Personal Enrichment

Classes and programs to help you:

• Learn new skills
• Find a new hobby
• Have fun
• Make friends
Personal Enrichment
at Carroll Community College

Explore new worlds, learn new skills or rediscover old ones through hands-on classes that let you pursue your passions. From music to language, travel and photography, personal enrichment programs at Carroll Community College offer the perfect opportunities to challenge and enjoy yourself!

Custom Classes!
NEW! Customize a get-together with friends! We will create a fabulous enrichment class just for your group of friends or workgroup. Perfect for book clubs, church groups, family gatherings, team building or a couples night out.

Create your own class focused on art, cooking, wine appreciation, fine crafts, paint nights, photography, and much more.

Call 410-386-8106 to get your party started!

5

Easy Ways to Register

Register Early!
Courses that have not met the minimum enrollment may be cancelled one week before the start date. Ensure that the course you want will be held by registering early!

Office Hours
Monday – Thursday | 8:30 a.m. – 6 p.m.
Friday | 8:30 a.m. – 4:30 p.m.

1. Online
Go to www.carrollcc.edu/instantenrollment and follow instructions. You will need to pay in full with a credit card when registering.

For fast registration use your college ID# to login. For help call Continuing Education and Training at 410-386-8100.

2. Mail
Mail a completed and signed registration form with total payment to:
Carroll Community College
Business Office CET
1601 Washington Road
Westminster MD 21157

3. Walk-In
Register in-person in Room A115 on the Washington Road Campus

On Saturdays and after regular office hours, registrations and check or credit card payments may be left in the drop box next to the Cashier’s Office.

4. FAX
FAX competed and signed registration form with credit card payment information to 410-386-8111.

5. Telephone
Call 410-386-8100. Have the course details and your credit card information ready.

Custom Classes!
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Create your own class focused on art, cooking, wine appreciation, fine crafts, paint nights, photography, and much more.

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THE ARTS

Explore Art through the Eyes of Russian Painters

Travel through the life, art, and personal journey of famous Russian artists. Mimic the style of Russian masterworks, then create your own, contemporary interpretation using different media on paper and canvas. Discover the mysteries that lurk in the history and works of these painters from a world away.

Instructor: Natalya Borissova Parris

Total Cost: $168 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-066-A2
Sat., Sep. 24 - Oct. 29, 1:00 - 3:30 PM (6 sessions)
Washington Road Campus, A013

Natalya Borissova Parris, born in Russia, earned basic and advanced degrees in construction engineering from the Moscow State Construction University. After moving to the USA, she developed her own unique artistic style and is using her scientific and engineering experience to bring new ideas to reality in her work. She expresses herself and shares with her students through color, shapes and unexpected ideas.

Drawing and Painting: Continuing

Expand your skills by exploring a variety of mediums. Learn how to perceive edges, spaces, relationships, lights and shadows to enlarge your understanding of drawing and painting principles. Work with your choice of media including colored pencil, pen and ink, acrylic, oil and watercolor. Returning students may work on independent projects.

Total Cost: $249 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-809-A2M (Instructor: Sara Abel-DeLuca)
Wed., Sep. 14 - Nov. 16, 6:30 - 9:00 PM (10 sessions)
Washington Road Campus, A013
Course #: PDE-809-B2M (Instructor: Diane Margiotta)
Fri., Sep. 23 - Dec. 2, 12:30 - 3:00 PM (10 sessions; no class 11/25)
Washington Road Campus, A013

Studio Art: Drawing and Painting

Students who have completed the course Drawing and Painting (Continuing) will work on independent projects and explore more advanced techniques in a variety of media.

Total Cost: $249 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-728-A2 (Instructor: Sara Abel-DeLuca)
Wed., Sep. 14 - Nov. 16, 6:30 - 9:00 PM (10 sessions)
Washington Road Campus, A013
Course #: PDE-728-B2 (Instructor: Diane Margiotta)
Fri., Sep. 23 - Dec. 2, 9:30 - 12:00 PM (10 sessions; no class 11/25)
Washington Road Campus, A013

Sarah Abel-DeLuca has an MFA from Brooklyn College and has taught art for 20 years at the high school and college levels. Her work has been exhibited in Maryland and New York and hangs in private collections throughout the United States and Europe. As the owner of “Sarah Abel-DeLuca, Artist” (www.abelartist.com), she makes her living as a commissioned painter.

Diane Margiotta has a Master of Fine Arts from Maryland Institute College of Art. She has taught on both the high school and college levels for many years. She loves working in various mediums from painting to ceramics. She has exhibits regularly on the east coast.

Suzanne Brault is a multi-talented artist who has vast experience in creating work and teaching in drawing, painting, printmaking, collage, ceramics, wire sculpture and 3-D construction. She brings her experience and enthusiasm to teaching the littlest learner to seasoned veterans.

Basic Drawing

Discover your artistic capabilities even if you’ve never drawn before. Individual attention provides encouragement to each student to progress with confidence. Learn the different media and techniques to enhance your skills. Exercises on sensitivity to line, light and shade effects, textures, tonal values and expression.

Instructor: Diane Margiotta
Total Cost: $168 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-755-A2M
Tue., Oct. 25 - Nov. 29, 6:30 - 9:00 PM (6 sessions)
Washington Road Campus, A013

Drawing for the Timid

Start from scratch or wherever your abilities lie. Learning to draw what you see will be fun with NO EMBARRASSMENT. (Laughter, YES!) Develop this skill found within us all. Bring a cheap white sketch pad 8” x 11” or larger, any pencils and a fine tip black water-soluble marker you like to use.

Total Cost: $79 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-007-A2
Tue., Sep. 20 - Oct. 11, 6:30 - 8:30 PM (4 sessions)
Washington Road Campus, A125

Drawing from the Human Figure Dynamically

Whether you conceive figure drawing as derived from a flat modern surface idea, or as the illusive quality of a rendered figure in space, contemporary art embraces the mixing and differing traditions and perspectives seen from multiple points of view. This intensive exploration of figure drawing is appropriate for beginning and advanced students.

Instructor: Ken Ecker
Total Cost: $367 (includes $67 fees)
MD senior adults pay fees only.
Course #: XXZ-778-A2M
Thu., Sep. 8 & 15, 6:30 - 9:00 PM (2 sessions)
Washington Road Campus, A013

Dynamics of Color Workshop

Explore the dynamics of color by doing studies based on Joseph Albers’ “Interaction of Color” using tempera paints. Execute still-life paintings utilizing these dynamics. Beginners and experienced painters learn what fascinating things colors can do. Topics include color mixing, value, chroma and hue. Develop a personal color vocabulary with confidence.

Instructor: Ken Ecker
Total Cost: $367 (includes $67 fees)
MD senior adults pay fees only.
Course #: XXZ-204-A2M
Thu., Nov. 3 & 10, 6:30 - 9:00 PM (2 sessions)
Washington Road Campus, A013
Acrylic Painting

Designed for painters of all skill levels, discover the proper paint and brush for your project. Study differences between paintings from a still life versus photographs. Learn simple techniques to create textures. Take paint off the canvas to transform everyday items into beautiful masterpieces with acrylic paint.

Instructor: Erin Kaltrider
Total Cost: $149 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-991-A2M
Sat., Oct. 15 - Nov. 19, 9:00 - 11:00 AM (6 sessions)
Washington Road Campus, A013

Paint Night

Grab your friends and family and release the creative spirit! Create your own unique work of art with an expert artist to guide you in just a few hours. All supplies are provided: canvases, paints and brushes. All we need is you and your friends to unleash your inner Picasso!

Instructor: Erin Kaltrider
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-777-A2
Thu., Sep. 22, 6:30 - 9:00 PM
Washington Road Campus, A013
Course #: XXZ-777-B2
Thu., Oct. 20, 6:30 - 9:00 PM
Washington Road Campus, A013
Course #: XXZ-777-C2
Thu., Nov. 17, 6:30 - 9:00 PM
Washington Road Campus, A013

Erin Kaltrider, owner of Erin Kaltrider Art and Designs, LLC, is an emerging artist, working primarily in acrylic paints. She uses bold colors and varied medium to produce sentimental pieces in a Painterly, Abstract or Realism manner. Kaltrider is eager to share her passion and encourage self-expression at all skill levels.

Painting: Abstraction

Join the journey through the rich complexity that is making contemporary art an exciting place to learn. Explore abstract painting through a variety of problem-solving strategies. Experiment with composition through use of line, shape and color. Move at your own pace to develop images in abstraction and expressive methods. Some previous painting experience helpful but not required.

Instructor: Shannon Hirsh
Total Cost: $147 (includes $45 fees)
MD senior adults pay fees only.
Course #: PDE-919-A2M
Tue., Sep. 20 - Oct. 18, 6:30 - 8:30 PM (5 sessions)
Washington Road Campus, A013

Painting from the Heart

Explore the artist in you, express your own painting poetry and develop your own painting language. Exercise your creativity without concern for results. Free association, individual expression and imagination will be encouraged while working from still life, figure and landscape. Wide range of skills welcome. Paint to your heart’s content!

Instructor: Ken Ecker
Total Cost: $78 (includes $78 fees)
MD senior adults pay fees only.
Course #: XXZ-904-A2M
Thu., Oct. 6 & 13, 6:00 - 9:00 PM (2 sessions)
Washington Road Campus, A013

Ken Ecker, a professional artist living and teaching art in New York City, draws on his passion for teaching art to bring out the creativity and talent of his students, both adult and youth.

Watercolor Painting: Basics & Beyond

Explore techniques essential to creating beautiful watercolor paintings. Learn how to choose and use materials, mix colors, make textures and more. Demonstrations are given using landscape, still life, objects and portraits. Returning students may experiment with other mixed media approaches with acrylic, gouache and tempera. Do the weekly painting or explore avenues of your own. Learn how light effects a painting, and tricks to make your paintings easier.

Instructor: Stacy Lund Levy
Total Cost: $168 (includes $45 fees)
MD senior adults pay fees only.
Course #: XXZ-854-A2
Tue., Nov. 29 & Dec. 6, 6:00 - 9:00 PM (2 sessions)
Washington Road Campus, A013

Stacy Lund Levy, a polymer clay and mixed media artist, has displayed her work at the Top of the World, World Trade Center in Baltimore, the Carroll County Arts Center, and multiple local craft shows. She is owner of Lund Art Studios and excited to spark creativity in all her students.

Fine Craft

The Art of Stained Glass I

In the tradition of Tiffany stained glass, create a simple suncatcher and hanging flat panel. Learn basic techniques of design, cutting and construction. Tools and most basic supplies are included. Instructor will discuss consumable supplies needed at first class. Instructor: Cathy Trostle
Total Cost: $155 (includes $155 fees)
MD senior adults pay fees only.
Course #: XXZ-314-A2M
Wed., Sep. 28 - Oct. 26, 6:30 - 9:00 PM (5 sessions)
Washington Road Campus, A015

Clay Ornaments

Create a one-of-a-kind ornament to deck your halls or as a personalized gift for someone special. Fashion your own ornaments using clay. Handmade ornaments make wonderful gifts and make for a special keepsake to remember a special event from the year. Use your own design or work from instructor’s samples. Either way you’ll have fun making your own holiday decor.

