and more. Demonstration course.

Instructor: Tim Norwood

Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.

Course #: XCO-109-A4
Thu., Jun. 16, 6:30 - 9:30 PM
Carroll County Career and Technology Center

Beer & Wine

NEW! Beer Appreciation

Reveal the complexity of beer while exploring and tasting a variety of brews from around the world including the US. Learn about the beer, the hops and microbrews as well as how to taste and evaluate beer. Leave with a sense of what makes beers different and a better understanding of what you like. Students must be 21 years of age.

Instructor: Russ Lober

Total Cost: $234 (includes $234 fees)
MD senior adults pay fees only.

Course #: XCO-013-A4
Wed., Jun. 15 - Jul. 13, 7:00 - 9:30 PM
(4 sessions; no class 6/29)
Harry’s Maine Street Grille, Westminster

What students are saying…

“Bernie (Vogel) is a walking compendium of wine knowledge. I am a new fan, attending one of his sessions for the first time. I intend to take every class he teaches and invite friends to join me.”

— Student from Wines of Spain

Spring and Summer Wines

From picnic fare to patio entertaining, join us as we explore wines that complement the flavors of spring and summer menus. After all, there is life after Cabernet and Chardonnay!

Instructor: Bernie Vogel

Total Cost: $89 (includes $89 fees)
MD senior adults pay fees only.

Course #: XCO-045-A4
Wed., May 4, 6:30 - 9:00 PM
JeannieBird Baking Co., Westminster

Tasting the Bubbles: Champagne Appreciation

Beneath the bubbles there is wine! All champagnes are sparkling wines, but not all sparkling wines are Champagne. Discover the differences and taste the sparkling wines of Spain, Italy, California and France as you compare Champagne to Prosecco, Moscato and Cava. Explore food pairings to go with and glass-ware/stemware to use with your sparkly.

Students must be 21 years of age.

Instructor: Bernie Vogel

Total Cost: $89 (includes $89 fees)
MD senior adults pay fees only.

Course #: XCO-004-A1
Wed., Jul. 20, 6:30 - 9:30 PM
Kismet Café, Sykesville

Zinfandel: A Grape to Call Our Own

Zinfandel is an adventure in a glass, as American as apple pie and is made in a “zinfany” of colors and styles. Join us as we take a closer look at the “zinfurdly” delicious past and present of this amazingly versatile grape.

Instructor: Bernie Vogel

Total Cost: $89 (includes $89 fees)
MD senior adults pay fees only.

Course #: XCO-091-A4
Wed., May 25, 6:30 - 9:00 PM
Harry’s Main Street Grille, Westminster

Bernie Vogel began his wine education while in the restaurant business in the late 70’s and has been teaching at Carroll since 2011. He has been in professional fine wine sales and distribution for over 20 years and is currently a Fine Wine Specialist with the Republic National Distributing Company.

Greg Hutsell has been cooking all his life. Using fresh local ingredients he has developed his own classic style. His classes are tailored to students of all skill levels and students can look forward to hands-on experiences with a delicious tasting at the end.

Chef Tim Norwood, a graduate of the Baltimore Culinary Institute, has been teaching culinary arts at the Carroll County Career and Technology Center since 1997. A sought after teacher, he brings his exuberance and expertise to the classroom. Norwood enjoys creating unique dishes using basic techniques and then experimenting with the flavors of authentic ethnic ingredients and combining them with bounty found in local grocery stores.
Home

Filing Basics
Eliminate a major source of clutter in your home. Learn the basics of file management. Explore the three types of files that comprise a complete filing system, how to set them up properly, and keep them organized. Personalize our general principles to your life.
Instructor: Cheryl Osterhouse
Total Cost: $30 (includes $30 fees)
Course #: XXZ-341-A4
Wed., Apr. 27, 7:00 - 9:00 PM
Washington Road Campus, K116

NEW! Healthy Homes
Discover the connection between your health and your house. Understand the benefits of green cleaning and make your own right in class. Take home a "recipe book" for your family. Explore how your ventilation affects your family—all while keeping safety of your family at the forefront. In partnership with the University of Maryland Extension
Total Cost: $99 (includes $99 fees)
MD senior adults pay fees only.
Course #: XXZ-437-A1
Mon. - Thu., Jul. 18 - 21, 9:30 - 11:30 AM (4 sessions)
Washington Road Campus, K116

