

# MONTGOMERY COLLEGE LIFELONG LEARNING INSTITUTE

Course Schedule | Fall 2022



The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these class: Students 60+ pay fee only.

Workforce Development and Continuing Education  
[montgomerycollege.edu/wdce](http://montgomerycollege.edu/wdce) | 240-567-5188



## Message from the Program Director

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### Welcome to the Fall Semester 2022!

We hope you enjoyed a relaxing and invigorating summer. Our Summer Semester demonstrated a successful return to classrooms for many of our classes. The College is continuing to follow safety protocols for COVID by requiring masking in classroom and uploading vaccination cards for new students in classroom settings.

The Lifelong Learning Institute has big news to share! We are now offering a new way of course delivery for some classes that gives students a choice of whether to take the same class online or attend that class in person. Professor Naomi Daremblum has started to use this combined method to include students on Zoom into her on-site classrooms. Those who want to attend the class in person will have to upload their proof of vaccination.

As with every semester, many of our courses are new. I just want to highlight a few: "Presidential Chronicles from the Founding Fathers—Theodore Roosevelt" is offered by an author of presidential biographies, David Fisher; "The Atomic Age: From the Manhattan Project to Russia's Present Nuclear Threat" will be taught by Professor Joel Cockrell; and "Literary London: The City, The Stories- on Page and Screen" will be presented by Professor Ann Stephenson.

For students who want to gain a deeper perspective on current events in politics, we offer multi-session courses: "International Relations: Addressing Points of Conflict in U.S. Foreign Affairs" with Professor Jesse Stiller; "Russia, Ukraine, and An Emerging New World Order?" with Professor Naomi Daremblum; and "An Insight Into Politics and Current Events" with Professor Joel Cockrell. In addition, we offer one-session classes by guest lecturers from the Montgomery History. These include: "A Field Guide to Civil War Statues in Washington," "Differing Historical Perspectives on Slavery in Maryland and the District of Columbia," and "When the Stars Came to Gaithersburg: Remembering the Shady Grove Music Fair."

For cooking and baking enthusiasts, we offer courses online and in person at the MC Marriott Hospitality Kitchen. Our terrific chef, Leo Dilling, will teach a class on International Cuisine with the focus on French cooking. And pastry chef, Samantha Nelson, will teach you how to wow your family and friends with delicious cookies, scones, and other pastry delights.

Come and join us for a growing and fulfilling learning experience!

Warmly,

Natasha Sacks, M.S., NCC, LCPC  
Lifelong Learning Institute Program Director

## Virtual Face-to-Face in Real-Time!

### LLI Classes are being taught in classrooms and online with Zoom

LLI classes will be taught in-person and through virtual face-to-face using Zoom. Zoom allows students to hear and see the instructor as they present their class.

**It's Easy to Zoom!** Three (3) days before your class starts, your instructor will send you a link. If you do not receive your link, please:

- Check your spam/junk folder.
- Check to make sure your email is current.
- Contact us, the day before your class begins.  
natasha.sacks@montgomerycollege.edu or  
eric.scharf@montgomerycollege.edu

**You will need a working microphone built into your device or headphones with a microphone.** Or you can use the free phone conference feature. Visit: <https://zoom.us/download> and download the Zoom application onto your computer. We recommend that you do this in advance to make sure all your computer components are working.

### Vaccination Requirements

If you are attending on-campus classes, you will have to upload proof of COVID vaccination record prior to class start date. For information on how to upload proof and information regarding COVID vaccination requirements for on-campus classes, please visit us online.

<https://www.montgomerycollege.edu/coronavirus/vaccines.html#student>.

Our instructors have all been verified that they have been vaccinated against COVID.

**To sign up for the Lifelong Learning Institute's e-newsletter and receive the latest updates on classes, schedule notifications, and news on community events, please contact Eric Scharf, Program Coordinator, at [eric.scharf@montgomerycollege.edu](mailto:eric.scharf@montgomerycollege.edu)**

## Archaeology and World Cultures

### A Taste of History: Salt **NEW**

Salt, one of the most precious substances on earth, shaped civilization from the moment humans tasted it. Learn how this rock (the only one humans actually eat!) served as currency and shaped international trade. Discover how it determined the location of cities and built far reaching empires, like Rome. Discuss how salt changed how we think about and taste food while financing armies, causing revolution, and upending history. TWA

**Course: LLP031 8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Rockville Campus 103 MK**

CRN#: 24598 4 Sessions R  
9/15-10/6 1:30-3:30 p.m.

**Instructor:** Naomi Daremblum

**Online: Structured Remote**

CRN#: 24901 4 Sessions R  
9/15-10/6 1:30-3:30 p.m.

**Instructor:** Naomi Daremblum

### Chocolate Through Time **NEW**

Where was chocolate first discovered and used? How is chocolate made? What spices and botanicals were used historically to flavor chocolate? How did the Industrial Revolution transform chocolate? Explore chocolate's ancient beginnings in Meso-America and then travels through the centuries to see how it was embraced and used in European and North American societies and cultures. Discover how chocolate has changed over time both in terms of its cultural value and how mechanization altered its production process is also included in this lecture. Analyze the timeline of how chocolate evolved as an ingredient in recipes will be given, and students will receive access to numerous historic chocolate recipes adapted for use in today's kitchens.

**Course: LLP024 2 Hours**

\$15 + \$15 fee = \$30; NMR add \$30

**Online: Structured Remote**

CRN#: 24649 1 Session W  
10/12 10:30 a.m.-12:30 p.m.

**Instructor:** Joyce White

## Global Issues Through History, Literature, and Philosophy **Co-L**

Explore a number of topics related to global issues through historical, literary, linguistic, and philosophical lenses. Recognize your responsibilities to society-locally, nationally, and globally. Examine current issues of global importance. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI890 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus 153 PK**

CRN#: 24585 26 Sessions T R  
9/13-12/15 12:30-2 p.m.

No class 11/24

Use Credit GHUM101 CRN 21899 for textbook information.

**Instructor:** Joan Naake

**Takoma Park/Silver Spring Campus 332 ST**

CRN#: 24586 26 Sessions T R  
9/13-12/15 11 a.m.-12:30 p.m.

No class 11/24

Use Credit GHUM101 CRN 21917 for textbook information.

On campus classes will meet face to face, unless conditions change. Look at the MC website for updates. Please check the MC Bookstore for detail regarding textbooks please visit: <http://www.bkstr.com/montgomerycollegestore/home/en>

**Instructor:** Deborah Taylor

### Introduction to Archaeology **Co-L**

This course is an introduction to the discipline of archaeology. Learn how this discipline emerged slowly from explorations of ancient cultures to the science that it is today with accurate dating, archaeological data excavated with precision, theories that guide interpretation, and ethical concerns. The course also includes a survey of global prehistoric archaeological cultures. Note: You will be joining credit students in this co-listed credit class. This is a z-course: all textbook materials are available at no cost for this section. Regular internet access is required for access to materials. For more information, see <https://www.montgomerycollege.edu/academics/mc-open/>. TWA

**Course: LLI802 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Rockville Campus 221 HU**

CRN#: 24647 30 Sessions T R  
8/30-12/13 9:30-10:45 a.m.

No class 11/24

Use credit ANTH240 CRN 22484 for textbook information.

**Instructor:** Barbara Wolff

## Treasures of Jordan **NEW**

This course visits some of Jordan's most beautiful and iconic travel spots: from the Desert Castles of the Umayyads to the Ajloun Forest Reserve. Learn the history and cultural importance of Jordan's many ruling civilizations while taking virtual walks and hikes that take us from its biblical past (Mount Nebo) to its Roman period (the ruins in Jerash and Amman). Enjoy the beauty of the exquisite Byzantine mosaics of St George's Church. Walk through the world historical Nabatean city of Petra and encounter the mysterious Djinn Blocks and the Obelisk Tomb just to name a few. TWA

**Course:** LLP030      **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Online:** Structured Remote

CRN#: 24597      4 Sessions      M  
9/19-10/10      6:30-8:30 p.m.

**Instructor:** Naomi Daremblum

## Art

### Acrylic Painting: Basic Techniques

This course is designed to introduce the basic elements of painting to students with little or no experience, while working to attain an understanding of the painting medium. Utilize acrylic colors to explore the many ways paint can be handled, as well as how to prepare materials. Practice color, light, transparency/impasto, and composition through in-class exercises to learn to translate concepts into visual images. Bring supplies to first class. Supply list is available on the LLI website. TWA

**Course:** LLI247      **12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

**Rockville Campus**      **009 SB**

CRN#: 24419      6 Sessions      M  
10/17-11/21      6:30-8:30 p.m.

**Instructor:** Tatiana Martin

### Amazing Photos With Your DSLR Camera

Explore the settings found on a modern digital camera. Discuss the different exposure, metering, autofocus, and white balance modes of a digital camera. Practice the basic methods of saving and storing your digital images. This course is for beginners in digital photography or those who acquired a camera with manual controls. TWA

**Course:** LLI470      **10 Hours**

\$65 + \$89 fee = \$154; NMR add \$120

**Online:** Structured Remote

CRN#: 24643      5 Sessions      M  
10/17-11/14      6:30-8:30 p.m.