Instructor: Stacy Lund Levy
Total Cost: $75 (includes $75 fees)
MD senior adults pay fees only.
Course #: XXZ-777-A2
Thu., Oct. 6 & 13, 6:00 - 9:00 PM (2 sessions)
Washington Road Campus, A013

Erica Kaltrider is an emerging artist, working primarily in acrylic paints. She uses bold colors and varied medium to produce sentimental pieces in a Painterly, Abstract or Realism manner. Kaltrider is eager to share her passion and encourage self-expression at all skill levels.

Clay Sculptures

Bring your imagination off the flat page and into the 3D world. Smooch your hands into clay and form a variety of “creatures” in clay, capturing the unique character of each piece. Start with small simple projects, then move to projects with more detail. Study techniques to make intricate patterns and design that are one-of-a-kind. Relaxing, productive and so much fun! Instructor: Stacy Lund Levy
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-622-A2
Wed., Oct. 12 & 19, 6:00 - 9:00 PM (2 sessions)
Washington Road Campus, A200

What students are saying...

“This class was informative, fun and different!”

— Student from Polymer Clay
Feather Basket

In colonial times, this style of basket kept feathers clean and together. Create one of your own to keep all of your stuff clean, together and hidden behind this gorgeous basket. From its lovely handmade handle to its sturdy bottom, how did you live without it!

**Instructor:** Joan Betzold

**Total Cost:** $135 (includes $135 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-594-A2M**

**Thu., Nov. 3 – 17, 6:00 – 9:00 PM (3 sessions)**

**Washington Road Campus, M157**

Joan Betzold is an avid basket maker and teacher who applies and teaches age old traditional techniques. Featured in Maryland Life Magazine, she has won many awards including Basket of the Year, Recycling Project of the Year and People’s Choice Award at the Maryland State Fair, the Mayor’s Choice 2013 at Arts Alive in Ocean City and first place in Fiber at the 2014 Catonsville Festival of Arts. She is a frequent vendor in the spring and holiday markets at the Carroll County Ag Center. Her masters’ degree and lifelong career in health and recreation fits perfectly with her passion for teaching and creating.

Fused Glass Dish

Astonish your friends and family with your personal glass creation. Or give a one-of-a-kind gift. Choose one of two projects. All materials are provided to create a 6”x6” or 5”x10” dish. Create a piece of art that is functional and beautiful. No experience necessary. Material fee includes all materials and firing. Projects will be fired off-site. Allow two weeks for pick-up.

**Instructor:** Cathy Trostle

**Total Cost:** $55 (includes $55 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-259-A2**

**Wed., Nov. 9, 6:30 - 9:00 PM**

**Washington Road Campus, A015**

Fused Glass Snowflake

Let it snow, let it snow, let it snow! Even though the weather is cold, capture the sun in a stunning, one-of-a-kind stained glass suncatcher. Celebrate the season and enhance your home or gift family and friends. No experience necessary. Material fee includes all materials and firing for two snowflakes. Projects will be fired off-site. Allow two weeks for pick-up.

**Instructor:** Cathy Trostle

**Total Cost:** $50 (includes $50 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-259-A2**

**Wed., Dec. 7, 6:30 - 9:00 PM**

**Washington Road Campus, A015**

Stained Glass Studio and in her private studio Woodland Glass in Gettysburg.

Introduction to Polymer Canework

Learn the art of cane working. A cane is a cylinder of clay that has a design running through it, so each slice of the cane - the cross-section - contains the design. Canes can be made of any design - and your cane can be round, square, triangular, or any other regular shape. Use a single slice of your cane, or decorate a bead with a veneer of slices from the same cane.

**Instructor:** Patti Boyle

**Total Cost:** $40 (includes $40 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-624-A2**

**Mon., Oct. 24, 6:30 - 9:00 PM**

**Washington Road Campus, A015**

Scaredy Cat Basket

A purr-fect fall decoration! The handle of this unique basket is an arched cat that is attached to a lovely orange basket with the corners woven as legs. This claw-some basket is woven in the tradition of a “cat’s head” basket. Turn it upside down and the “legs/corners” on the basket are the ears of the cat. So fun and paw-sitively perfect for those Halloween treats!

**Instructor:** Joan Betzold

**Total Cost:** $110 (includes $110 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-593-A2M**

**Thu., Oct. 6 – 20, 6:00 – 9:00 PM (3 sessions)**

**Washington Road Campus, M157**

Jewelry

Introduction to Polymer Clay Jewelry: Make Your Own Beads

Discover your artistic side and fabricate your own beautiful beads. Learn the basics of polymer clay and create five unique beads types for your next project. With the finished beads make a necklace, bracelet or so much more on your own. All materials are included in the cost. Bring aluminum foil and a small box to carry your unbaked beads.

**Instructor:** Patti Boyle

**Total Cost:** $40 (includes $40 fees)

**MD senior adults pay fees only.**

**Course #: XXZ-832-A2**

**Mon., Nov. 7, 6:30 - 9:00 PM**

**Washington Road Campus, A015**

Patti Boyle has 20 years of polymer experience. Her passion is making, experimenting and promoting her polymer jewelry. She loves helping students to express themselves in this jewelry medium. Boyle holds a BA in Business Management from Salisbury State University.

Music

Class Piano for Adults — Beginner I

Learn techniques and reading skills in a friendly group setting. Use individual electronic keyboard pianos and move at your own pace. Each class features material presented to the group, followed by time for individual help. Recommended text: Alfred’s Basic Adult Piano Course - Level 1 Lesson Book. (Available in local music stores or through Amazon, but not CCC Bookstore). **Instructor:** Kathy Novalis

**Total Cost:** $95 (includes $95 fees); plus text MD senior adults pay fees only.

**Course #: MSC-036-A2B**

**Fri., Sep. 23 - Dec. 2, 9:00 - 10:00 AM**

(10 sessions; no class 11/25)

**Washington Road Campus, T409**

Class Piano for Adults — Continuing II

For students who have completed the Beginner course or are proficient in basic note and rhythm reading. Using individual electronic keyboard pianos, each class features material presented to a group, followed by individual help. Recommended text: Alfred’s Basic Adult Piano Course Level 1, later the class transitions into Alfred’s Basic Adult Piano Course, Level 2. (Available in local music stores or through Amazon, but not CCC Bookstore).

**Instructor:** Kathy Novalis

**Total Cost:** $95 (includes $95 fees); plus text MD senior adults pay fees only.

**Course #: MSC-037-A2B**

**Fri., Sep. 23 - Dec. 2, 10:00 - 11:00 AM**

(10 sessions; no class 11/25)

**Washington Road Campus, T409**

Class Piano for Adults: Accelerated Beginner

Continue to work through the Alfred’s Basic Adult Piano Course, Level 2 and Level 3 (available in local music stores or through Amazon, but not CCC Bookstore), plus music of your choosing. New concepts are presented weekly followed by time for individual help. Students should be proficient in note and rhythm reading.

**Instructor:** Kathy Novalis

**Total Cost:** $95 (includes $95 fees); plus text MD senior adults pay fees only.

**Course #: XXZ-482-A2B**

**Fri., Sep. 23 - Dec. 2, 10:00 - 11:00 AM**

(10 sessions; no class 11/25)

**Washington Road Campus, T409**

Kathy Novalis, professional musician, singer, accompanist/performer, and teacher, has taught various private and group classes in voice and piano. She holds a B.A. in music from University of Rochester, Eastman School of Music.
Photography

Crafting the Photograph: Level 1

Photography is the way you see things. Learn to use your digital camera to take creative control of your photographs, using the latest techniques. This class is for all digital cameras, DLSR and mirrorless, with interchangeable lenses. Prerequisite: Operating Your Digital Camera.

Total Cost: $154 (includes $154 fees)
MD senior adults pay fees only.

Course #: XXZ-566-A2P
Wed., Sep. 21 - Nov. 2, 6:30 - 8:30 PM (7 sessions)
Washington Road Campus, PS21

Course #: XXZ-566-B2P
Tue., Oct. 11 - Nov. 22, 7:00 - 9:00 PM (7 sessions)
Washington Road Campus, PS20

Crafting the Photograph: Level 2

Take your photos to the next level. Learn how and when to go beyond basic camera techniques to create accomplished photographs of people, animals, landscapes, plants and still life. Explore depth of field, shutter speed, filters and consistency! Bring your digital camera and manual to class. Take pictures with confidence and consistency!

Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.

Course #: XXZ-358-A2 (Instructor: Daniel Humphries-Russ)
Thu., Sep. 8, 6:00 - 9:00 PM
Washington Road Campus, L284

Course #: XXZ-358-B2 (Instructor: Steve Solomon)
Sat., Sep. 10, 9:00 - 12:00 PM
Washington Road Campus, K116

Course #: XXZ-358-C2 (Instructor: Daniel Humphries-Russ)
Thu., Sep. 15, 6:00 - 9:00 PM
Washington Road Campus, L284

Course #: XXZ-358-D2 (Instructor: Steve Solomon)
Sat., Sep. 17, 9:00 - 12:00 PM
Washington Road Campus, K115

Course #: XXZ-358-E2 (Instructor: Daniel Humphries-Russ)
Thu., Oct. 6, 6:00 - 9:00 PM
Washington Road Campus, K128

Daniel Humphries-Russ, a professional photographer with over 30 years’ experience, has worked for the “Pittsburgh Press” and was the master printer for Allied Photo Industries, producing marketing materials for Fortune 500 companies. Since 2008 he has concentrated on producing large format, limited edition, original fine art prints. His website is http://www.humphries-russ.com.

Steve Solomon, professional photographer and owner of S.V. Solomon Photography, brings 14 years of photography experience to his teaching to help students understand and create strong photographs, using the latest techniques.

What students are saying...:

“The class was great, I got so much out of it and the handouts were wonderful. Dan does a wonderful job!”