NEW! Organizing Solutions for Home & Family
Does your home, your family or your life feel "out of order"? Maybe you feel overwhelmed in the details of life or feel that you lack the time or energy to keep your home in order. Learn the practical skills, tricks and techniques to get your home, family and life in order. Let a Professional Organizer encourage and motivate you in the latest trends and ideas for the organized life.
Instructor: Cheryl Osterhouse
Total Cost: $30 (includes $30 fees)
MD senior adults pay fees only.
Course #: XXZ-830-A1
Wed., Jul. 6, 10:00 - 11:30 AM
Washington Road Campus, K116

NEW! Your Children Organized
If your home is overwhelmed with the overflow of your children’s belongings, discover how to clear the clutter, reign in and organize the present, and cherish the past. Set up a childhood memory box, create a school and art archive, and creatively display stored art work. Stop the spread of clothes and toys with a system that works for you.
Instructor: Cheryl Osterhouse
Total Cost: $30 (includes $30 fees)
MD senior adults pay fees only.
Course #: XXZ-435-A1
Wed., Jul. 13, 10:00 - 11:30 AM
Washington Road Campus, K116

Cheryl Osterhouse is the owner/operator of the professional organizing company, In Order for Life, LLC, serving area counties. She is a member of the National Association of Professional Organizers (NAPO) and earned the Foundation Certificate in Chronic Disorganization and the Certificate of Study in Basic ADD issues with the CD client. Her website is www.inorderforlife.com

Garden

Eat Local for Less
Organic, All Natural, Cage Free - what’s it all mean? Explore alternatives to the industrial food system: CSAs, farmer’s markets, food co-ops and more, where the focus is on delicious, healthy food grown by environmentally responsible methods. When was the last time a tomato exploded on your tongue? Taste industrial foods alongside local, organic and sustainable alternatives. Discover how to find sources of great local food - and pay less.
Instructor: Julie Castillo
Total Cost: $55 (includes $55 fees)
MD senior adults pay fees only.
Course #: XXZ-333-A4
Fri., May 20 & 27, 2:00 - 4:30 PM (2 sessions)
Washington Road Campus, K129

Gardening with Native Plants
Create an attractive garden that supports our region’s ecosystem. Explore which native plants (trees, shrubs and perennials) look wonderful in spring, summer and fall. Make your garden multi-level with a design that draws the eye and captures a sense of local color. Support birds, butterflies and the biodiversity of our region. Survey native plants particularly useful for home landscaping and learn where to place them for best results. Instructor: Marann Jones
Total Cost: $30 (includes $30 fees)
MD senior adults pay fees only.
Course #: XXZ-822-A4
Thu., May 12, 7:00 - 9:00 PM
Washington Road Campus, K116

Marann Jones, a Landscape Architect, holds a BS in Environmental Design from UMass Amherst and postgraduate in Landscape Design from Sheffield University, Sheffield England. She volunteers as a Penn State Master Gardener. Jones has a deep passion for teaching and designing garden space.

Need help with your career choice?
FREE monthly sessions

Mondays:
May 23 | June 20
July 25 | Aug. 15
5:30 – 6:30 p.m. | Rm. A125

 Reserve your seat at www.carrollcc.edu/instantenrollment
Search course # XXB-138
or call 410-386-8100
Motorcycle Safety

Motorcycle Safety & Licensure Review
This course is for the true novice rider who has little or no riding experience. It includes classroom and riding instruction on the basic riding skills and strategies necessary to begin practicing street riding. No previous motorcycle riding experience necessary. Students receive a Completion Certificate for their Class M designation upon successful completion. Program training motorcycles are provided. Total Cost: $299 (includes $125 fees) MD senior adults pay fees only.

Course #: TRA-044-A4
Classroom: Wed. & Thu., Apr. 13 & 14, 6:30 - 9:30 PM
Range: Sat. & Sun., Apr. 16 & 17, 8:00 AM - 2:00 PM
Washington Road Campus, P520

Course #: TRA-044-B4
Classroom: Wed. & Thu., Apr. 13 & 14, 6:30 - 9:30 PM
Range: Sat. & Sun., Apr. 23 & 24, 8:00 AM - 2:00 PM
Washington Road Campus, P520

Course #: TRA-044-C4
Classroom: Wed. & Thu., Apr. 27 & 28, 6:30 - 9:30 PM
Range: Sat. & Sun., Apr. 30 & May 1, 8:00 AM - 2:00 PM
Washington Road Campus, K115

Course #: TRA-044-D4
Classroom: Wed. & Thu., Apr. 27 & 28, 6:30 - 9:30 PM
Range: Sat. & Sun., May 7 & 8, 6:30 - 9:30 PM
Washington Road Campus, K115