**Instructor:** Michael Koren

## Amazing Photos with Your Phones and Tablets

Start with the basics of learning how to use a mobile phone camera; review the settings for optimal image capture; and explore pro tips and techniques of exposure, composition, and focus to produce the best results. Assess a select group of apps for image capture, processing, and display. Practice ways of transferring images from your mobile device to a computer. This class is designed for users of iOS and Android mobile devices. Some apps demonstrated may need to be purchased. Purchase of these apps are approximately \$20. TWA

**Course:** LLI471      **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Online:** Structured Remote

CRN#: 24644      4 Sessions      W  
9/14-10/12      6:30-8:30 p.m.

No class 10/5

**Instructor:** Michael Koren

### Drawing with Pencils, Charcoal, or Pastels

This course will help you develop fundamental drawing skills. Learn basic techniques such as blocking in the composition with pencil, shading with charcoal, and using pastels to create vibrant color. Begin by drawing a still life and move onto landscape and portrait drawings from photographs. Examine these subjects using a variety of media (pencil, color pencils, charcoal, pastel, ink, and watercolor). This class is designed for students of any skill level. Supply list is available on the LLI website. TWA

**Course:** LLI489      **12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

**Rockville Campus**      **101 MK**

CRN#: 24422      6 Sessions      T  
11/1-12/6      6:30-8:30 p.m.

**Instructor:** Evan Goldman

## Art Supply List!

Material lists for LLI Art classes  
are available at

[www.montgomerycollege.edu/lifelonglearning/](http://www.montgomerycollege.edu/lifelonglearning/)

## The Art of Pencil Drawing

Examine drawing as a fundamental artistic skill. Experience and learn steps of drawing/sketching objects from photographs: still life, landscapes, and portrait. Learn the drawing process of different objects, shapes, textures, while learning drawing and shading techniques in pencil media only. **Instructor:** provides close individual guidance in class to ensure artistic skills growth. Supply list is available on the LLI website. TWA

**Course: LLI792 12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

**Gaithersburg Business Training Center 403**

CRN#: 24428 6 Sessions W

9/21-11/2 10:30 a.m.-12:30 p.m.

No class 10/5

**Instructor:** Tatiana Martin

## The Art of Sketching

Whether you are an avid sketcher or new to the art, sketching allows you to record events such as a trip to a foreign land, a tour of a local garden, or a special occasion such as a birth or anniversary. Examine different types of sketches, such as, drawings, or quick paintings. Explore adding short captions, notes, parts of conversations, and observations to create a journal. Utilize sketches to plan an organic garden, create a preliminary drawing for a painting or portrait, or provide an outlet for discovering solutions to a variety of problems. Learn how to improve your observational skills while sketching with pen, pencil, or watercolor. You will have an opportunity to sketch outside. Bring supplies to the first class. Supply list is available on the LLI website. TWA

**Course: LLI491 12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

**Online: Structured Remote**

CRN#: 24424 6 Sessions R

10/6-11/10 6:30-8:30 p.m.

**Instructor:** Evan Goldman

## Wardrobe Resurrection: My Clothes Need Help! **NEW**

Does your wardrobe need a repair? You love your clothes, but they need a boost! Discover how to repair rips and tears; re-hem pants and skirts; alter waistlines, sleeves and shoulders; and use embellishments to repair or revitalize garments. Learn no-sew mending and apply basic alterations to help the fit of old and new clothes. No sewing machine? No problem – the **Instructor:** will demonstrate hand and machine techniques for you to practice in class. Supply list is available on the LLI website. TWA

**Course: LLP020 8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Rockville Campus 102 MK**

CRN#: 24652 4 Sessions R

9/29-10/20 1:30-3:30 p.m.

**Instructor:** Helen de Roo

## Watercolor Techniques I

Explore the beauty and magic of watercolor painting through a structured series of exciting classes that focus on basic watercolor techniques. Learn techniques of various washes, 'wet-on-wet,' and dry brush on wet and dry paper by watching the **Instructor:** demonstrate before performing the technique yourself. Basic drawing will be reviewed as needed. Practice the techniques by painting from a still life or photo. Creation of an individual style is encouraged. Bring supplies to the first class. Supply list is available on the LLI website. TWA

**Course: LLI609 12 Hours**

\$95 + \$92 fee = \$187; NMR add \$120

**Gaithersburg Business Training Center 442**

CRN#: 24426 6 Sessions R

10/13-11/17 10:30 a.m.-12:30 p.m.

**Instructor:** Tatiana Martin

### ☆ Become a Star ☆

#### Showcase Your Work

Sketching, painting, drawing, photography, cooking, garden design, short literary sample, and more. Show others what you have accomplished in a Lifelong Learning Institute class. Email us photos of your finished project(s) along with a short description (plus your written permission to publish the project(s)) and become a LLI star.

Please email:

[natasha.sacks@montgomerycollege.edu](mailto:natasha.sacks@montgomerycollege.edu)

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## Art History

### Andrea Palladio: Pioneer of Classical and Neo-Classical Architecture **NEW**

Where did the neo-classical ideas for architecture in England and America come from? Discover Andrea Palladio (1508-1580), an influential Italian Renaissance architect. Discuss how Palladio's uniqueness in interpreting and reinterpreting Greek and Roman designs brought new energy to architecture. Examine Palladio's plan for villas, houses, and churches containing various architectural elements such as pediments and classical columnar orders. Explore how his design ideas spread to the United States, influencing Thomas Jefferson and Benjamin Latrobe with their works such as Monticello and the U.S. Capitol. Discover the stories of how the slave trade, sugar plantations in the Caribbean, and agriculture helped finance these structures. TWA

**Course:** LLP022    **6 Hours**

\$45 + \$72 fee = \$117; NMR add \$120

**Online: Structured Remote**

CRN#: 24477            3 Sessions            R  
9/22-10/13            10:30 a.m.-12:30 p.m.

No class 10/6

**Instructor:** Ruth Manchester

### Deciphering Art of the High Northern European Renaissance **NEW**

What are the most significant works of the Northern European Paintings? The class will focus on art from the late 15th-16th centuries. Explore the major High Northern European painters, such as Hieronymus Bosch, Peter Bruegel, Albrecht Durer, Matthias Grünewald, Lucas Cranach, and Hans Holbein. Examine their devotional works, portraits, and peasant-pictures. Learn to appreciate the lasting tradition of meticulous naturalism and the developing philosophy of northern humanism. Analyze the most significant works and decode their formal and symbolic language. TWA

**Course:** LLP023    **10 Hours**

\$65 + \$89 fee = \$154; NMR add \$120

**Rockville Campus**    **102 MK**

CRN#: 24702            5 Sessions            W  
10/12-11/16            1:30-3:30 p.m.

No class 10/26

**Instructor:** Irina Stotland

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## Discovering Art in Montgomery County

Do you know where to see art locally? Explore some of Montgomery County's best venues for seeing art. Discuss local and contemporary artists and how they incorporate narrative in their art. Examine major movements in modern art. Visit Glenstone Museum, Ratner Museum, and the Strathmore Mansion. Class will meet at the sites for private tours of the collections. Students are responsible for their own entrance fees if any. Moderate walking. TWA

**Course:** LLI778    **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Off Campus Location**

CRN#: 24578            4 Sessions            F  
10/7-10/28            11 a.m.-1 p.m.

**Instructor:** will contact students regarding the location where the class will meet.

**Instructor:** Evan Goldman

### Edgar Degas—A Radical Artist of His Time **NEW**

One of the most radical artists of his time, Edgar Degas, shocked the 19th-century public with the cutting-edge modernity of his images of the human body in painting and sculpture. Discuss how Degas was a founding member of the Impressionists and the most atypical representative of the movement. Examine his interest, not in landscapes and natural light, but in exploring bodies in motion in the modern spaces of Paris. TWA

**Course:** LLP025    **6 Hours**

\$45 + \$72 fee = \$117; NMR add \$120

**Gaithersburg Business Training Center**    **403**

CRN#: 24478            3 Sessions            W  
9/14-9/28            1:30-3:30 p.m.

**Instructor:** Irina Stotland

## Career Exploration Boot Camp

What are you good at? What are your natural and work-related strengths? Let our boot camps help you discover and match your talents with career areas in which you would be most successful.

See page 23 for camp details and for more classes on Professional and Career Development.