— Student from Photography class
**Digital Art**

Instructor: Jeri Eaton

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Lightroom 5: The Digital Darkroom
Get started with Lightroom whether you are an amateur photographer or a pro. Follow a photographer’s work flow from importing photos and managing them in the library to editing and correcting photos. Explore ways to share and print your amazing images with this software. Bring an 8 to 16 GB USB flash drive to each class to store your photos. A free trial version of Lightroom 5 can be uploaded to your computer at home. Prerequisite: Operating Your Digital Camera. Instructor: Walt Calahan
Total Cost: $110 (Includes $110 fees)
MD senior adults pay fees only.
Course #: XXZ-338-A2P
Sat., Oct. 15 - Nov. 12, 9:00 - 11:00 AM (5 sessions)
Washington Road Campus, K203
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Photostop: Creating Original Digital Art
The digital arts medium presents infinite artistic possibilities. Explore sourcing images, digital techniques, and methods to create original compositions. Address the ethics of digital manipulation. Photoshop experience is required. Instructor: Shannon Hirsch
Total Cost: $118 (includes $118 fees)
MD senior adults pay fees only.
Course #: XXZ-604-A2P
Mon. & Wed., Nov. 9 - 21, 6:00 - 9:00 PM (4 sessions)
Washington Road Campus
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Portrait Photography
Create distinctive photographic portraits. Learn the basics of available and controlled lighting techniques that provide the foundation for making portraits with psychological depth and impact. Learn to set up a simple portrait studio. Photogaph a live model. Use various backgrounds, props, reflectors, posing techniques and lighting arrangements. Bring your digital SLR with medium length (18-55mm or longer) zoom lens and manual to class. Prerequisite: Crafting the Photograph.
Instructor: Walt Calahan
Total Cost: $101 (includes $101 fees)
MD senior adults pay fees only.
Course #: XXZ-953-A2P
Wed., Nov. 2 - 30, 7:00 - 9:00 PM (4 sessions; no class 11/13)
Washington Road Campus, K129
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How to Control Depth of Field
Utilize your camera and lens capabilities to emphasize your photographic vision. Understanding depth of field enhances expression and draws attention to your photos by isolating and emphasizing the scene, subject or action. Bring a tripod or other device for stabilizing the camera and charged batteries. Class may be held indoors or outside. For SLR cameras only. Prerequisite: Crafting the Photograph.
Instructor: Steve Solomon
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-140-A2P
Sat., Oct. 22, 9:30 - 11:30 AM
Washington Road Campus, A125
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Nikon DSLR: Set-up & Functions
Learn the features and functions of your Nikon DSLR including: displays, menus, buttons and dials. Explore 3D matrix, center-weighted, spot metering, study scene modes and more. Discuss Active-D Lighting, color space and noise reduction. Compare RAW and JPEG formats. Capture images under the widest variety of conditions. Bring your Nikon D-SLR, lens or lenses, User’s Manual, formatted memory card, and charged battery to class. For Nikon D-SLR cameras only. Prerequisite: Operating the Digital Camera.
Instructor: Daniel Humphries-Russ
Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XXZ-558-A2P
Thu., Oct. 20, 6:30 - 9:00 PM
Washington Road Campus, T317
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Body and Mind

Awareness through Movement: Connecting From Head to Toe
Twisting the wrist, turning the head and lifting can be difficult either through age, injury or the stress of living. Reclaim the ease of these movements with the Feldenkrais Method®. Whether you wish to sit more comfortably at your computer, garden without aching knees and back, or improve performance in a 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
Total Cost: $79 (includes $79 fees)
MD senior adults pay fees only.
Course #: XXZ-558-A2
Tue., Sep. 27 - Nov. 15, 6:00 - 7:00 PM (8 sessions)
Washington Road Campus, M157
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Jeri Eaton is a writer, real estate owner, Feldenkrais practitioner, operator-of-the-household and  ```
finds that the Feldenkrais Method® of movement helps her navigate her many demands. She is a Guild Certified Feldenkrais Practitioner, having completed the Guild’s 4-year/800-hour training.

**Biomarkers of Aging: Turning Back Time**

Learn to recognize 10 physiological factors associated with aging. These biomarkers of aging are controllable, regardless of your age or present health. Discover techniques to help you feel healthy at any age, help double your energy and feel terrific. Instructor: Anne Marie Parish

**Total Cost:** $30 (includes $30 fees)
**MD senior adults pay fees only.**
**Course #: XXZ-817-A2**
**Wed., Nov. 9, 6:30 - 8:30 PM**
**Washington Road Campus, K115**

Anne Marie Parish, a Health Educator with a master’s degree in Health Education/Exercise Physiology, has 20 years’ experience encouraging students to modify lifestyle habits improving health and wellness. Previously with the Pentagon Fit to Win program, she taught patient education and employee wellness as well as being a speaker, writer, and facilitator on health topics.

**Gentle Yoga**

Stretches, postures and breathing exercises are adapted to your needs to bring calmness, stress reduction and a feeling of well-being. The stretches and simple yoga postures release tension and bring flexibility to the shoulders, neck, back, hips and legs. 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 class. Instructor: Syeda Khan

**Total Cost:** $87 (includes $87 fees)
**MD senior adults pay fees only.**
**Course #: XXZ-862-A2**
**Sat., Oct. 15 - Nov. 19, 9:00 - 10:30 AM (6 sessions)**
**Washington Road Campus, P527**

Syeda Khan is a certified yoga instructor specializing in therapeutic yoga, meditation and chair yoga, which helps students to go deeper in their poses. Syeda has taught abroad and currently teaches locally and privately. She demonstrates meditation, massage, breathing exercises and poses that encourage relaxation, peace and harmony.

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**Healing With Homeopathic Remedies and the Bach Flower Essences**

Learn what homeopathic medicine is, how it works, potency and dosage. Utilize the 20 most used homeopathic remedies, including arnica, chamomile and gelsemium. Learn how to administer these remedies safely to address bee stings, food poisoning, bruises, headaches, teething and grief. Leave with handouts that are an excellent resource for acute and first aid situations. Dr. Edward Bach believed that most illness began in a weakened emotional state. Learn how these 38 flower essences can strengthen your inner core and keep you healthier. Instructor: Jeanne Deigman-Kosmides

**Total Cost:** $75 (includes $30 fees)
**MD senior adults pay fees only.**
**Course #: PDE-771-A2**
**Mon., Sep. 12 – Nov. 10, 7:15 - 8:15 PM (8 sessions)**
**Washington Road Campus, K115**

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

**Relaxation, Guided Imagery, and Stress Reduction**

Learn new ways to manage stress and revitalize your mind and body. Emphasis on the mind-body connection for overall health. Discover relaxation techniques to calm your mind. Explore lifestyle and food choices to nourish your body. Discuss how reducing stress benefits your overall health. Instructor: Michele Pedersen

**Total Cost:** $149 (includes $45 fees)
**MD senior adults pay fees only.**
**Course #: PDE-994-A2**
**Tue., Oct. 4 – Nov. 8, 6:30 – 8:00 PM (6 sessions)**
**Washington Road Campus, K115**

**What students are saying...**

“Absolutely loved this class! Syeda is an excellent instructor, and very knowledgeable. I so look forward to this class each week.”

— Student from Gentle Yoga

**Yoga & Meditation for Healthy Body, Mind and Spirit**

Practice a variety of techniques to relax, concentrate and meditate including breath work, visualizations, deep relaxation, gentle and restorative yoga postures, and meditation styles. Receive the benefits meditation and yoga offer including reduction of stress, increased ability to focus, enhanced wellbeing and more. Dress comfortably and bring your yoga mat. Instructor: Jeanne Deigman-Kosmides

**Total Cost:** $75 (includes $50 fees)
**MD senior adults pay fees only.**
**Course #: PDE-772-A2**
**Mon., Nov. 7 – 21, 6:00 - 8:30 PM (3 sessions)**
**Washington Road Campus, K116**

**Tai Chi**

The gentle, slow and energizing movements of Tai Chi have been shown to increase concentration and awareness, improve balance and flexibility, and provide greater vitality and overall health. The Tai Chi Fundamentals class will focus on basic concepts and movements and learning the 24-posture Yang style short form for intermediate and advanced students will learn more advanced energy exercises and forms as well as applications of the various movements.

**Fundamentals of Tai Chi**

Learn the basic concepts and movements of Tai Chi as well as the 24-posture Yang style short form. Study various movements that demonstrate the principles of Tai Chi and promote relaxation and energy development such as silk reeling, Qi Gong exercises, animal frolics, and two-person exercises. Team-teaching allows continuous skill development to prepare for the intermediate/advanced class. Students may need to repeat this class to master the 24-posture.

Instructors: Bill Whitenton and Linda Albright

**Total Cost:** $149 (includes $45 fees)
**MD senior adults pay fees only.**
**Course #: XXZ-862-A2**
**Wed., Nov. 9, 6:30 - 8:30 PM**
**Washington Road Campus, K115**

Bill Whitenton, with over 13 years studying Tai Chi, has attended workshops in San Shou, worked with silk reeling exercises, and Qi Gong breathing. Bill is proficient in the Jang 24 form and has studied the Jang short form and Chen short form as well.

Linda Albright has been studying Tai Chi since 1999. As a Speech and Language Pathologist with Baltimore County Public Schools, she worked and taught for 26 years. Linda’s expertise in Tai Chi comes from her years of study with Jerry Diamond and workshops in San Shou and Shiba Luahangong.
Tai Chi: Intermediate/Advanced

Build on the basics of Tai Chi using traditional Chinese ‘forms’, choreographed sequences of movements, to demonstrate Tai Chi principles, martial applications, and health benefits. Intermediate students will learn a popular Yang style form, the energizing reeling silk exercises and be introduced to 2-person push hands and other simple 2-person exercises. Advanced students will learn a Chen style form, introduction to the sword form and will practice short 2-person acts to demonstrate martial applications and refine Tai Chi movements.

Instructor: Jerry Diamond
Total Cost: $79 (includes $79 fees)
MD senior adults pay fees only.
Course #: XXZ-156-A2P
Thu., Sep. 22 - Nov. 10, 7:30 - 8:30 PM (8 sessions)
Washington Road Campus, PS27

Jerry Diamond has been practicing Taiji (Taichi) for over 30 years and teaching to all ages since 1984 and the college since 1999. For the past several years, Jerry judged the Chinese Kuoshu Martial Arts Tournament in Hunt Valley. His classes emphasize the principles of Taiji with the goal of improving health, flexibility, focus and balance.

Fitness

Aerobic Dancing

Offers a progressive multi-level course professionally choreographed for the “non dancer” by Jackie Sorenson. Exercise at your own level (walk, jog or run) as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and socialize with friends. Programs are medically tested for your safety.

Instructor: Nancy Brett
Total Cost: $110 (includes $110 fees)
MD senior adults pay fees only.
Course #: XXQ-979-A2
Mon. & Wed., Sep. 12 - Dec. 12, 6:00 - 7:00 PM (26 sessions; no class 11/23)
Washington Road Campus, PS27

Self Defense for Women

Everyone has the right to defend themselves. Learn how not to be the victim. Gain basic skills to help defend yourself and go through some simple scenarios to develop safe habits. Discover how you can strike, escape grabs, defend against choking and improve your personal safety.