Course #: TRA-044-E4
Classroom: Wed. & Thu., May 11 & 12, 6:30 - 9:30 PM
Range: Sat. & Sun., May 14 & 15, 8:00 AM - 2:00 PM
Washington Road Campus, P520

Course #: TRA-044-F4
Classroom: Wed. & Thu., May 11 & 12, 6:30 - 9:30 PM
Range: Sat. & Sun., May 21 & 22, 8:00 AM - 2:00 PM
Washington Road Campus, P520

Course #: TRA-044-G4
Classroom: Wed. & Thu., Jun. 1 & 2, 6:30 - 9:30 PM
Range: Sat. & Sun., Jun. 4 & 5, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-H4
Classroom: Wed. & Thu., Jun. 1 & 2, 6:30 - 9:30 PM
Range: Sat. & Sun., Jun. 11 & 12, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-I4
Classroom: Wed. & Thu., Jun. 15 & 16, 6:30 - 9:30 PM
Range: Sat. & Sun., Jun. 18 & 19, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-J4
Classroom: Wed. & Thu., Jun. 15 & 16, 6:30 - 9:30 PM
Range: Sat. & Sun., Jun. 25 & 26, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-A1
Classroom: Wed. & Thu., Jul. 6 & 7, 6:30 - 9:30 PM
Range: Sat. & Sun., Jul. 9 & 10, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-B1
Classroom: Wed. & Thu., Jul. 6 & 7, 6:30 - 9:30 PM
Range: Sat. & Sun., Jul. 16 & 17, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-C1
Classroom: Wed. & Thu., Jul. 20 & 21, 6:30 - 9:30 PM
Range: Sat. & Sun., Jul. 23 & 24, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-D1
Classroom: Wed. & Thu., Jul. 20 & 21, 6:30 - 9:30 PM
Range: Sat. & Sun., Jul. 30 & 31, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-E1
Classroom: Wed. & Thu., Aug. 3 & 4, 6:30 - 9:30 PM
Range: Sat. & Sun., Aug. 6 & 7, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-F1
Classroom: Wed. & Thu., Aug. 13 & 14, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-G1
Classroom: Wed. & Thu., Aug. 23 & 24, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-H1
Classroom: Wed. & Thu., Aug. 27 & 28, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-I1
Classroom: Wed. & Thu., Aug. 27 & 28, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-J1
Classroom: Wed. & Thu., Aug. 31 & Sep. 1, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-A2
Classroom: Wed. & Thu., Sep. 7 & 8, 6:30 - 9:30 PM
Range: Sat. & Sun., Sep. 10 & 11, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-B2
Classroom: Wed. & Thu., Sep. 17 & 18, 6:30 - 9:30 PM
Range: Sat. & Sun., Sep. 20 & 21, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-C2
Classroom: Wed. & Thu., Sep. 21 & 22, 6:30 - 9:30 PM
Range: Sat. & Sun., Sep. 24 & 25, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-D2
Classroom: Wed. & Thu., Sep. 27 & 28, 8:00 AM - 2:00 PM
Range: Sat. & Sun., Oct. 1 & 2, 8:00 AM - 2:00 PM
Washington Road Campus, M157

Course #: TRA-044-E2
Classroom: Wed. & Thu., Oct. 5 & 6, 6:30 - 9:30 PM
Range: Sat. & Sun., Oct. 8 & 9, 8:00 AM - 2:00 PM
Washington Road Campus, T325

Course #: TRA-044-F2
Classroom: Wed. & Thu., Oct. 5 & 6, 6:30 - 9:30 PM
Range: Sat. & Sun., Oct. 15 & 16, 8:00 AM - 2:00 PM
Washington Road Campus, T325