## History of Architecture: Pre-history to the Early Renaissance **NEW**

Ever wondered who were the “first architects?” What evidence do we have of ancient builders before Mesopotamia and Egypt? Discuss recent archeological discoveries and more well-known works such as the pyramids of Egypt. Examine the architecture of Turkey, Mesopotamia, Egypt, Greece, Rome, and Europe in the Middle Ages. Explore the structural nuances of the medieval cathedrals. Determine how works of architecture today owe a debt to the ancient world. Discuss the history of architecture during the early Renaissance—specifically Brunelleschi and his dome on the Florence Cathedral. TWA

**Course: LLP033 10 Hours**  
\$65 + \$89 fee = \$154; NMR add \$120

**Rockville Campus 102 MK**  
CRN#: 24479 5 Sessions R  
10/20-11/17 10:30 a.m.-12:30 p.m.  
**Instructor:** Ruth Manchester

## Johannes Vermeer—a Genius of Light **NEW**

In the spring of 2023, the Rijksmuseum, the national museum of the Netherlands will organize the largest ever retrospective exhibition of the 17th-century master, Johannes Vermeer. Explore Johannes Vermeer’s life in Delft. Discuss his art, famous for its serene domestic genre scenes, an innovative use of light, and incredible illusionism. Examine the most important of his thirty-five paintings. TWA

**Course: LLP026 6 Hours**  
\$45 + \$72 fee = \$117; NMR add \$120

**Online: Structured Remote**  
CRN#: 24594 3 Sessions T  
11/1-11/15 6:30-8:30 p.m.  
**Instructor:** Irina Stotland

## Brain Fitness Institute

### Brain Fitness: Memory Strategies and Brain Booster Games **NEW**

Learn strategies to acquire knowledge most effectively, enhance memory with techniques that work, and challenge your brain with brain games, puzzles, and word games. Understand brain functioning and changes that occur in brain as we age and how to combat cognitive decline. Improve strategies in analytical thinking by using games, decode clues from game shows and engage in games that train memory. and help retain the information. Learn games you can play with your kids and grandkids. Each class session you will focus on a different type of activities. TWA

**Course: LLP040 8 Hours**  
\$59 + \$79 fee = \$138; NMR add \$120

**Online: Structured Remote**  
CRN#: 24686 4 Sessions M  
10/10-10/31 1-3 p.m.  
**Instructor:** Nicole Porcaro

## Calming the Nervous System through Meditation **NEW**

Are you aware that the nervous system is constantly scanning the environment for signs of threat and safety? Our bodies can even perceive danger outside of our conscious awareness and automatically equip us to respond in a heartbeat. In this class, examine a few basics about the autonomic nervous system, practice meditation techniques and other exercises that bring awareness to our powerful survival responses, and build the skill of moving from states such as fight, flight, or freeze into a regulated state of safety, connection, and resilience. TWA

**Course: LLP034 7.5 Hours**  
\$49 + \$84 fee = \$133; NMR add \$120

**Online: Structured Remote**  
CRN#: 24480 5 Sessions T  
11/1-11/29 11 a.m.-12:30 p.m.  
**Instructor:** Carol Moore

## Meditation for Mindfulness and Stress Reduction

One of the most beneficial effects of meditation is a sense of calm and relaxation. In this course you will learn a few simple mindfulness meditation practices that can result in a more consistent sense of well-being, less reactivity to negative experiences, and an enhanced quality of sleep and brain development. This course does not require experience with meditation or sitting in any particular posture. TWA

**Course: LLI249 6 Hours**  
\$45 + \$72 fee = \$117; NMR add \$120

**Online: Structured Remote**  
CRN#: 24421 4 Sessions T  
10/4-10/25 1-2:30 p.m.  
**Instructor:** Phil Bender

### Please register early!

Class cancellations are processed at least a week before the start date due to low enrollments.

## Computers and Technology

### Cloud Technology For Beginners (For people with a Non-Technical Background)

What is the cloud? Define what cloud computing is, what it supports, and how it's delivered. Explore the benefits and key concepts of cloud computing. Discuss when and where to use it, using appropriate industry models. Examine how hackers access your information and best practices to protect your personal information while using the internet. No prior experience needed.

**Course: LLI785 2.5 Hours**  
\$20 + \$10 fee = \$30; NMR add \$30

#### Online: Structured Remote

CRN#: 24580 1 Session T  
10/11 6:30-9 p.m.

**Instructor:** Jasmeet Kaur

### Computer Skills for Beginners

Gain confidence as you are introduced to various hardware, software, and storage devices. Define basic computer concepts and terminology. Learn to navigate the desktop or laptop, textboxes, windows, toolbars, and taskbars. Examine the Windows Control Panel to identify settings and customize controls. Explore files and learn to browse, open, and rename a file. Practice creating new folders, and to copy and move files into these folders. Use Microsoft Word to create, edit, and print out a document. Discuss email and web mail, including how to open and save email attachments. Explore the internet and learn how to find information. Learn steps you can take to be safe while online. TWA

**Course: LLI790 12 Hours**  
\$21 + \$78 fee = \$99; NMR add \$50

#### Rockville Campus 105 MK

CRN#: 24581 6 Sessions M  
9/19-10/31 1:30-3:30 p.m.

No class 9/26

**Instructor:** Bill Mayfield

**Interested in receiving the Lifelong Learning Institute e-newsletter, class updates, and free events?**

Just e-mail:

[natasha.sacks@montgomerycollege.edu](mailto:natasha.sacks@montgomerycollege.edu)

or visit our website to sign-up to be placed on our mailing list.

<https://bit.ly/LLI-MailingList>

### Cybersecurity for Beginners (For people with a non-technical background)

Develop a basic understanding of Cybersecurity to protect yourself from Online Frauds and prevent Identity Theft. Examine how hackers can steal your personal information. Analyze types and motives of cyber-attacks. Learn the best practices that are important to protect your information while using the internet. Explore the history of Cybersecurity. Learn key terminology, basic system concepts, and an introduction to the Cybersecurity field. TWA

**Course: LLP041 5 Hours**  
\$24 + \$45 fee = \$69; NMR add \$50

#### Online: Structured Remote

CRN#: 24845 2 Sessions T  
10/25-11/1 6:30-9 p.m.

**Instructor:** Jasmeet Kaur

### Using Instagram and YouTube Like a Pro

There's no better time than now to get started with Instagram and YouTube. Find and follow Instagram accounts. Learn how to share photos and videos to create stories with special effects. Explore how to browse your feed and interact with posts. Discuss how to go live to connect with your friends at the moment or message your friends in private. Examine the Explore tab and IGTV. Create a YouTube Channel.

**Course: LLI482 4 Hours**  
\$40 + \$15 fee = \$55; NMR add \$50

#### Online: Structured Remote

CRN#: 24688 2 Sessions R  
11/3-11/10 6:30-8:30 p.m.

**Instructor:** Vicki McGill

## World Languages Classes

### Learn a World Language—Expand Your Opportunities

Montgomery College Workforce Development and Continuing Education's World Language classes can help you realize your goal of learning a new language without worrying about grades or big exams.

Come join us for Chinese, French, German, Hebrew, Italian, Russian, or Spanish!

Please check our website for the up-to-date schedule.

[www.montgomerycollege.edu/wdce](http://www.montgomerycollege.edu/wdce)

Or call and/or email us.

**Laura Weihrauch, Program Manager**

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240-567-1862

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240-567-1807

## Culinary Arts and History

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### A Taste of History: Salt **NEW**

See course on page 3.

### Chocolate Through Time **NEW**

See course on page 3.

### Holiday Cookies

Learn to bake cookies from around the world to incorporate into your cookie exchange this year. Explore the flavors of Germany (Pfeffernuse), England (St. Catherine's Cookies), Switzerland (Zimtsterne), and the classic American Chocolate Chip Cookie. Explore baking terms, ingredients, equipment, and tools. Employ safe food handling practices using contemporary guidelines. Understand how to read a recipe in metric measurements. This is a hands-on class. Tuition includes the cost of ingredients. The class will take place at MC Marriott Hospitality Kitchen in Campus Center

**Course:** LLI762      **2.5 Hours**

\$25 + \$30 fee = \$55; NMR add \$50

#### Rockville Campus

CRN#: 24653 12/6      1 Session      W  
new date      1-3:30 p.m.

**Instructor:** Samantha Nelson

### International Cuisine—Cooking with a Chef

#### New Content! Focus on French Cuisine

Do you miss enjoying the delectable cuisine offered while travelling? Now you can feel like you are on vacation from the safety and comfort of your own home. Learn how to prepare a variety of appetizers, entrees, and desserts from different countries and continents. Explore ingredients and flavor profiles from different cultures. Discuss international cooking techniques. This class is taught by a professional chef. TWA

**Course:** LLI629      **6 Hours**

\$59 + \$89 fee = \$148; NMR add \$120

#### Online: Structured Remote

CRN#: 24570      4 Sessions      W  
10/26-11/16      7-8:30 p.m.

**Instructor:** Leo Dilling

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## The Great British Baking Show: Novice Edition

Are you a fan of The Great British Baking Show? Learn how to create some of the delicious recipes from the series-Mary Berry's Scones with Cream and Lemon Curd; Paul Hollywood's Almond Shortbread Biscuits; and view the demonstration and taste of Mary Berry's Mincemeat Streusel Tray Bake. Explore baking terms, ingredients, equipment, and tools. Employ safe food handling practices using contemporary guidelines. Understand how to read a recipe in metric measurements. This is a hands-on class. The class will take place at MC Marriott Hospitality Kitchen in Campus Center. Online module with recipes and videos will be provided.