Instructor: Debra McCarron
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-340-A2
Wed., Oct. 26, 6:00 - 9:00 PM
Washington Road Campus, M157

Debra McCarron holds her Fourth Degree Black Belt in Taidkwan and a Blue Belt in Brazilian Jiu-Jitsu. She is the Operations Manager and a Black Belt instructor at Tri Star Martial Arts. Debra holds certifications in group fitness, cardio kickboxing and personal training.

Hiking in Maryland

Get in shape while exploring some of the best hiking trails in the surrounding area. Learn basic safety and hiking techniques including principles, procedures, survival and safety techniques. Understand the terrain, path markers, weather conditions, clothing and footwear for basic hiking. The first class meets on campus, remaining classes meet at the designated hiking location for hands-on learning. You must attend the first class to participate in any of the hikes. Students provide own transportation to field trips.

Instructor: Bud Grace
Total Cost: $109 (includes $109 fees)
MD senior adults pay fees only.
Course #: XXZ-683-A2T

Classroom Session
Mon., Sep. 26, 7:00 - 9:00 PM
Washington Road Campus, K128

Saturday Hikes, 9:00 AM - 12:00 PM
Oct. 1 - Piney Run Park
Oct. 8 - Hike Hawksha
Oct. 15 - Patapsco Valley State Park
Oct. 22 - Morgan Run Natural Environment Area

Bud Grace, owner of the Wild Heart Outfitters in Westminster, has been organizing outdoor trips for 10 plus years. He has extensive experience in the “back country” teaching students how to survive in the great outdoors.

Everfit for Seniors

Practice movements that increase joint mobility, balance, strength, flexibility and general fitness education for active older adults. All classes held at the Y of Central Maryland in Westminster.

Twice a week/23 sessions
Total Cost: $70 (includes $70 fees)
MD senior adults pay fees only.
Course #: XXZ-382-A2M
Mon., Wed. & Fri., Aug. 29 - Oct. 21, 4:30 - 5:20 PM (23 sessions; no class 9/5)

Twice a week/16 sessions
Total Cost: $52 (includes $52 fees)
MD senior adults pay fees only.
Course #: XXZ-382-B2M
Tue. & Thu., Aug. 30 - Oct. 20, 6:00 - 6:50 AM (16 sessions)

Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XXZ-382-C2M
Mon. & Wed., Sep. 12 - Dec. 12, 6:00 - 7:00 PM (26 sessions; no class 11/23)
Washington Road Campus, P527

Total Cost: $79 (includes $79 fees)
MD senior adults pay fees only.
Course #: XXZ-382-D2M
Thu., Sep. 22 - Dec. 15, 11:25 AM - 12:15 PM (15 sessions; no class 11/24)

YMCA

Body Sculpt

This muscle conditioning class increases muscular strength and endurance by challenging all the major and minor muscle groups through the utilization of free-weights, dyna-bands, body bars and/or stability balls. All classes held at the Y of Central Maryland in Westminster.

Three times a week/23 sessions
Total Cost: $104 (includes $104 fees)
MD senior adults pay fees only.
Course #: XXZ-400-A2M
Mon., Wed. & Fri., Aug. 29 - Oct. 21, 4:30 - 5:20 PM (23 sessions; no class 9/5)

Twice a week/15 sessions
Total Cost: $67 (includes $67 fees)
MD senior adults pay fees only.
Course #: XXZ-400-B2M
Tue. & Thu., Oct. 25 - Dec. 15, 11:25 AM - 12:15 PM (15 sessions; no class 11/24)
Water Fitness
Enjoy the benefits of reduced impact and added resistance with water-based exercise. This is a cardiovascular and muscle conditioning workout that's done in the pool and is easily adapted to all fitness levels. All classes held at the Y of Central Maryland in Westminster. All classes held at the Y of Central Maryland in Westminster.

Twice a week/15 sessions
Total Cost: $75 (includes $75 fees)
MD senior adults pay fees only.
Course #: XXZ-299-A2M
Mon. & Wed., Aug. 29 - Oct. 19, 9:00 - 10:00 AM
(15 sessions; no class 9/5)
Course #: XXZ-299-B2M
Mon. & Wed., Aug. 29 - Oct. 19, 11:30 AM - 12:30 PM
(15 sessions; no class 9/5)
Course #: XXZ-299-C2M
Mon. & Wed., Aug. 29 - Oct. 19, 11:30 AM - 12:30 PM
(15 sessions; no class 9/5)
Course #: XXZ-299-H2M
Tue. & Thu., Oct. 25 - Dec. 15, 11:30 AM - 12:30 PM
(15 sessions; no class 11/24)

Twice a week/16 sessions
Total Cost: $80 (includes $80 fees)
MD senior adults pay fees only.
Course #: XXZ-299-D2M
Tue. & Thu., Aug. 30 - Oct. 20, 11:30 AM - 12:30 PM
(16 sessions)
Course #: XXZ-299-E2M
Mon. & Wed., Oct. 24 - Dec. 14, 9:00 - 10:00 AM
(16 sessions)
Course #: XXZ-299-F2M
Mon. & Wed., Oct. 24 - Dec. 14, 11:30 AM - 12:30 PM
(16 sessions)
Course #: XXZ-299-G2M
Mon. & Wed., Oct. 24 - Dec. 14, 11:30 AM - 12:30 PM
(16 sessions)

Zumba
Zumba is a fusion of body sculpting movement with easy-to-follow dance steps to the tune of Latin and International music. Features aerobic/fitness interval training, instructed by a Zumba certified instructor.
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-078-A2M
Sun., Sep. 11 - Oct. 23, 11:15 AM - 12:15 PM (7 sessions)
Course #: XXZ-078-B2M
Sun., Oct. 30 - Dec. 18, 11:15 AM - 12:15 PM (7 sessions; no class 11/27)

HISTORY, CULTURE AND WORLD VIEW

American Revolutionary War
Examine the events of the French and Indian War and rebellion including the Socio-Political Rebellion and leaders of the Boston factions, rise of the Sons of Liberty, the Boston Tea Party and Act, and British occupation of the city. From Lexington and Concord, the Revolutionary War was the longest war in American history until Vietnam. Review the key leaders, battle, military strategy, plans and operations including the Treaty of Paris. Instructor: Chris Tallevast
Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XXZ-665-A2
Thu., Oct. 13 & 20, 6:00 - 9:00 PM (2 sessions)
Washington Road Campus, L284

Chris Tallevast, holds an M.A. in Military History from Norwich University. Tallevast is a popular instructor at Carroll Community College and the Community College of Baltimore County. He is passionate about the Early Republic and military history especially the War of 1812 and the Civil War.

The Great War and the Twenty-Year Truce
Survey European history from 1900 to 1939. Focus on the political, social, economic, cultural and intellectual changes that exploded from World War I. Particular attention will be given to how people in nations old and new attempted to build a permanent peace and prosperity. Failure brought a resumption of the fighting, and an end to European domination of the globe. Instructor: Dr. Robert Young
Total Cost: $426 (includes $30 fees; plus text MD senior adults pay fees only.
Course #: PDE-912-A2B
Tue. & Thu., Aug. 30 - Dec. 8, 12:30 - 1:50 PM
(29 sessions; no class 11/24)
Washington Road Campus, K127

History of Immigration in Western Civilization
Surveys classical, medieval, and early modern civilization, as well as its interactions with other civilizations including the world of Islam. The course examines political, economic, cultural, social, and religious history, and identifies sources of both violence and dialogue between different civilizations. Prerequisite: exemption/completion of READ-099/READ-101. Three hours lecture each week.
Instructor: Kate Fanning
Total Cost: $426 (includes $30 fees); plus text MD senior adults pay fees only.
Course #: PDE-068-A2B
Mon. & Wed., Aug. 29 - Dec. 7, 3:30 - 4:50 PM
(28 sessions; no class 9/5 & 11/23)
Washington Road Campus, K127

History of the Civil War

JEB Stuart’s Cavalry
Study the actions of J.E.B. Stuart and the Confederate Cavalry during the pivotal Gettysburg Campaign. Study the famous cavalry battles at Brandy Station and near Gettysburg. Discuss the smaller battles such as Aldie, Middleburg, Upperville, Westminster, Hanover and the myriad of smaller battles during the retreat from Gettysburg. Debate the actions of one of the most controversial aspects of the Gettysburg Campaign. Instructor: Phil Muskett
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-667-A2
Thu., Nov. 3, 6:30 - 9:30 PM
Washington Road Campus, L284

Philip Muskett, a Gettysburg Licensed Battlefield Guide, is a graduate of American Military University, with a Master’s Degree in Military Studies. He is a passionate amateur historian with a love for the American Civil War. He has authored several articles for Military History Online.

Point Lookout
This Union P.O.W. camp created for the Confederate prisoners captured during the Battle of Gettysburg. By the end of the war, it held more than 20,000 prisoners in squalid, subhuman conditions. Explore the creation and history of the camp, and the inhumane bureaucratic machinations that transformed the camp into a living hell where the mortality rate equaled those at Andersonville, the notorious Confederate prison camp in Georgia. Instructor: Bob Allen
Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-666-A2
Tue., Nov. 15, 6:30 - 9:30 PM
Washington Road Campus, A125

Carroll Community College | Continuing Education & Training | 410-386-8100 | Register at www.carrollcc.edu/instantenrollment
Lecture Series with David Booz

Join instructor David Booz as he explores the many facets of the Civil War. David is a passionate educator and Civil War historian of 45 years, sought after consultant on numerous Civil War TV and movie projects and local Civil War activist, who frequently presents to groups interested in the Civil War.

The Maryland Line in the American Revolutionary War

In the American Revolution General George Washington had one unit that he knew could always depend on - the Maryland Line of the Continental Army. Each state furnished men to the Continental Army and these units were called “Lines”. The first Marylander units went north to help the Revolution in 1775 and the Maryland Line stayed in the army until the end in 1783. After the battle of Long Island in 1776 Washington ordered the Maryland Line to keep their bayonets on their muskets at all times, the highest honor a unit could get in that age. Find out how and why the Maryland Line deserved this honor.

Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-260-A2
Wed., Sep. 21, 6:30 - 9:30 PM
Washington Road Campus, K115

Antietam in the Morning

The battle of Antietam (or Sharpsburg) was the bloodiest single day in American history. Much of the horror and destruction of that battle occurred in the morning on September 17, 1862. The bloody fighting in the Cornfield, the East and West Woods, the Dunker Church, and the Sunken Road was beyond any butchery that these two armies had experienced. Find out what happened on that bloody morning and how the survivors reacted.

Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-280-A2
Thu., Oct. 20, 6:30 - 9:30 PM
Washington Road Campus, T315

What students are saying...”Excellent insight and captivating stories! Very interesting subject to explore. What a guy—great class!” —Student from David Booz class

Vicksburg

Many historians would agree that “The American Civil War could be lost in the East but it would be won in the West.” The campaign to capture Vicksburg was one of the most important campaigns of the war. For six months the Federals tried to capture Vicksburg to control the Mississippi River and cut the Confederacy in half. While the focus of many was in the East with Robert E. Lee and different Union generals, U.S. Grant was maneuvering to capture the strongest citadel that the Confederacy had on the Mississippi River. This campaign was one of the most important in American history. See if historians are right about the importance of Vicksburg.