Continuing Education & Training:
410-386-8100
www.carrollcc.edu

REGISTER NOW
Motorcycle Safety & Licensure Review II
This one-day course is for riders who have some experience, but do not have a Class M license. Students receive a Completion Certificate for their Class M designation upon successful completion. Program training motorcycles are provided.
Total Cost: $299 (includes $125 fees)
MD senior adults pay fees only.
Course #: TRA-046-A4
Fri., May 6, 8:00 AM - 3:00 PM
Course #: TRA-046-B4
Fri., May 13, 8:00 AM - 3:00 PM
Course #: TRA-046-C4
Fri., May 20, 8:00 AM - 3:00 PM
Course #: TRA-046-D4
Fri., Jun. 3, 8:00 AM - 3:00 PM
Course #: TRA-046-E4
Fri., Jun. 10, 8:00 AM - 3:00 PM
Course #: TRA-046-F4
Fri., Jun. 17, 8:00 AM - 3:00 PM
Course #: TRA-046-G4
Fri., Jun. 24, 8:00 AM - 3:00 PM
Course #: TRA-046-A2
Fri., Sep. 9, 8:00 AM - 3:00 PM
Course #: TRA-046-B2
Fri., Sep. 16, 8:00 AM - 3:00 PM
Course #: TRA-046-C2
Fri., Sep. 23, 8:00 AM - 3:00 PM
Course #: TRA-046-D2
Fri., Sep. 30, 8:00 AM - 3:00 PM

Personal Finances

A Woman’s Guide to Money Matters
Attention women of all ages! Take control of your financial life by examining your values and setting specific, realistic and measurable goals. Discuss key strategies for three common financial goals: preparing for retirement, living in retirement and paying for education. Other topics include: budgeting, short-term savings and health care issues.
Instructor: Suzanne Bradshaw
Total Cost: $85 (includes $35 fees)
MD senior adults pay fees only.
Course #: XXZ-392-A4
Tue., Jun. 21, 6:30 - 9:00 PM
Washington Road Campus, K115

NEW! Money Matters for Families
Move through the steps to budget a growing family. Discuss saving verses investing and discover what is right for you. Explore the basics of investing and understand how your money can work and what risk you are taking. Look ahead to college financing with budgets and financial aid. Face the big “what ifs” in your financial future. Instructor: Suzanne Bradshaw
Total Cost: $99 (includes $99 fees)
MD senior adults pay fees only.
Course #: XXZ-439-A1
Mon. - Thu., Jul 25 - 28, 9:30 - 11:30 AM (4 sessions)
Washington Road Campus, K116

Suzanne Bradshaw, a financial advisor at Edward Jones, brings sense to the dollars and cents of retirement planning. She brings financial planning and 14 years of teaching experience to her classes.

Keys to Successful Money Management
For information go to www.ed2go.com/carrollcc.

Where Does All My Money Go?
Ever get frustrated that you never seem to get ahead? Are you and your family constantly arguing about money? Do you ever wonder where your money went last month? Do you have trouble saving money? Do you wish you had financial security? Want to work on paying down your debt but don’t know where to find the money? Learn the very basics of how to get control of your finances rather than letting them control you.
Total Cost: $109 (includes $95 fees)
MD senior adults pay fees only.

Online; new sections begin monthly
For more information and course registration details go to www.ed2go.com/carrollcc.

Writing

NEW! Novel Writer’s Boot Camp
This is it—support to get you through that first draft! Join us for lecture topics, troubleshooting, goal-setting and group critique. Tinker with the nuts and bolts of getting started, writing methods, outlines vs. “road maps,” researching, revising and more. You can re-register for this class until your book is done.
Instructor: Julie Castillo
Total Cost: $129 (includes $44 fees)
MD senior adults pay fees only.
Course #: PWL-394-A4
Sat., Jun. 4 - Aug. 27, 1:30 - 3:30 PM (6 sessions; no class 6/11, 6/25, 7/2, 7/9, 7/23, 8/6 & 8/20)
Washington Road Campus, K116

Writer’s Workshop: The Elements of Great Fiction
You’ve always dreamed of writing a novel! Or you have already published a few pieces and you’re looking to take your writing further. Learn the elements of great fiction from character, motivation and conflict to structure, setting and scene-writing. Practice crafting dialogue, writing gorgeous sentences, showing instead of telling, and revising your work to commercial writing standards. Discuss the business of writing with a step-by-step guide to getting published. Instructor: Julie Castillo
Total Cost: $85 (includes $30 fees)
MD senior adults pay fees only.
Course #: PWL-358-A4
Wed., Apr. 27 - May 18, 6:30 - 9:00 PM (4 sessions)
Washington Road Campus, A125

Julie Castillo, Master of Arts in Sociocultural Anthropology, has been a teacher, writer, editor and writing consultant. She brings her expertise and warm, dynamic style to help students gain the tools to enrich their writing.

Online Courses

Publish and Sell Your E-Books
Mystery Writing
Romance Writing
Travel Writing
Write Fiction Like a Pro
Write Your Life Story
Writeriffic: Creativity Training for Writers
For more info go to www.ed2go.com/carrollcc.