**Course:** LLI761      **2.5 Hours**

\$25 + \$30 fee = \$55; NMR add \$50

#### Rockville Campus

CRN#: 24705      1 Session      T  
11/1      6-8:30 p.m.

**Instructor:** Samantha Nelson

## History and Current Events

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### A Field Guide to Civil War Statues in Washington **NEW**

In recent years, America has commemorated valor by erecting monuments to entire wars, such as the World War II and the Vietnam Veteran's Memorials. Civil War veterans did it differently. They remembered themselves in monuments through their generals. Jim Johnston uses the statues to tell the story of the Civil War and of the artistry that went into them. This class is offered in collaboration with Montgomery History.

**Course:** LLI521      **1.5 Hours**

\$15 + \$10 fee = \$25; NMR add \$30

#### Online: Structured Remote

CRN#: 24562      1 Session      F  
11/4      10:30 a.m.-12 p.m.

**Instructor:** Montgomery History Jim Johnston

### MC Email Access—Claim Your Account

Claim your MyMC account. Go to MyMC and click on "Claim Your Account." Enter your MC Student ID along with your M# (nine characters including the M). Once you are logged into MyMC, set up your Montgomery College email account by clicking on the email icon. This is the way MC will communicate with you.

## African American History in America: 1865 to the Present **Co-L**

This course surveys the history of African Americans in America 1865 to the present. Examine the Washington–Du Bois debate; African American contributions to the world wars; and the Harlem Renaissance. Discuss the struggle for equality; and strategies for continued economic, political, and social progress. TWA

**Course:** LLI760      **37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Online: Structured Remote**

CRN#: 24576      27 Sessions      T R

9/13-12/15      2-3:30 p.m.

No class 11/24

Please check the MC Bookstore regarding textbooks. Use credit HIST236 CRN22911.

**Instructor:** Sylvea Hollis

## An Insight Into Politics and Current Events

**NEW CONTENT!** This fall, will the war in Ukraine still be going full scale or will a diplomatic solution have taken place? How will the Supreme Court have ruled on hot button issues like abortion and gun rights? Will any parts of President Biden’s Build Back Better Agenda be enacted into law? Will the June hearings before the January 6 committee lead to any criminal referrals to the Justice Department? Will indictments come out of grand jury proceedings in Georgia? Will the Republicans take back the House and/or Senate in off-year elections that will occur the day before the fourth of our six classes. Join other students to discuss these issues and many more in a friendly atmosphere where disagreements are always treated in a respectful manner. All points of view are encouraged. TWA

**Course:** LLI511      **12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24703      6 Sessions      W

9/28-12/14      10:30 a.m.-12:30 p.m.

No class 10/5, 10/19, 11/2, 11/16, 11/23, 12/7

**Instructor:** Joel Cockrell

## Differing Historical Perspectives on Slavery in Maryland and the District of Columbia **NEW**

The word “slavery” brings up a mental image of the “peculiar institution” as it existed in the Deep South right before the Civil War. Slavery in the Washington area was different. It began the same – in the late 1600s, Ninian Beall’s tobacco plantation occupied the land where the White House is today – but it soon changed. After tobacco wore out the land, slavery made less sense, and it was hard to enforce with an increasingly diverse capital of the United States. By the time of the Civil War, Washington, D.C. still had slaves, but they lived among a population of free African Americans. Author James H. Johnston will discuss the differing perspectives on slavery that emerge from his two books, *The Recollections of Margaret Loughborough*, about a daughter of the Old Dominion of Virginia, and *From Slave Ship to Harvard*, which follows six generations of an African American family in Maryland. This class is offered in collaboration with Montgomery History.

**Course:** LLI524      **1.5 Hours**

\$15 + \$10 fee = \$25; NMR add \$30

**Rockville Campus 101 MK**

CRN#: 24563      1 Session      W

10/26      10:30 a.m.-12 p.m. 101 MK

**Instructor:** Montgomery History Jim Johnston

## European History: 17th Century to the Present

**Co-L**

Trace the accumulated experience of Western civilization and its worldwide relationships. Explore the changes in thought, social, economic, and political structures from the Copernican revolution and the Enlightenment through the American and French revolutions, the traumas of economic depressions, world wars, and the upheavals of the contemporary world. Examine the tensions between individual liberty and traditional powers of state and society, the rise of ideologies, pressures of industrialism and national identity, the role of women in society, the rise of masses, and the disenchantment with traditional liberalism and totalitarian alternatives. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI469      **37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus 177 HS**

CRN#: 24560      30 Sessions      M W

8/29-12/14      12-1:15 p.m.

No class 9/5, 11/23

Please check the MC Bookstore for details regarding textbooks. Use Credit HIST148 CRN 21600.

**Instructor:** Kurt Borkman

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## European History: Fall of Rome to the 17th Century **Co-L**

Trace the accumulated experience of Western civilization and its worldwide relationships. Inquire into the foundations of Western civilization and its odyssey to the 17th century. Discuss areas such as the background and the legacy of the ancient world, the distinctive medieval world view, the creation of new social and religious ideals during the Renaissance and Reformation, relationships between cultural and political institutions, the growth of absolutism and constitutionalism, and changes in artistic and literary creativity. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI596      **37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Online: Structured Remote**

CRN#: 24697      31 Sessions      T R  
8/30-12/15      9:30-10:45 a.m.

No class 11/24

Please Check the MC Bookstore for details regarding textbooks. Use Credit HIST147 CRN21599.

**Instructor:** Kurt Borkman

## Fake News, Disinformation, and Propaganda

**NEW**

Are we living in a post-truth society where Fake News determines what people believe and how they behave? Explore the relationship between propaganda, disinformation, fake news, and journalism and how they affect our psychological perception of information. Analyze the different types of dubious content (shared personal stories, push content like rumors, and targeted external and internal propaganda) and discuss the societal consequences of disinformation. Examine tools that individuals, civil society, and government can deploy to tackle this epidemic. TWA

**Course** LLP037      **8 hours**

\$59 - \$79 fee = \$138; NMR add \$120

**Online Structured Remote**

CRN#: 24789      4 sessions      R  
11/3-12/1      10:30 a.m.-12:20 p.m.

No class 11/24

**Instructor:** Naomi Daremblum

## Gilded Age: Splendor and Scandal **NEW**

The three decades of the Gilded Age (1870-1900) are synonymous with extravagant wealth, industrialization and the staid stability of the Astor Court in New York. Identify the transformation of American society that led to the Gilded Age, including the political and economic influences, the cultural and social character, and many principal historical figures. This time period was also full of scandals, violence and squalor. Discuss the rising violence of the anarchist movement and the Haymarket riots. Explore the squalid side of New York life in the tenements of the Lower East Side. TWA

**Course:** LLP027      **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24595      5 Sessions      R  
10/20-11/17      1:30-3:30 p.m.

**Instructor:** Naomi Daremblum

## History of Modern Israel II

Israel, the world's only Jewish state, is a source of pride to many, and a source of conflict to others. Explore Modern Israel from 1967 to the present. Discuss The Six Day War, the Camp David Accords, the Jordan Peace Treaty, as well as the current situation with Iran and the Gulf States. Analyze Israeli/ Palestinian narratives. **Instructor:** is the author of *Return to Zion: The History of Modern Israel*. No prerequisite—Level I class is not required. TWA

**Course:** LLI435      **10 Hours**

\$65 + \$89 fee = \$154; NMR add \$120

**Online: Structured Remote**

CRN#: 24698      5 Sessions      R  
10/20-11/17      6:30-8:30 p.m.

**Instructor:** Eric Gartman

### Update Your Email and Contact Information

Please contact customer service (240-567-5188) to update your email address or other contact information so you can receive the classroom instructions. Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email us, the day before your class, if you do not hear from the instructor.

[natasha.sacks@montgomerycollege.edu](mailto:natasha.sacks@montgomerycollege.edu)  
[eric.scharf@montgomerycollege.edu](mailto:eric.scharf@montgomerycollege.edu)

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

## History of the United States, a Survey Course: from 1865 to the Present **Co-L**

This course will survey United States history from Post-Civil War Reconstruction to the present day. Learn about the industrial revolution and rise of the city; the new immigration; and the social, cultural, and political responses to these changes. Explore the emergence of the United States as a more active world power. Examine American society in the 1920s, the Great Depression, the Cold War, and the controversies over the American role in world affairs. Discuss new developments in modern American society and culture. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI121 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus 167 HS**

CRN#: 24549 31 Sessions T R  
8/30-12/15 11 a.m.-12:15 p.m.

No class 11/24

Please check the MC Bookstore for details regarding textbooks. Use credit HIST201 CRN23343.

**Instructor:** Joe Thompson

## International Relations **Co-L**

Critical analysis of international problems. A survey of the concepts and problems of sovereignty and nationalism as well as the successes and failures of international institutions and organizations. Special attention given to the role of the United Nations in today's world and to contemporary situations that affect world politics. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI599 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus 165 HS**

CRN#: 24566 30 Sessions M W  
8/29-12/14 1-2:15 p.m.