Total Cost: $39 (includes $39 fees)
MD senior adults pay fees only.
Course #: XXZ-281-A2
Thu., Nov. 17, 6:30 - 9:30 PM
Washington Road Campus, K115

Travel Study

Spring Break International Travel

Travel and Study Abroad in Ireland

Student, faculty, staff and community members can travel as Lifelong Learning students within the Travel Study program. Contact the Travel Study Coordinators for more information: Dr. David Fell 410-386-8115 (wfell@carrollcc.edu) or Siobhan Wright 410-386-8207 (swright@carrollcc.edu).

Estimated Trip Cost: $3,442 Includes round trip airfare, hotel (2 – 3 travelers per room), daily breakfast, two full meals, guided tours, bus transportation in Ireland, sightseeing and admission fees, taxes and tips on all services and travel insurance.)
College registration fee: $25
Deposit: $400 due by Oct. 1 recommended; last possible registration date is Nov. 1. Once registered you will receive full payment instructions.

Course #: XXZ-256-A3
Wed. – Fri., Apr. 5 - 14

Ireland Trip Dinner & Information Night

Dinner Cost: $5
Thu., Sep. 15, 6:30-9:30 p.m.
Washington Road Campus, K100
Dinner sign-up and payment: College Cashier’s Office in A-Building by Fri., Sep. 9.

Celtic Spirituality

Celtic spirituality is a spiritual practice founded in the warmth and beauty of Ireland and her people. Explore the history of Celtic spirituality, and its practice from its beginnings in pagan worship, through Christian practice, and for today. Discover how Celtic spirituality is incorporated into our own lives and how it can be considered as a means to greater spiritual awareness and understanding, including pilgrimages, “thin places”, the celebration of community, and artistic expression. Instructor: Lynn Humphries-Russ

Total Cost: $39 (includes $30 fees)
MD senior adults pay fees only.
Course #: PDE-988-A2
Wed., Sep. 14 - Oct. 5, 6:00 - 8:00 PM (4 sessions)
Washington Road Campus, K129

Class field trip to the Labyrinth on the Gateway School Property

Irish Social Dancing I

Time to kick up your heels. Learn the steps used by groups of dancers - sometimes couples, or groups of 3, 6, 8 or more. Start with the basic steps and soon you’ll be stepping to the beat of fiddle and drum. Wonderful exercise and a whole lot of fun! Come on your own or bring a friend or two. Wear comfortable, supportive shoes (avoid flip-flops or high heels). Dancing can be aerobic, so plan on comfortable layers.

Total Cost: $95 (includes $95 fees)
Thu., Sep. 15, 6:30-9:30 p.m.
Washington Road Campus, K115

Irish Social Dancing II

Take your steps up a level! Learn more intricate steps. Wonderful exercise and a whole lot of fun. You do not need to bring a partner. Come by yourself and make new friends, or bring a friend or two. Wear comfortable, supportive shoes (avoid flip-flops or high heels). Dancing can be aerobic, so plan on comfortable layers.

Total Cost: $95 (includes $95 fees)
MD senior adults pay fees only.
Course #: XXZ-606-A2
Thu., Oct. 20 - Nov. 17, 7:00 - 9:00 PM (5 sessions)
Washington Road Campus, A010

Celtic Spirituality - Student from David Booz class

Excellent insight and captivating stories! Very interesting subject to explore. What a guy—great class!” —Student from David Booz class

Marilyn Moore

Marilyn Moore has been teaching Irish social dancing for more than 20 years. She has traveled extensively to work and study with internationally-known Irish dance teachers, including the late Connie Ryan, as well as master musician and folklorist Mick Moloney.
Taste of Ireland  

Fáilte (welcome) to a tasty Irish food course. Go beyond potatoes to the real flavors of the Emerald Isle. Enjoy hearty and delicious recipes that will please your family and friends. Try a taste of Dublin, experience the grub of Wicklow, revel in the flavors of Killarney, and try your hand at a recipe from Galway. Hands-on class.

**Instructor:** Tim Norwood  
**Total Cost:** $59 (includes $59 fees)  
**MD senior adults pay fees only.**  
**Course #: XCO-116-A2**  
**Tue., Oct. 18, 6:30 - 9:30 PM**  
**Carroll County Career and Technology Center**

**World View**

Being Human: Religion and Spirituality  
Religion is a cultural universal, occurring in some form in every society. Explore the nature of religion and spirituality from an anthropological perspective. Address the big questions: How does a person come to believe something? Is belief compatible with science? How do peoples’ spiritual traditions shape their lives? Does religion structure society, or vice versa? Explore human spirituality and take a grand tour of world faiths.  

**Instructor:** Julie Castillo  
**Total Cost:** $77 (includes $30 fees)  
**MD senior adults pay fees only.**  
**Course #: PDE-066-A2**  
**Fri., Oct. 7 - 28, 10:00 - 12:00 PM (4 sessions)**  
**Washington Road Campus, K127**

Evolution & Creationism: Why Can’t We Get Along?  
What’s really at the heart of this centuries-old animosity? Frame these two radically different ways of knowing, explore their roots, and get at the heart of their disagreement. Look for common ground, seek a meeting of the minds, and search for a viewpoint that allow these diverse positions to peacefully, respectfully co-exist.  

**Instructor:** Julie Castillo  
**Total Cost:** $50 (includes $50 fees)  
**MD senior adults pay fees only.**  
**Course #: PDE-979-A2**  
**Mon., Sep. 12 & 19, 6:30 - 9:00 PM (2 sessions)**  
**Washington Road Campus, L281**  
**Course #: PDE-979-B2**  
**Fri., Nov. 4 & 11, 10:00 AM - 12:30 PM (2 sessions)**  
**Carroll Lutheran Village**

Julie Castillo is a college anthropology instructor, enrichment curriculum designer, entrepreneur, writer, and futurist. She holds an MA in sociocultural anthropology from Catholic University with a specialty in gender studies and ethnopsychology. Julie is an accomplished teacher and speaker who brings a vibrant enthusiasm to her presentations.

Peace Studies  
Explore conflict and the possibility of its resolution into peace. Conflicts such as war, political and social oppression, interfaith dispute, violent crime, family abuse, and inner struggles all present obstacles to peace. A variety of disciplinary perspectives (including philosophy, religion, psychology, political science, sociology, geography, art and literature) will be used to consider central themes: the nature of peace, the nature of conflict, causes and types of conflict, transforming conflict into peace, and techniques for peaceful resolution. Prerequisite: ENGL-097 and READ-A-F. Three hours lecture each week.  

**Instructor:** Don Hoepfer  
**Total Cost:** $426 (includes $30 fees); plus text  
**MD senior adults pay fees only.**  
**Course #: PDE-992-A2B**  
**Tue. & Thu., Aug. 30 – Dec. 8, 11:00 AM - 12:20 PM (29 sessions; no class 11/24)**  
**Washington Road Campus, K128**

Philosophy and Cancer  
Explore an understudied aspect of the experience of cancer and other life-altering, life-threatening conditions. People with cancer face a distinctly philosophical task: seeking meaning when one’s world has been torn apart. Explore the task of seeking meaning in the midst of the crisis of loss of personal and social identity. This includes self-blame, isolation, depersonalization, cultural myths that stigma-tize, possible disability, distress from disease, the menace of recurrent disease and mortality, and unexpected challenges of survivorship. Focus on seeking meaning in the midst of experience that offers few ready answers. Class is geared toward people who have experienced cancer and those who care for them professionally and personally, however no personal experience on the part of students will be assumed.  

**Instructor:** Donald Hoepfer  
**Total Cost:** $426 (includes $30 fees); plus text  
**MD senior adults pay fees only.**  
**Course #: PDE-977-A2B**  
**Mon. & Wed., Aug. 29 - Dec. 7, 11:00 AM - 12:20 PM (28 sessions; no class 9/5 & 11/23)**  
**Washington Road Campus, K132**

Donald Hoepfer, Associate Professor of Philosophy, has been at Carroll since 1999, and holds an MA in Philosophy from the Pennsylvania State University. Hoepfer’s teaching style is spontaneous and conversational. His professional focus is on the application of philosophical exploration in the areas of our practical lives that most matter to us.

**Great Decisions in Foreign Policy Series**

Each year, the Foreign Policy Association selects eight topics that concentrate on critical global issues. The program provides information and policy discussions for the eight most critical issues facing America right now. Sign up for this course to attend the full series and enjoy eight weeks of stimulating conversation.  

**Instructor:** Dane Menges

Dane Menges is passionate about foreign affairs. His knowledge of national and international public affairs stems from his love of knowledge. A graduate of St. John’s College Master’s program, Menges shares his passion with his students as an Upper School Ethics instructor at Gerstell Academy.

Register for complete series of eight courses:  

**Total Cost:** $99 (includes $99 fees)  
**MD senior adults pay fees only.**  
**Course #: PDE-990-A2**  
**Tue., Sep. 13 - Nov. 1, 7:00 - 9:00 PM (8 sessions)**  
**Brightview Westminster Ridge**

Or, register for individual courses:

Shifting Alliances in the Middle East  
From a proxy war in Yemen to an ongoing civil war in Syria, the traditional alliances in the Middle East have been shaken to their core. As alliances in the region are constantly shifting, the U.S. has found itself between a rock and a hard place. Conflicts that are far from being black-and-white, what can the U.S. do to secure its interests in the region without causing further damage and disruption?  

**Total Cost:** $15 (includes $15 fees)  
**MD senior adults pay fees only.**  
**Course #: XXZ-611-A2**  
**Tue., Sep. 13, 7:00 - 9:00 PM**  
**Brightview Westminster Ridge**

The Rise of ISIS  
Born out of an umbrella organization of Al-Qaeda in Iraq, the so-called Islamic State in Iraq and Syria (ISIS) burst onto the international stage after it seized Fallujah in December 2013. The group seized control of a number of critical strongholds and declared itself a caliphate, known as the Islamic State. Still, the question remains: What is ISIS, and what danger does it pose to U.S. interests?  

**Total Cost:** $15 (includes $15 fees)  
**MD senior adults pay fees only.**  
**Course #: XXZ-612-A2**  
**Tue., Sep. 20, 7:00 - 9:00 PM**  
**Brightview Westminster Ridge**
The Future of Kurdistan

Kurdistan, a mountainous area made up of parts of Turkey, Iraq, Iran and Syria, home to one of the largest ethnic groups in region: the Kurds. Known for their small, oil-rich autonomous region in northern Iraq called Iraqi Kurdistan - one of the U.S.' closer allies in the Middle East and a bulwark against the expansion of the so-called Islamic State. What does the success of Iraqi Kurdistan mean for Kurds in the surrounding region?

Total Cost: $15 (includes $15 fees)
MD senior adults pay fees only.
Course #: XXZ-613-A2
Tue., Sep. 27, 7:00 - 9:00 PM
Brightview Westminster Ridge

International Migration

Although Europe’s refugees are largely fleeing conflicts in Syria, Iraq and parts of Africa, their struggle is hardly unique. Today, with the number of displaced people at an all-time high, a number of world powers find themselves facing a difficult question: how can they balance border security with humanitarian concerns? More importantly, what can they do to resolve these crises so as to limit the number of displaced persons?

Total Cost: $15 (includes $15 fees)
MD senior adults pay fees only.
Course #: XXZ-614-A2
Tue., Oct. 4, 7:00 - 9:00 PM
Brightview Westminster Ridge

Korean Choices

Today, North and South Korea couldn’t be further apart in economy and government. The North is underdeveloped, impoverished and ruled by a corrupt, authoritarian government, while the South advanced rapidly to become one of the most developed countries in the world. With such a wide gap, some are asking if unification is possible, or even desirable.

Total Cost: $15 (includes $15 fees)
MD senior adults pay fees only.
Course #: XXZ-615-A2
Tue., Oct. 11, 7:00 - 9:00 PM
Brightview Westminster Ridge

Cuba and the U.S.

The U.S. announcement in December 2014 marks a dramatic shift away from a policy that has its roots in one of the darkest moments of the Cold War - the Cuban missile crisis. Although the U.S. trade embargo is unlikely to end any time soon, American and Cuban leaders today are trying to bring a relationship, once defined by antithetical ideologies, into the 21st century.

Total Cost: $15 (includes $15 fees)
MD senior adults pay fees only.
Course #: XXZ-618-A2
Tue., Nov. 1, 7:00 - 9:00 PM
Brightview Westminster Ridge

The United Nations Post

As the UN’s 193 member states look back, they must assess their needs for its sustainable development goals - a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next UN leader is bound to have quite a lot on his or her plate going into office.

Total Cost: $15 (includes $15 fees)
MD senior adults pay fees only.
Course #: XXZ-616-A2
Tue., Oct. 18, 7:00 - 9:00 PM
Brightview Westminster Ridge

Climate Geopolitics

From droughts in the west to extreme weather in the east, a rapidly changing climate has already made its footprint in the United States. Now, it’s expected that the presidential election in 2016 will be one of the first ever to place an emphasis on these environmental changes. What can the next president do to stymie this environmental crisis? And is it too late for these efforts to be effective?

Total Cost: $15 (includes $15 fees)
MD senior adults pay fees only.
Course #: XXZ-617-A2
Tue., Oct. 25, 7:00 - 9:00 PM
Brightview Westminster Ridge

Caterpillars & Butterflies

Take a closer look at caterpillars and create your own using clay. Your caterpillar will need a home so scissors, paper and glue will help you create the perfect patch for your new friend.

Total Cost: $37 (includes $37 fees)
Course #: KID-326-A14
Sat., Nov. 12, 9:00 - 12:00 PM
Washington Road Campus, A015

Paper Towers

What shapes a city skyline? Towers! From Renaissance Italy to Camden Tower, architects design beautiful and functional buildings. Now it is your turn. Use cardboard and paper to create a model of your tower. The sky’s the limit as we use our imaginations to design, build and decorate our own pieces of the skyline.

Total Cost: $37 (includes $37 fees)
Course #: KID-329-A25
Sat., Dec. 10, 9:00 - 12:00 PM
Washington Road Campus, A015

Suzanne Brault is a multi-talented artist who has vast experience in creating work and teaching in drawing, painting, printmaking, collage, ceramics, wire sculpture and 3-D construction. She brings her experience and enthusiasm to teaching the littlest learner to seasoned veterans.
Potter’s Potions
We are pleased to inform you that you have been accepted at Hogwarts School of Witchcraft and Wizardry at the Carroll Community College branch. Whether magical or Muggle, come explore Harry Potter’s world. Our quest is to learn about potions. Combine magical ingredients to create potions worthy of the Half-Blood Prince. Take home a potion book and potion in a bottle. Ages 8 - 11
Total Cost: $38 (includes $38 fees)
Course #: KID-327-A36
Sat., Oct. 8, 9:00 - 12:00 PM
Washington Road Campus, A015

Spooks, Silhouettes & Harvest Colors
Take your painting skills to new heights. Use the influence of the season to create mixed media pieces. Try watercolor background with a silhouette in marker or acrylic. Discover the blend of paint that makes the fall sky so unique. Create works of art to show and share with themes of the season. Ages 11 - 13. Instructor: Peter Plant
Total Cost: $98 (includes $98 fees)
Course #: TNC-168-A6B
Sat., Sep. 17 - Oct. 8, 10:00 - 12:00 PM (4 sessions)
Washington Road Campus, A013

LANGUAGES

ASL: Basic 1
Learn common vocabulary and the basics of ASL grammar, while you establish the foundation necessary to communicate effectively with deaf and hard of hearing people. The required text is used in both Beginning level courses. Instructor: Charlene Vandusen
Total Cost: $149 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-202-A2B
Thu., Sep. 15 - Oct. 20, 6:00 - 8:30 PM (6 sessions)
Washington Road Campus, K205

ASL: Level 2
Continue to build vocabulary and practice your signing skills. Uses the same text as Level 1. Instructor: Charlene Vandusen
Total Cost: $149 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-248-A2BP
Thu., Oct. 27 - Dec. 8, 6:00 - 8:30 PM
(6 sessions; no class 11/24)
Washington Road Campus, K205

Charlene Vandusen holds a Master’s Degree in Deaf Education from Western Maryland College (now McDaniel College) and has been teaching ASL in Carroll County Public Schools, teaching private classes, tutoring, and interpreting since 1992. Many of her students have gone on to pursue careers in interpreting and other jobs working with deaf people.

Elementary French 1
Elementary French 1 is basic French for students with little or no knowledge of the language. The course provides a solid foundation in the four language skills: listening, reading, writing, and speaking, as well as grammar. Instructor: Rachel Wentz
Total Cost: $426 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-266-A2B
Tue. & Thu., Aug. 30 - Dec. 8, 5:00 - 6:20 PM
(29 sessions; no class 11/24)
Washington Road Campus, K223

Intermediate French 1
Intermediate French 1 is a continuation of Elementary French 2. It includes review and expansion of the four language skills as well as grammar. Writing and speaking will be improved through composition and class discussions of cultural/contemporary issues. The course is conducted in French. Prerequisite: exemption/completion of Elementary French 2. Instructor: Gabrielle Miller
Total Cost: $426 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-270-A3BP
Tue. & Thu., Aug. 30 - Dec. 8, 2:00 - 3:20 PM
(29 sessions; no class 11/24)
Washington Road Campus, K224

Elementary German 1
Basic German is for students with little or no knowledge of the language. Gain a solid foundation in the four language skills: listening, reading, writing, and speaking, as well as grammar. Instructor: Gabriele Miller
Total Cost: $426 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-267-A2B
Tue. & Thu., Aug. 30 - Dec. 8, 2:00 - 3:20 PM
(29 sessions; no class 11/24)
Washington Road Campus, K223

Gabriele Miller is a native of Germany, with 15 years of teaching experience in various levels, age groups and teaching approaches. She teaches with passion, enthusiasm and innovation integrating the German culture and language.

Intermediate German 1
Intermediate German 1 is a continuation of GERMAN-102. It includes review and expansion of the four language skills as well as grammar. Writing and speaking will be improved through composition and class discussions of cultural/contemporary issues. The course is conducted in German. Prerequisite: exemption/completion of Elementary German 2. Instructor: Gabrielle Miller
Total Cost: $426 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-271-A2BP
Tue. & Thu., Aug. 30 - Dec. 8, 3:30 - 4:50 PM
(29 sessions; no class 11/24)
Washington Road Campus, K223

Elementary Spanish 1
Elementary Spanish 1 is basic Spanish for students with little or no knowledge of the language. The course provides a solid foundation in the four language skills: listening, reading, writing and speaking, as well as grammar. Instructor: Becki Maurio
Total Cost: $426 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-272-A2B
Tue. & Thu., Aug. 30 - Dec. 8, 2:00 - 3:20 PM
(29 sessions; no class 11/24)
Washington Road Campus, L284

Course #: FLC-272-B2B
Tue. & Thu., Aug. 30 - Dec. 8, 6:30 - 7:50 PM
(29 sessions; no class 11/24)
Washington Road Campus, K223

Elementary Spanish 2
Elementary Spanish 2 is basic Spanish for students with little knowledge of the language. The course provides a solid foundation in the four language skills: listening, reading, writing and speaking, as well as grammar. Prerequisite: Elementary Spanish 1; one year of high school Spanish will meet the prerequisite with an academic advisor’s approval. Instructor: Becki Maurio
Total Cost: $426 (includes $30 fees); plus text
MD senior adults pay fees only.
Course #: FLC-273-A2B
Mon. & Wed., Aug. 29 - Dec. 7, 2:00 - 3:20 PM
(28 sessions; no class 9/5 & 11/23)
Washington Road Campus, K223

Online Courses

Speed Spanish
Speed Spanish 2
Speed Spanish 3

Beginning Conversational French
For more info go to www.ed2go.com/carrollcc.
LIFESTYLE AND POPULAR CULTURE

Beatlemania, Life & Times of the Beatles: The Early Years (1940-1963)

Discover what made these four boys from Liverpool into an international phenomenon. See the rise of the band that still echoes in the ears of listeners today. Discuss the fascinating firsts this group of rock pioneers brought to music. Learn what influenced John, Paul, George and Ringo in the beginning of this rock legend’s career. Instructor: Paul Ruehs.

Total Cost: $63 (includes $30 fees)
Course #: PDE-946-A2
Thu., Oct. 13 - 27, 6:30 - 8:30 PM (3 sessions)
Washington Road Campus, K115

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 six business days or less before the start date may receive a refund less the supply fee.

Advanced Knife Skills

Go beyond slice, dice or mince and take your knife skills to the next level. Practice fluting mushrooms, creating Tourne (or Tornado) Potatoes and other appealing fancy cuts. But don’t stop there, you’ll practice filleting and boning so your fish or poultry is perfectly cut. Bring your own sharpened knives or use ours and let the cutting begin! Hands-on course.

Instructor: Tim Norwood
Total Cost: $55 (includes $55 fees)
Course #: XCO-069-A2
Sat., Dec. 10, 8:30 - 11:30 AM
Carroll County Career and Technology Center

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.