No class 9/5, 11/23

Please check the MC Bookstore for details regarding textbooks. Use POLI203 CRN21597.

**Instructor:** William E. Primosch

## U.S. Foreign Policy: Flash Points **NEW**

Explore today's trouble spots in America's global relationships. Learn about the history of U.S. policy toward Russia and China, two arch-rivals for global leadership. Examine U.S. relations with the Middle East, particularly in terms of tensions with Iran. Discuss this country's attempts at outreach to North Korea's mercurial leader, Kim Jong Un. Zero in on our special relationships with the nations of Central and South America, with special attention to two trouble spots: Venezuela and Cuba. TWA

**Course: LLP039 6 hours**

\$45 + \$72 = \$117; NMR add \$120

**Online: Structured Remote**

CRN#: 24801 3 sessions W  
9/14-9/28 6:30-8:30 p.m.

**Instructor:** Jesse Stiller

## Montgomery County's Little-Known Rosenwald Schools **NEW**

Rosenwald schools are an inspiring chapter in the dark days of segregation. They were public schools for Black students built all over the South in the early 20th century with funding from Julius Rosenwald, sometimes called "the biggest philanthropist you've never heard of." Montgomery County once had 17 Rosenwald schools. Learn about the schools' remarkable impact and importance, along with then-and-now photos of the five buildings that survive. This class is offered in collaboration with Montgomery History.

**Course: LLI532 1.5 Hours**

\$15 + \$10 fee = \$25; NMR add \$30

**Rockville Campus 101 MK**

CRN#: 24564 1 Session M  
10/3 10:30 a.m.-12 p.m.

**Instructor:** Montgomery History Ralph Buglass

### Please register early!

Class cancellations are processed at least a week before the start date due to low enrollments.

### Missing Your Zoom Link?

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. If you do not receive your link, please check your spam folder. If it is not there, email both of us, the day before your class starts.

[natasha.sacks@montgomerycollege.edu](mailto:natasha.sacks@montgomerycollege.edu)

## Political Ideologies **Co-L**

Survey and analyze leading ideologies of the modern world such as anarchism, nationalism, fascism and national socialism, classical liberalism and conservatism, Fabian socialism, Marxism-Leninism, and liberal democracy. Explore current extremist ideologies of both left and right. Examine the nature and function of ideologies in political movements and in governance. Note: You will be joining credit students in this co-listed credit course. TWA

**Course: LLI468 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Online: Structured Remote**

CRN#: 24559 31 Sessions T R

8/30-12/15 11 a.m.-12:15 p.m.

No class 11/24

Please Check the MC Bookstore for details regarding textbooks. Use Credit POLI206 CRN22676.

**Instructor:** Kurt Borkman

## Presidential Chronicles from the Founding Fathers—Theodore Roosevelt **NEW**

The most exclusive club in U.S. history has just 45 members, those individuals entrusted to lead the country as President. Explore their stories—personally, professionally, and politically— and the influence they had on American history. Discuss their individual and shared challenges, and the impacts from addressing them. Gain an appreciation for our collective history by examining key moments from their lives and presidencies, along with their relevance for modern times. And enjoy some good old-fashioned storytelling along the way. Recommended material: The Presidential Chronicles series of books and YouTube videos. TWA

**Course: LLP032 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24599 6 Sessions M

10/3-11/7 1:30-3:30 p.m.

**Instructor:** David Fisher

## Russia, Ukraine, and An Emerging New World Order? **NEW**

On a sunny morning in April 2022, the Prime Ministers of Finland and Sweden announced their intention to join NATO, the joint European-American defense alliance, 73 years since its founding. Not even at the height of the Cold War, when Finland saw itself threatened by Soviet aggression, was this choice given serious consideration. The war in Ukraine, an expansionist Russia on the borders of Europe, and the rise of aggressive authoritarianism might be giving rise to a new European and global geopolitical order. Analyze what the military, political, and economic outlines of such an order might look like. Discuss possible consequences of these dramatic changes for the US, Europe, and countries in other regions. TWA

**Course: LLP035 10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Rockville Campus 102 MK**

CRN#: 24699 5 Sessions T

10/11-11/8 1:30-3:30 p.m.

**Instructor:** Naomi Daremblum

**Online: Structured Remote**

CRN#: 24899 5 Sessions T

10/11-11/8 1:30-3:30 p.m.

**Instructor:** Naomi Daremblum

## The Atomic Age: From the Manhattan Project to Russia's Present Nuclear Threat **NEW**

Ever wondered what atomic power is? Or how scientists discovered its military and civilian capabilities? Learn about the rise of atomic power, beginning with the development of the atomic bomb for military purposes during World War II with the Manhattan Project. Examine the importance of atomic power as the Cold War begins and other countries obtain the nuclear weapons. Discuss investigations during the Red Scare of the 1950s and the possible disclosure of atomic secrets. Examine the ultimate standoff between the United States and the Soviet Union over the placement of missiles in Cuba in 1962. Discuss the Iran Nuclear Deal and Russia's current threat to use atomic power during the Ukraine crisis. TWA

**Course: LLP017 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24590 6 Sessions R

10/6-11/10 10:30 a.m.-12:30 p.m.

**Instructor:** Joel Cockrell

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## The History of Television in the United States Prior to the Advent of Cable

Do you remember when television was presented in black and white with only three national networks? Explore the early days of television up until the time of the cable television explosion through an examination of the three major networks and their local affiliates, the transition from black and white to color, and the types of programming offered. Learn how television covered the major events of the day such as the Cuban Missile Crisis and the assassinations that occurred during the 1960s. Discuss topics such as the advent of public television broadcasting and even music from television shows. The focus will be on news, sports, entertainment, situation comedies, dramas, and westerns. TWA

**Course:** LLI002      **12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24656      6 Sessions      T  
9/20-11/1      10:30 a.m.-12:30 p.m.

No class 10/4

**Instructor:** Joel Cockrell

## The Holy Roman Empire: The Heart of Europe

**NEW**

Founded by the great Emperor Charlemagne and lasting until its defeat by Napoleon a millennium later, the Holy Roman Empire ruled at the heart of Europe. Learn how this immensely powerful Empire managed to thrive in spite of having no fixed capital (each Emperor traveled between residences). Discover how the Empire's diversity of populations (French-speaking Walloons, Slovaks, Danes, Czechs, Croats and Italians to name just a few), their languages and cultures made it an engine of ideas and inventions. Analyze how the Reformation, the Thirty Years War and the Treaty of Westphalia forever altered its character. Discuss how Napoleon's wars in Europe buried the Empire forever. TWA

**Course:** LLP021      **12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Rockville Campus**      **102 MK**

CRN#: 24593      6 Sessions      M  
10/3-11/7      10:30 a.m.-12:30 p.m.

**Instructor:** Naomi Daremblum

**Online: Structured Remote**

CRN#: 24900      6 Sessions      M  
10/3-11/7      10:30 a.m.-12:30 p.m.

**Instructor:** Naomi Daremblum

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## The Red Orchestra: The Great Spy Network that Resisted Hitler in Berlin **NEW**

In the heart of Berlin and in the darkest moment of European history during WWII a group of friends, known as The Red Orchestra, opposed Hitler as one of the most audacious spy networks in history. Discover how they opposed the regime through pamphlets, leaflets, posters, and stickers and how they hoped to incite civil disobedience. Analyze their success in other more daring operations like aiding Jews and the resistance to escape the regime. Discuss how their documentation of Nazi atrocities and providing military intelligence to the Allies determined some of the most important decisions of the war. TWA

**Course:** LLP029      **10 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24596      5 Sessions      M  
10/24-11/21      6:30-8:30 p.m.

**Instructor:** Naomi Daremblum

## World History: A Comparative Survey from A.D. 1500 to Present **Co-L**

Explore contemporary life in terms of the accumulated cultural experiences of the world, and learn to appreciate the growing interdependence of modern nations. Examine autonomous local developments in various parts of the world as well as the settling of the New World. Discuss scientific and industrial revolutions and their diffusion, Western dominance of the non-Western world and its decline, and the rise of mass societies. Discuss Marxism and worldwide revolutions, the effects of two world wars, and the struggles to modernize. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI643      **37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus**      **177 HS**

CRN#: 24571      14 Sessions      T R  
10/27-12/15      1-3:45 p.m.

No class 11/24

Please Check the MC Bookstore for details regarding textbooks. Use Credit HIST117 CRN21893.

**Instructor:** Mohammad Sadeqh Foghani

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

## World History: A Comparative Survey from the Ancient World to A.D.1500 **Co-L**

Explore contemporary life in terms of the accumulated cultural experiences of the world, and learn to appreciate the growing interdependence of modern nations.

Discuss the emergence and flowering of ancient Near Eastern and Mediterranean civilizations; the Christian Middle Ages and Renaissance in Europe; China and the development of Confucianism, Taoism, and Buddhism; Hinduism and Indian empires; Islam and its conquests and the rise of the Ottoman Empire; civilizations of the Americas; and African developments. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI610 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus 177 HS**

CRN#: 24567 31 Sessions T R

8/30-12/15 11 a.m.-12:15 p.m.

No class 11/24

Please Check the MC Bookstore for details regarding textbooks. Use Credit HIST116 CRN21629.

**Instructor:** Kelly Rudin

## Home and Garden

### Decorative Trees and Shrubs

Do you know which trees and shrubs are successful in Mid-Atlantic garden spaces? Learn how to select woody ornamentals and plan a Mid-Atlantic region garden. Discuss deer resistant shrubs and the challenges of bamboo and other invasive plants in the landscape. Analyze which trees and shrubs to avoid. Explore general maintenance techniques. TWA

**Course: LLP042 5 Hours**

\$39 + \$59 fee = \$98; NMR add \$50

**Online: Structured Remote**

CRN#: 24846 2 Sessions T

10/4-10/11 6:30-9 p.m.

**Instructor:** Janet Johnson

**Interested in receiving the Lifelong Learning Institute e-newsletter with class updates and free events?**

E-mail:

natasha.sacks@montgomerycollege.edu

or eric.scharf@montgomerycollege.edu

or visit our website to sign-up to be placed on our mailing list.

<https://bit.ly/LLI-MailingList>

## Easy Care Houseplants

Bring beauty and nature into your home. Learn how to choose the right houseplant for your home and space. Discuss pot size, watering schedules, and types of light. Determine when to divide, how to take cuttings, and how to reproduce plants in your home. Analyze nutrition levels and when to fertilize. Identify common pests and learn how to control them. TWA

**Course: LLP043 5 Hours**

\$39 + \$59 fee = \$98; NMR add \$50

**Online: Structured Remote**

CRN#: 24847 2 Sessions S

9/10-9/17 6:30-9 p.m. p.m.

**Instructor:** Janet Johnson

## Garden Design

Do you ever wish you could have a beautiful home garden? In this course, garden enthusiasts and homeowners will examine the basics of garden design. You will discuss current garden trends; and how to integrate the architecture of your home/buildings into the landscape for a cohesive overall design. You will focus on using plants and materials that are suitable for the Mid-Atlantic region to create a garden design suitable for your own home. TWA

**Course: LLI519 8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Rockville Campus**

CRN#: 24561 4 Sessions T

10/18-11/8 6:30-8:30 p.m.

**Instructor:** Janet Johnson

## Orchids: How to Grow and Bloom

Discover how to be successful with orchid selection in the home environment. Learn how to purchase, care, transplant, and water your orchids. Discuss how to rebloom your orchid, when to fertilize, and when to root prune.

**Course: LLI022 3 Hours**

\$15 + \$15 fee = \$30; NMR add \$30

**Online: Structured Remote**

CRN#: 24546 1 Session T

11/15 6:30-9:30 p.m.

**Instructor:** Janet Johnson

## Human and Natural Science

### Understanding Climate Change through NASA's Earth Science Programs

Did you know that NASA has a robust Earth science program which has been gathering data on Earth's "vital signs" to help us better understand and prepare for climate change? Learn about NASA's Earth science program, what these "vital signs" are, how remote sensing works, why we use satellites to help us measure these "vital signs", and what the latest data are showing us about climate change. Discover how to stay updated on climate change science, as well as engage in NASA citizen science efforts to protect our planet. TWA

**Course:** LLI625      **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Online: Structured Remote**

CRN#: 24569      4 Sessions      F  
9/30-10/21      1:30-3:30 p.m.

**Instructor:** Dorian Janney

### Using DNA to Reveal the Hidden Stories of Human Diversity, History, and Migration

Learn what DNA is, how it is inherited, and what is its function. Examine how different parts of the DNA tell different stories. Learn what is a mutation, and how they advance and influence evolution. Analyze DNA results from an ancestry, paternal, or medical genetic test. Discuss how DNA informs us about ancestry, geographic origin, race, and identity. TWA

**Course:** LLI684      **8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Online: Structured Remote**

CRN#: 24573      4 Sessions      F  
9/23-10/14      1:30-3:30 p.m.

**Instructor:** Miguel G. Vilar

## Literature and Writing

### Creative Writing: An Introduction **Co-L**

Have you ever thought about practicing creative writing? Explore the forms and techniques of short story writing, in particular: point of view, plot, characterization, setting, and atmosphere in standard and experimental modes. Establish a personal style and expression. Discuss fiction of proven merit and student writing. Designed for students who have fully mastered basic writing skills and who are literate writers but who have written little or no fiction previously. One college-level literature course or extensive previous outside reading of fiction is desirable. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI466      **37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Rockville Campus 459 SC**

CRN#: 24610      30 Sessions      M W  
8/29-12/14      10-11:15 a.m.

No class 9/5, 11/23

Please Check the MC Bookstore for details regarding textbooks. Use Credit ENGL 264 CRN20309.

**Instructor:** Jarvis Slacks

### Film and Literature **Co-L**

This course is a comparative study of films and literature with special attention given to the practical and theoretical problems of adapting literature to film and the basic differences between the two. Explore how character development, plot, narrative, symbols, and language are translated from literary texts to film, and considers the limitations of film adaptation. Read, analyze, and respond critically to texts in class discussions, examinations, and essays. Note: You will be joining credit students in this co-listed credit class. TWA

**Course:** LLI984      **37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Germantown Campus 122 HT**

CRN#: 24602      27 Sessions      M W  
9/12-12/14      10-11:25 a.m.

No class 9/5, 11/23

Please Check the MC Bookstore for details regarding textbooks. Use Credit ENGL 235 CRN23634.

**Instructor:** Alejandro Leopardi

**Online: Structured Remote**

CRN#: 24607      14 Sessions      T  
9/13-12/13      10 a.m.-1 p.m.

Please check the MC Bookstore for details regarding textbooks. Use Credit ENGL235 CRN20310.

**Instructor:** Rebecca Portis

### Reading Lists

For non-credit courses, check for your reading list on the LLI website; for credit classes, check the Blackboard site.

## Literary Café

NEW CONTENT! Join a group of insightful readers in a relaxed setting for engaging discussions about different literary genres and pieces of literature. Together we will focus on examples of memoir, the novel, poetry, the short story, and drama. Some will be familiar, old favorites and others may be new. Readings include: John Edgar Wideman, *Brothers and Keepers* (1984), Nobel Prize winner J. M. Coetzee, *Waiting for the Barbarians* (1980), Selection of poems by T.S. Eliot, Susan Sontag's essay, "Against Interpretation" (1966), available online, H.G. Wells, *The Country of the Blind* (1911), available online, Nobel Prize winner Harold Pinter, *Betrayal* (1978) and Florian Zeller, *The Forest* (2022). Reading list is available on the LLI website for additional information. TWA

**Course: LLI070 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24547 6 Sessions R  
10/6-12/15 2-4 p.m.

Class will meet on the following dates: 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

**Instructor:** Adele Seeff

## Literary London: The City, The Stories—on Page and Screen **NEW**

Would you like to explore London through the eyes of a variety of characters, across historical eras, and social circumstances? This class is making that trip! Study texts from various eras as they come alive on the page and the screen. Analyze the ways London and representations of the city have changed and developed over time. Examine the city as both setting and character, and identify ways in which the city influences its inhabitants or is acted upon by them. TWA

**Course: LLP018 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24591 6 Sessions W  
11/2-12/14 10:30 a.m.-12:30 p.m.

No class 11/23

**Instructor:** Ann Stephenson

## Modern Jewish Literature and Film

Discuss how the Jewish experience in modernity and the conflicts and challenges it has engendered has been the subject of a significant body of literature and film. Explore representative works of fiction and film from the late 19th century to the present. Analyze themes, genres, styles, and influences in Jewish literature and film. Learn about the most iconic writers/works of Jewish literature and film. Reading list is available on the LLI website for additional information. TWA

**Course: LLI745 10 Hours**

\$65 + \$89 fee = \$154; NMR add \$120

**Online: Structured Remote**

CRN#: 24574 5 Sessions F  
10/7-11/4 10:30 a.m.-12:30 p.m.

**Instructor:** Naomi Daremblum

## Poetry in the Age of Shakespeare and Donne **NEW**

The time between 1590 and 1642 saw an extraordinary outpouring of English poetry of great variety and originality. William Shakespeare and John Donne were the towering figures of this period, with John Milton beginning his career at the end of it. Hardly less in stature were Edmund Spenser, Sir Phillip Sidney, and Ben Jonson. Explore their works along with that of the followers of Jonson and Donne. Discuss characteristic prose works and songs of the period. Examine the particular styles of these poets and the way each used common metaphors, poetic forms, and contemporary ideas. TWA

**Course: LLP038 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Maplewood Park Place**

CRN#: 24601 6 Sessions T  
10/11-11/15 1:30-3:30 p.m.