After Thanksgiving Gourmet

Don’t toss those remains of the day! With a little inspiration, leftovers can be easily transformed into brand new dishes and tasty, mouthwatering meals. No one likes to throw out leftover food. Sometimes we simply don’t know what else to do with it or how to re-use it. Spend an evening trying new recipes to extend one great meal into many! Hands-on class. Instructor: Melissa Fordham

Total Cost: $54 (includes $54 fees)
MD senior adults pay fees only.
Course #: XCO-118-A2
Tue., Nov. 15, 6:30 - 9:00 PM
Carroll County Career and Technology Center

Melissa Fordham, chef at The Blue Bistro in Westminster, has 15 plus years of culinary experience. She has developed a flair for using fresh local ingredients in interesting and unusual combinations and flavors.

Holiday Entertaining

Wake up your holiday get together with mouthwatering hors devours, show stopping entrees that can be prepped ahead, and delicious desserts. Make a variety of party perfect dishes to go with the holiday spirit. Hands-on class. Instructor: Tim Norwood

Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XCO-117-A2
Thu., Nov. 10, 6:30 - 9:30 PM
Carroll County Career and Technology Center

Lighten Up! Healthy Holiday Dishes

High flavor and visual appeal doesn’t have to be heavy. Food should make you feel energized and invigorated, not uncomfortable and stuffed. Make easy-to-prepare vegetarian dishes that will delight the taste-buds and nourish the body. The secret to great vegetarian cooking is in the use of healthy oils, natural sweeteners and healing spices. Make this holiday season healthier. Hands-on class. Instructor: Susan Weis-Bohen

Total Cost: $52 (includes $52 fees)
MD senior adults pay fees only.
Course #: XCO-052-A2
Wed., Dec. 7, 6:30 - 9:00 PM
Carroll County Career and Technology Center

Indian Fusion

Enjoy the exotic tastes of India with a twist. Combine elements of different culinary traditions with Aloo Vada (mashed potato croquette with garlic and curry leaf). Fly across the continent with an Indian inspired Mongolian BBQ. Top the meal off with a saffron and nut pudding. Hands-on class. Instructor: Ravi Lahori

Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XCO-114-A2
Wed., Oct. 5, 6:00 - 9:30 PM
Carroll County Career and Technology Center

A World of Tastes

American Redneck Cooks in France

Chef Greg, a native of Carroll County, grew up watching his grandmother cook for workers at the family’s dairy farm before embarking on a gastronomic tour on the Mediterranean coast. Taste the fruits of his journey as you combine elements of different culinary traditions and open up your mind to new tastes. Hands-on class.

Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XCO-115-A2
Thu., Oct. 13, 6:30 - 9:30 PM
Carroll County Career and Technology Center

Indian Fusion

Melissa Fordham, chef at The Blue Bistro in Westminster, has 15 plus years of culinary experience. She has developed a flair for using fresh local ingredients in interesting and unusual combinations and flavors.

Holiday Entertaining

Combine elements of different culinary traditions and open up your mind to new tastes. Hands-on class.

Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XCO-115-A2
Thu., Oct. 13, 6:30 - 9:30 PM
Carroll County Career and Technology Center
Perfect Paella  NEW
Perfecting a paella recipe is no easy feat. With different tastes and time to consider, there isn’t just one. Learn to create and modify a basic paella to your tastes. Explore the flavor profile of this great dish. Impress your guests with tips you learned from a chef recently returned from a cooking tour of Spain. Hands-on class. Instructor: Greg Hutsell
Total Cost: $59 (includes $59 fees)
MD senior adults pay fees only.
Course #: XCO-113-A2
Tue., Sep. 20, 6:30 - 9:30 PM
Carroll County Career and Technology Center

Whiskey Appreciation  NEW
Whiskey is an amazing thing to appreciate. Explore the art and complexity of whiskey while tasting a variety of malts. Learn how whiskey is made and how to taste and evaluate the popular spirit. Leave with a sense of what makes whiskies different and a better understanding of what you like. Students must be 21 years of age. Instructor: Dan McNeil
Total Cost: $68 (includes $68 fees)
MD senior adults pay fees only.
Course #: XCO-120-A2
Wed., Oct. 26, 6:30 - 9:00 PM
Location to be announced.

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-A2
Location to be announced.

Garden

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 #: XCO-119-A2
Wed., Sep. 7, 6:00 - 9:30 PM
Carroll County Career and Technology Center

Preparing Your Garden for Winter
The annuals have faded and the turf has turned green again after a blistering-hot summer. It’s Mother Nature’s way of telling us to put the garden to bed for winter. But how do you tuck in your precious plants? Different gardens require different preparations. Find out how to prepare your garden for the coming winter to give you the best blooms when spring awakens.
Total Cost: $30 (includes $30 fees)
MD senior adults pay fees only.
Course #: XXZ-619-A2
Thu., Nov. 3, 7:00 - 9:00 PM
Washington Road Campus, K128

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.

Beer, Wine and Spirits

Oktoberfest Beers  NEW
Dive into the history and culture surrounding Bavarian-style brewing. Look at Oktoberfest and the way traditions have changed as the festival has gone global. Discover what makes these beers unique. Compare German and American brews. Identify what foods enhance these unique flavors. Evaluate what you like and discover how to order the best brew for you. Students must be 21 years of age. Instructor: Russ Lorber
Total Cost: $74 (includes $74 fees)
MD senior adults pay fees only.
Course #: XCO-111-A2
Wed., Sep. 28, 7:00 - 9:30 PM
Location to be announced.

Perfect Paella  NEW
Perfecting a paella recipe is no easy feat. With different tastes and time to consider, there isn’t just one. Learn to create and modify a basic paella to your tastes. Explore the flavor profile of this great dish. Impress your guests with tips you learned from a chef recently returned from a cooking tour of Spain. Hands-on class. Instructor: Greg Hutsell
Total Cost: $59 (includes $59 fees)
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Total Cost: $68 (includes $68 fees)
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Location to be announced.

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Location to be announced.

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Total Cost: $68 (includes $68 fees)
MD senior adults pay fees only.
Course #: XCO-120-A2
Wed., Oct. 26, 6:30 - 9:00 PM
Location to be announced.
Continuing Education Classes on Location at Senior Centers!

ProRider Advanced Motorcycle Skills Training
Motorcycle skill courses include the same training exercises used by police motorcycle officers and motorcycle rodeo competitors - riding techniques that will improve your riding ability and riding confidence. Classes cover slow speed maneuvers, confined space turns, crash avoidance and various braking challenges.

Total Cost: $250 (includes $250 fees)
MD senior adults pay fees only.

Course #: TRA-058-A2
Fri., Sep. 16, 8:00 AM - 4:00 PM
Washington Road Campus, Great Hall Quad 2

Course #: TRA-058-B2
Fri., Sep. 30, 8:00 AM - 4:00 PM
Washington Road Campus, Great Hall Quad 2

Course #: TRA-058-C2
Fri., Oct. 14, 8:00 AM - 4:00 PM
Washington Road Campus, Great Hall Quad 2

Course #: TRA-058-D2
Fri., Oct. 28, 8:00 AM - 4:00 PM
Washington Road Campus, Great Hall Quad 2

What students are saying...

“This was an awesome class. The instructors were wonderful to work with. I learned so much and I felt comfortable with every step of the course. I had fun, it was exciting to take this class.”
— Student from Motorcycle Safety Class

Personal Finances

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

What 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.

Course #: XXZ-623-A2
Wed., Sep. 21, 6:30 - 8:30 PM
Washington Road Campus, T325

Pet Care

What Is Your Dog Saying
All dog lovers wish that they could understand their dogs better. But dogs use body language to communicate and dog owners often do not understand what they are trying to tell us. Go over the most common types of body language that dogs use to better understand your pet. Being able to recognize body language will help you understand what your dog is feeling and perhaps avoid unpleasant events. Instructor: Sue Bulanda

Total Cost: $45 (includes $45 fees)
MD senior adults pay fees only.

Course #: XXZ-600-A2
Sat., Oct. 8, 9:00 - 12:00 PM
Washington Road Campus, KT15

Susan Bulanda is a certified animal behavior consultant specializing in canine and feline behavior. She has trained dogs for numerous activities including obedience, conformation, sled dog racing, hunting, personal protection, search and rescue, and drug detection.

Self

Time Management
With multitasking and constant distractions from texts and emails, learn to streamline your work style, be more productive and get back some time in your day to focus on the big picture, strategy and brainstorming. Explore the best practices for prioritizing tasks, overcoming procrastination, improving your concentration and dealing with frequent distractions.

Instructor: Anne Marie Parish

Total Cost: $30 (includes $30 fees)
MD senior adults pay fees only.

Course #: XXZ-623-A2
Wed., Sep. 21, 6:30 - 8:30 PM
Washington Road Campus, T325

Call the individual senior center for course and schedule details and to register.

Mt. Airy Senior Center
410-795-1017

North Carroll Senior Center
410-386-3900

South Carroll Senior Center
410-386-3700

Taneytown Senior Center
410-386-2700

Westminster Senior Center
410-386-3850
**WRITING**

**Gorgeous Sentences for Fiction Writers**

There are some sentences that just stick with a reader, openings you just don’t forget. Work at the sentence level with practical advice on sentence construction, tight writing, correct use of idioms and more. Discover how to “play a movie” in your readers’ minds. Find out what “show, don’t tell” really means. Learn to revise your work with an editor’s eye and write to get your stories noticed. Enjoy coffee and conversation with your fellow writers. Instructor: Julie Castillo

**Total Cost: $83 (includes $83 fees)**

**MD senior adults pay fees only.**

**Course #: PWL-017-A2**

**Wed., Sep. 21 - Oct. 5, 6:30 - 9:00 PM (3 sessions)**

**Washington Road Campus, A200**

**How to Publish Your Book**

Whether it’s an idea or finished manuscript, get the tools needed to publish a book here. Groom your book for an established market. Discover how to find the right publisher. Find out what to expect, and what to look out for when signing the contract. Learn to promote yourself and more! Instructor: Julie Castillo

**Total Cost: $39 (includes $39 fees)**

**MD senior adults pay fees only.**

**Course #: XXZ-013-A2**

**Wed., Nov. 9, 6:00 - 9:00 PM**

**Washington Road Campus, A125**

**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-A2**

**Mon., Sep. 26 - Dec. 5, 7:00 - 9:00 PM (6 sessions; no class 10/17, 10/31, 11/14 & 11/28)**

**Washington Road Campus, C270**

**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: $83 (includes $30 fees)**

**MD senior adults pay fees only.**

**Course #: PWL-358-A2**

**Wed., Oct. 12 - Nov. 2, 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.

**Personal Enrichment Courses**

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Healthcare and Medical
- Language and Arts
- Law and Legal
- Personal Development
- Teaching and Education
- Technology
- Writing and Publishing