**Instructor:** Bob Shoenberg

## Short Stories By Women Authors From 18th to 21st Century **NEW**

Do you love reading and lively discussions but would like an alternative to book clubs and lengthy novels? Read and engage in spirited discussion over classic and contemporary short fiction by women authors such as Toni Cade Bambara, Charlotte Perkins Gilman, Zora Neale Hurston, Bharati Mukherjee, Flannery O'Connor, Alice Walker, and Eudora Welty. Reading list is available on the LLI website for additional information. TWA

**Course: LLP019 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24592 6 Sessions M  
9/19-10/31 10:30 a.m.-12:30 p.m.

No class 9/26

**Instructor:** Ann Stephenson

## Survey of African American Literature I

Explore trends, patterns, and historical incidents that have influenced recurrent themes in African American literature. Examine these themes through African American literature from its earliest beginnings to the Harlem Renaissance. Discuss vernacular tradition, spirituals, folk tales, slave and emancipation narratives, poetry, speeches, fiction, non-fiction and drama of this time period. Note: You will be joining credit students in this co-listed class. TWA

**Course: LLI180 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Online: Structured Remote**

CRN#: 24608 27 Sessions T R

9/13-12/15 2-3:30 p.m.

No class 11/24

Please check the MC Bookstore for details regarding textbooks. Use Credit ENGL226 CRN22564.

**Instructor:** Greg Malveau

## The Cultural Influence of Humor Through Saturday Night Live

Were you glued to the TV in the 1970s watching Chevy Chase, Gilda Radnor, and John Belushi? Or, perhaps maybe you were more of a Chris Rock, Adam Sandler, or Tina Fey fan? Explore the global significance and influence of the world's most well-known sketch comedy show and learn how laughter can influence not only culture, but mental wellness, stress relief, and mindfulness. Trace the development of SNL comedians and their works. Discuss the relevance of SNL to today's culture. TWA

**Course: LLI770 6 Hours**

\$65 + \$72 fee = \$137; NMR add \$120

**Online: Structured Remote**

CRN#: 24577 3 Sessions M

11/14-11/28 1-3 p.m.

**Instructor:** Nicole Porcaro

### NEW Course Code!

**When registering, please be aware of the course number/code: LLI and LLP.** Lifelong Learning offers so many great classes, we have run out of numbers in our LLI course code! We will now be working with TWO course codes for our classes. Many courses will now be designated with **LLP** (Lifelong Learning Programs).

Example:

**Line Dancing for Everyone**

**Course: LLP005** Note it is not **LLI005**.

## The Short Story **Co-L**

A study of the short story in world literature with emphasis on the literary form. Examine the basic elements of fiction as they appear in short stories. Discuss content, structure, and literature techniques used. Analyze short stories from a variety of critical perspectives. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI239 37.5 Hours**

\$396 + \$136.20 fee = \$532.20; NMR add \$871.20

**Rockville Campus 107 HU**

CRN#: 24609 27 Sessions M W

9/12-12/14 1-2:30 p.m.

No class 9/5, 11/23

Please check the MC Bookstore for details regarding textbooks. Use Credit ENGL233 CRN20275.

**Instructor:** David Lemmond

## Writing Memoirs, Writing Memories

Whether you wish to pass on the family heritage to your grandchildren, tell some of the funny stories or interesting events of your life, or if you want to explore your past in order to discover your own reality, writing is a wonderful way to begin. Writing for a group of other people who have stories to tell and who are also working to find the best way to tell them is a good way to begin and to keep going. In this class, students will form a writing group where they will share ideas, experiences, and some of the rewards and frustrations of writing. TWA

**Course: LLI543 12 Hours**

\$69 + \$92 fee = \$161; NMR add \$120

**Online: Structured Remote**

CRN#: 24565 6 Sessions W

10/12-11/16 6:30-8:30 p.m.

**Instructor:** Pam McFarland

## Music

### Symphonies of Gustav Mahler **NEW**

Regarded primarily as a conductor during his lifetime, appreciation for Mahler, the composer, has steadily grown during the past 60-70 years. Explore his symphonies, which are now considered within the top tier canon with such luminaries as Beethoven, Brahms, Mozart, and Shostakovich. Discuss how, born in what is now the Czech Republic, he always felt "like an outsider, never made welcome," but that his music now is beloved by many. Examine Mahler's symphonies through lecture, discussion, and musical selections. Take an in-depth look at this tour de force works of power and emotion by a 20th century musical genius. (No prior musical training is

required.) TWA

**Course: LLP036 10 Hours**

\$65 + \$89 fee = \$154; NMR add \$120

**Online: Structured Remote**

CRN#: 24600 5 Sessions W

9/14-10/19 10:30 a.m.-12:30 p.m.

No class 10/5

**Instructor:** Jesse Parker

**The Beatles: Sgt. Pepper's Lonely Hearts Club Band**

Explore and appreciate the groundbreaking album by The Beatles, Sgt. Pepper's Lonely Hearts Club Band—referred to by many as the greatest rock album of all time.

Discuss how Sgt. Pepper's pushed the boundaries of music and recording technique of the day. TWA

**Course: LLI781 8 Hours**

\$59 + \$79 fee = \$138; NMR add \$120

**Online: Structured Remote**

CRN#: 24579 4 Sessions W

11/2-11/30 6:30-8:30 p.m.

No class 11/23

**Instructor:** Jesse Parker

**When the Stars Came to Gaithersburg: Remembering the Shady Grove Music Fair** NEW

For most of the 1960s and '70s Gaithersburg was an entertainment mecca for the greater DC area. Shady Grove Music Fair—first under a big-top tent and then in a theater-in-the-round venue complete with a revolving stage—hosted Broadway hits and a wide variety of pop, rock and soul singers. Stars included Simon and Garfunkel, Bruce Springsteen, Aretha Franklin, Bette Midler, Duke Ellington and even the Jackson 5 for a full week with tickets starting at \$4.75. After only 16 years, the curtain came down in 1978—but what a run! This class is offered in collaboration with Montgomery History.

**Course: LLI520 1.5 Hours**

\$15 + \$10 fee = \$25; NMR add \$30

**Gaithersburg Business Training Center**

CRN#: 24788 1 Session M

11/7 10:30 a.m.-12 p.m.

**Instructor:** Montgomery History Ralph Buglass

## Personal Enrichment

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**A.S.K. in a Nutshell**

New Content! Are you intellectually curious? If so, then A.S.K. (Adults Seeking Knowledge) is for you! A.S.K. offers an array of weekly programs and lectures, including invited experts who present lectures covering a wide range of topics. Past topics have included current events, science, history, world travels, mediation for seniors, opera, alternative medicine, and fitness and health. TWA *no class 10/19*

**Course: LLI841 7.5 Hours**

\$30 + \$62 fee = \$92; NMR add \$50

**Gaithersburg Business Training Center 402**

CRN#: 24798 6 Sessions W

10/12-12/7 1-2:15 p.m.

No class 11/2, 11/23

**Instructor:** Jeff Miller

**Online: Structured Remote**

CRN#: 24582 6 Sessions W

10/12-12/7 1-2:15 p.m.

No class 11/2, 11/23

**Instructor:** Jeff Miller

**Bridge for Beginners**

Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This course is intended for newcomers to the game and players who haven't played in years. The 6-week course will cover the fundamentals of modern bidding, play of the hand, some defensive principles, and more.

**Course: LLI942 12 Hours**

\$30 + \$79 fee = \$109; NMR add \$120

**Rockville Campus 102 MK**

CRN#: 24587 6 Sessions W

9/14-10/26 7-9 p.m.

No class 10/5

**Instructor:** David Dong

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

## Bridge: Intermediate

The game of bridge is as challenging as it is enjoyable. This course is appropriate for all players with a solid grasp of bridge basics who wish to improve their games. Lessons will cover modern bidding techniques and conventions, and card play strategies for declarers and defenders. *Prerequisite: Bridge for Beginners or equivalent experience.*

**Course: LLI958**      **12 Hours**

\$30 + \$79 fee = \$109; NMR add \$120

**Rockville Campus**    **102 MK**

CRN#: 24588            6 Sessions            W

11/2-12/14            7-9 p.m.

No class 11/23

**Instructor:** David Dong

## Paths to a Fulfilling and Successful Retirement

Are you nearing retirement and are not sure what to do at this stage of life? Are you searching for ways to have a more fulfilling retirement? Identify and set your path in the right direction. Discuss your goals and preferences, examine successful retirement models; learn about resources in the community that can keep you engaged with civic, cultural, and learning opportunities. Examine the steps to positive emotional adjustment with self-satisfaction and personal growth. Some options discussed might include: entrepreneurship; pursuing the Dreams Deferred; returning to school or enhancing transferrable skills to transition to a new career, travel, or volunteer. No financial information is covered in this course. TWA

**Course: LLI199**      **6 Hours**

\$59 + \$69 fee = \$128; NMR add \$120

**Online: Structured Remote**

CRN#: 24550            3 Sessions            R

11/3-11/17            6:30-8:30 p.m.