For more information and registration information visit www.ed2go.com/carrollcc.
Save time… register online! carrollcc.edu/instantenrollment

Today’s Date ___________________ Last 4 Digits of Social Security No. __________________ College ID# __________________ Date of Birth (required) __________

☐ I am 16 yrs. or older

Last Name ___________________________ First Name _______________________ Middle Initial _____

Home Address _____________________________________________________________

City ___________________ State ___________ Zip _______________ County of Residence _______________

Home Phone ___________________ Business Phone ___________________ Cell Phone ___________________

☐ Male ☐ Female

☐ U.S. citizen

☐ Other than U.S. citizen (pay course cost plus $10 out-of-state fee per course; fee waived with copy of appropriate Visa)

☐ I am not a Carroll County resident (pay course cost plus $5 out-of-county fee per course)

☐ I am not a Maryland resident (pay course cost plus $10 out-of-state fee per course)

☐ I am a Maryland resident, 60 years of age or older (pay fees only plus $5 out-of-county fee if appropriate)

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Out of County/Out of State Fees ___________________ Total Cost ___________________

1. Are you of Hispanic or Latino origin? ☐ Yes ☐ No

2. What is your race? Select one or more of the following categories:

☐ White

☐ Black or African American

☐ Asian

☐ American Indian or Alaska Native

☐ Native Hawaiian or Other Pacific Islander

Mail completed registration form and check or money order for full amount to:

Carroll Community College
Business Office CE
1601 Washington Road
Westminster, MD 21157

If paying with a credit card, please register online at www.carrollcc.edu/instantenrollment or by Phone: 410-386-8100, Fax: 410-386-8111

The college reserves the right to cancel courses or make changes due to insufficient enrollment or unforeseen circumstances. In these events, students will be notified via email.

The Family Educational Rights and Privacy Act (FERPA) protects the privacy of student records. For information visit www.carrollcc.edu/ferpa

I certify that the statements made in this application are correct. I agree to comply with all policies and regulations of Carroll Community College and understand that it is my responsibility to familiarize myself with the Drug-Free Schools and Community Act, Smoke/Tobacco-Free Campus Policy and the Code of Integrity for Academic and Behavioral Standards, all found at carrollcc.edu and in the college catalog.

The College prohibits the enrollment of individuals listed on any State Services Sex Offender registry and/or Maryland Department of Public Safety and Correctional Services Sex Offender registry. Off-site contract training for clients may be exempt.

Signature (required) ______________________________________________________________________________________________________________

For Office Use Only: Rec by ___________________ Processor ____________________ Date ___________________ ☐ Phone ☐ Mail ☐ Walk-In ☐ FAX

Charge to my: ☐ VISA ☐ MasterCard ☐ DISCOVER ☐ AMERICAN EXPRESS

Credit Card Number ________________________________________________________________________ CID# _____________________________________

Note: Your CID# is the last three digits in the signature box on the back of your credit card

Card Holder’s Name ________________________________________________________________________ Credit Card Expiration Date ____________________

Card Holder’s Billing Address (required) ___________________________________________________________________________________________________

Card Holder’s Signature ____________________________________________________________________________________________________________________________________________________________________

Tuition $200 or more?
Use the FACTS program, a monthly payment program. Go to www.carrollcc.edu/factsplan for more information.

124-16-0915 FRM
Course Cost

- U.S. Citizens who are residents of Carroll County: pay the Total Cost as shown with the course description;
- Maryland residents age 60 and over: pay fees only, as shown with the course description plus $5 out-of-county fees if not a resident of Carroll County;
- Maryland residents of other counties: pay the Total Cost plus $5 out-of-county fee;
- Residents of other states: pay Total Cost plus $10 out-of-state fee;
- Non-U.S. Citizens: pay Total Cost plus $10 fee (fee waived with copy of appropriate Visa.)

Drops, Refunds and Cancellations

100% refund will be issued for any course the college cancels.

Before the course begins:
Course withdrawals and requests for full refunds may be made prior to the course by calling Continuing Education and Training at 410-386-8100, up to 24 hours before the course begins. Some exceptions may apply.

After the course begins:
Refunds are not awarded after a course has started.

The college reserves the right to cancel courses or make changes due to insufficient enrollment or unforeseen circumstances. In these events, students will be notified via email.

The college is not responsible for typographical errors.

Certification for Tuition Waivers

Recently enacted legislation (Maryland House Bill 53) allows colleges to “…grant tuition waivers for continuing education instruction designed to lead to employment, including life-skills instruction.” The tuition waiver may be applied to any of the courses listed in the Career and Professional Training section of this schedule (see Table of Contents). Students must register in person and submit certification of your “total and permanent disability” and “receipt of disability or retirement benefits…” from the Social Security Administration, the Railroad Retirement Board, or from the individual’s federal retirement or pension authority.

Qualified students are responsible for paying all associated course fees.

Tuition Assistance

Tuition assistance may be available for eligible Carroll County, non-credit students. Contact Beth Rosko Lee at blee@carrollcc.edu or 410-386-8096, or go to www.carrollcc.edu/tuitionassistance.

Employer Paid Course

An employer or other third party may pay for any continuing education course(s). If the company wishes to be billed, students must have either a purchase order, voucher, letter of authorization or credit card from the company/third party at the time of registration.

Gift Certificates

Gift certificates can be purchased in almost any amount and redeemed for the course of choice. Contact the Cashier’s Office at 410-386-8040. Or stop in Monday – Thursday, 8:30 a.m. – 7 p.m. and Friday, 8:30 a.m. – 4:30 p.m. Certificates are redeemable for Continuing Education courses only and may not be converted to cash.

Repeated Courses

Continuing Education and Training wants every student to be successful; however, we recognize that a course or training program may not always be the best match for a student. Thus, the College reserves the right to decline a student registration into any career training course or program where the student has unsuccessfully attempted the same course or training program twice.

Continuing Education Training Programs and Employability

Passing a course or program may be the first step toward certification; however, to become employed or to receive state or national certification or licensure, other requirements, in addition to training, may apply. These may include a high school diploma, residency or additional exams. It is the student’s responsibility to be aware of those requirements.

Course Textbooks

Textbooks for continuing education courses are generally available for purchase in the bookstore approximately one week before your course begins. To determine whether or not a textbook purchase is required, refer to the course description. Students buying textbooks will find specific ordering information such as author, title, edition, ISBN, etc. for each textbook on the bookstore website (www.carrollcc.edu/bookstore) approximately two weeks prior to the start of the course. Students are encouraged to purchase textbooks from the College bookstore; however, they may also purchase used or new textbooks from other bookstores or online vendors. Carroll Community College is aware of the high cost of college textbooks. We endeavor to select reasonably priced texts that provide currency, relevance and the most effective presentation of course content.
Bookstore Hours
Monday – Thursday: 8:30 a.m. – 7 p.m.
Friday: 8:30 a.m. – 1 p.m.
410-386-8447 or www.carrollcc.edu/bookstore

The College will be closed on the following dates:
• Labor Day Holiday: Sept. 3 – 5
• Thanksgiving Recess: Nov. 23 – 27
• Winter Recess: Dec. 19 – Jan. 2

Inclement Weather Procedures
Receive information directly to your e-mail or cell phone by registering for the free Campus Emergency Notification System and. Go to www.carrollcc.edu to register.

Go to www.carrollcc.edu for closing or late opening information. For more detailed information on non-credit courses and events, call the Inclement Weather line at 410-386-8457

For college courses held at a Carroll County public school, if Carroll County Public Schools close for the day or during the day, the college courses being held there that evening will be cancelled.

The Canteen Café
Fall 2016 Hours
Monday – Thursday: 7:30 a.m. – 7:00 p.m.
Friday: 7:30 a.m. – 2 p.m.

Disability Support Services
Disability Support Services Carroll is committed to providing equal access for all students in accordance with the Americans with Disabilities Act of 1990 (ADA) and related law. Students in need of accommodations should contact the Office of ADA Support Services prior to the start of their course or program, located in A101 (Admissions), or call 410-386-8327 or e-mail jtatela@carrollcc.edu, or refer to the college website’s list of Student Services for additional information.

Emergency Rescue Assistance stairwells are located in every building, and the college urges all students to become familiar with these locations.

Electronic Image Use
Because Carroll Community College is a public institution, photographs of students, staff, faculty, or visitors in common areas on campus or at public ceremonies or events can be used in printed and electronic public relations materials without their permission. The individual has no privacy rights in this instance and no model’s release is required. However, every effort will be made by the photographer to notify individuals within the shoot area so that they may choose to exclude themselves from the photograph.

Off Campus Locations
Carroll Community College
Washington Road Campus:
1601 Washington Road, Westminster

Carroll County Career and Technology Center (CCCTC):
1229 Washington Road, Westminster

Carroll County Public Library:
Go to library.carr.org for branch locations and directions.

Multi-Service Center:
224 North Center Street, Westminster

Y of Central Maryland:
1719 Sykesville Road, Westminster

Carroll Innovation Center at Overton
909 Baltimore Boulevard, Westminster

Ride Carroll Transit System to Carroll
Carroll Transit System, operated by Ride With Us, provides safe and convenient transportation to campus. Discounted student passes are available for Carroll Community College students. For more information or to see current schedules, visit www.carrolltransitsystem.com or call 410-363-0622.

Smoking and Tobacco Use Policy
Carroll Community College is a smoke- and tobacco-free environment. Smoking and/or tobacco use is prohibited in college-owned or leased buildings and off-campus sites operated by the college; all college property including parking lots, athletic fields, and amphitheater; and college-owned vehicles. Tobacco and smoking products restricted from use include, but are not limited to, cigarettes, cigars, pipes, bidis, clove cigarettes, dip, chew, snuff, snus and electronic cigarettes.

The Continuing Education Official College Record (transcript)
The Official Record documents:
• All successfully completed continuing education workforce-related courses, course information and earned CEUs.
A $2.00 fee is charged for each Official College Record
To request, call 410 386-8100.

Carroll Community College Board of Trustees
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Sherri-Le Bream, Vice Chairperson
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Kelly M. Frager
Mary Kay Nevius-Maurer
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Dr. James D. Ball, Secretary/Treasurer
Commissioner Dennis E. Frazier, Ex-Officio

Dr. James D. Ball, President of the College
Carroll Community College is an Equal Opportunity, ADA Title 504 compliant institution.
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<td><strong>Writing</strong></td>
<td>17-E</td>
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<tr>
<td>Writing, Mystery</td>
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<td>Writing, Romance</td>
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<td>Writing, Travel</td>
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<td>YMCA</td>
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<tr>
<td>Yoga &amp; Meditation for Healthy Body, Mind and Spirit</td>
<td>7-E</td>
</tr>
<tr>
<td>Yoga, Gentle</td>
<td>7-E</td>
</tr>
<tr>
<td>Zumba</td>
<td>9-E</td>
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