**Instructor:** Natasha Sacks

## Personal Finance Academy

### Health Care Insurance for Retirement

This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. Determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 2 years. TWA

**Course: PRF139**      **6 Hours**

\$30 + \$69 fee = \$99; NMR add \$50

**Online: Structured Remote**

CRN#: 24520            3 Sessions            M

10/24-11/7            6:30-8:30 p.m.

**Instructor:** Mark Gottlieb

### In-Depth Investment Skills: How to Become a Savvy Investor

This course will deliver a comprehensive examination of the investment tools required to take charge of your own investment portfolio, regardless of its size. Learn the pros and cons of investing in stocks, bonds, exchange-traded funds, REITs, convertibles, and mutual funds, and how to use asset allocation and diversification to reduce risk and increase return. Discuss tax-deferred investments (401k, IRA) versus taxable investments, hedge funds, efficient market theory, indexing versus active management, minimizing taxes, market timing, and duration. Focus is on practical techniques that you can use immediately to improve investment return. TWA

**Course: PRF144**      **27 Hours**

\$99 + \$149 fee = \$248; NMR add \$140

**Online: Structured Remote**

CRN#: 24642            12 Sessions            R

9/15-12/8            7-9:15 p.m.

No class 11/24

**Instructor:** Gary Cahn

## Become a Lifelong Learning Ambassador!

Stay active and engaged by becoming a volunteer—LLI Ambassador. As an ambassador you will help with community outreach by finding online, and in the community, distribution points for LLI marketing materials: catalogs, brochures, and online ads. Your responsibilities may also include interacting with community members via phone and marketing the LLI program with our team at community events (when face-to-face events resume).

If you would like to become a LLI Ambassador, please contact Natasha Sacks at [natasha.sacks@montgomerycollege.edu](mailto:natasha.sacks@montgomerycollege.edu)

## Investing in the Thrift Savings Plan When Working and Retired

Are you a Federal Government employee or retired from federal service? Do you understand the ins and outs of the Thrift Savings Plan (TSP)? Learn about the differences in TSP investment funds, tax considerations, the Roth TSP option, short-term and long-term considerations, and withdrawal options. Discuss required minimum distributions and the Life Annuity option. This course is only relevant to TSP participants or Federal employees considering participation.

**Course: PRF155 3 Hours**

\$20 + \$20 fee = \$40; NMR add \$30

**Online: Structured Remote**

CRN#: 24635 1 Session M  
11/28 6:30-9:30 p.m.

**Instructor:** Jamie Ingoe

## Making Smart Investment Decisions

Making smart investment decisions can make a big difference over your lifetime and especially what you save for your retirement years. With some basic understanding of investment products and risk and return, you can take steps to grow your nest egg. Discuss investment products, risk and return, volatility, and how fees can impact your portfolio. Learn the questions to ask before you invest, the red flags of fraud, and how to use the free resources on Investor.gov, the SEC's online portal for individual investors.

**Course: PRF178 1.5 Hours**

\$10 + \$10 fee = \$20; NMR add \$30

**Online: Structured Remote**

CRN#: 24640 1 Session W  
9/21 6:30-8 p.m.

**Instructor:** Alan Sorcher

## Maximizing Social Security Benefits

Social Security is a cornerstone of retirement income for most Americans. Yet the nuances of how/when to receive benefits are often overlooked and can lead to missed opportunities. This course will address individual and couple's benefits, special situations for widows and ex-spouses, reductions due to federal pensions, and taxation of benefits. The target audience for this course are those who are newly retired and who plan to retire within the next few years.

**Course: PRF159 3 Hours**

\$20 + \$20 fee = \$40; NMR add \$40

**Online: Structured Remote**

CRN#: 24636 1 Session T  
11/1 6:30-9:30 p.m.

**Instructor:** Neal Seagle

## Mutual Funds

Content: Mutual Funds and Exchange Traded Funds (ETFs) Learn how to read a mutual fund prospectus and shareholder reports, and discuss how to compare mutual funds. Examine exchange-traded funds (ETFs) and understand how they differ from mutual funds. Discuss how to research and compare mutual funds using free resources and the importance of understanding your investment objectives and risk tolerance. Learn about free resources on Investor.gov, the SEC's online portal, and tips to avoid fraud.

**Course: PRF175 2 Hours**

\$15 + \$20 fee = \$35; NMR add \$30

**Online: Structured Remote**

CRN#: 24641 1 Session R  
10/13 6:30-8:30 p.m.

**Instructor:** TBA

## Probate in Maryland: An Overview for Executors-To-Be

An overview of the probate process in Maryland, and more specifically in Montgomery County, including: a review of determining whether a probate is necessary; how to open a probate estate; how the estate is administered; and how the estate is closed. Explore the documents used by the Register of Wills; learn how to determine if an asset is a probate asset or a non-probate asset; and how to deal with claims and debts against the estate. Discuss the costs of probate, including the fees owed to the personal representative (executor) and attorneys. TWA

**Course: PRF033 5 Hours**

\$60 + \$65 fee = \$125; NMR add \$120

**Online: Structured Remote**

CRN#: 24848 2 Sessions W  
10/26-11/2 6:30-9 p.m.

**Instructor:** Lindsey Sarowitz

## Rejuvenate Your Retirement

How long will your retirement income last? This course provides a fresh look at important financial topics relevant to adults entering, or already enjoying, retirement. Making your money last throughout retirement has never been more challenging. People are living longer and fewer retirees have traditional pensions, while interest rates are at all-time lows. Learn about important financial topics such as reducing taxes, assessing investment risk, exploring retirement income sources and investment options, planning for health care needs, and preparing your estate. TWA

**Course: PRF032 5 Hours**

\$27 + \$57 fee = \$84; NMR add \$50

### Rockville Campus 220 MK

CRN#: 24844 2 Sessions T  
10/11-10/18 1-3:30 p.m.

**Instructors:** Jamie Ingoe/Don Chomas

### Takoma Park/Silver Spring Campus 201 CU

CRN#: 24839 2 Sessions R  
10/27-11/3 1-3:30 p.m.

**Instructors:** Allison McCarty/Perry Lazerus

CRN#: 24840 2 Sessions T  
11/1-11/8 1-3:30 p.m.

**Instructors:** Allison McCarty/Perry Lazerus

### Online: Structured Remote

CRN#: 24843 2 Sessions T  
9/13-9/20 1-3:30 p.m.

**Instructors:** Jamie Ingoe/Don Chomas

CRN#: 24842 2 Sessions R  
10/6-10/13 1-3:30 p.m.

**Instructors:** Allison McCarty/Grant LaGasse

CRN#: 24841 2 Sessions T  
10/11-10/18 1-3:30 p.m.

**Instructors:** Allison McCarty/Grant LaGasse

## Retirement Distribution Strategies

Retirement Plans have many complicated rules. Rules regarding how you can access your money, how much you can contribute, and different tax rates for withdrawals. Learn 13 retirement strategies including the rules surrounding IRAs, 401ks, TSPs, Roths, etc. Discuss the optimal Social Security claiming strategies for married and single participants that will maximize retirement income. TWA

**Course: PRF174 6 Hours**

\$30 + \$59 fee = \$89; NMR add \$50

### Rockville Campus 1124 MK

CRN#: 24634 2 Sessions W  
10/19-10/26 6:30-9:30 p.m.

**Instructor:** Neal Seagle

## Retirement Planning Today

Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA

**Course: PRF169 6 Hours**

\$25 + \$57 fee = \$82; NMR add \$50

### Germantown Campus

CRN#: 24630 2 Sessions R  
9/1-9/8 6:30-9:30 p.m. 178 PK

**Instructors:** Perry Lazerus/Grant LaGasse

CRN#: 24629 2 Sessions T  
9/6-9/13 6:30-9:30 p.m. 178 PK

**Instructors:** Perry Lazerus/Grant LaGasse

### Rockville Campus

CRN#: 24618 2 Sessions R  
10/6-10/13 6:30-9:30 p.m. 102 MK

**Instructors:** Jamie Ingoe/Russell Rifkin

CRN#: 24619 2 Sessions W  
10/12-10/19 6:30-9:30 p.m. 123 MK

**Instructors:** Jamie Ingoe/Russell Rifkin

### Takoma Park/Silver Spring Campus

CRN#: 24625 2 Sessions R  
10/27-11/3 6:30-9:30 p.m. 222 HC

**Instructors:** Allison McCarty/Perry Lazerus

CRN#: 24624 2 Sessions T  
11/1-11/8 6:30-9:30 p.m. 222 HC

**Instructors:** Allison McCarty/Perry Lazerus

### Sherwood High School

CRN#: 24633 2 Sessions R  
9/15-9/22 6:30-9:30 p.m.

**Instructors:** Allison McCarty/Grant LaGasse

CRN#: 24626 2 Sessions W  
9/21-9/28 6:30-9:30 p.m.

**Instructors:** Allison McCarty/Grant LaGasse

### Online: Structured Remote

CRN#: 24620 2 Sessions R  
9/8-9/15 6:30-9:30 p.m.

**Instructors:** Jamie Ingoe/Russell Rifkin

CRN#: 24621 2 Sessions W  
9/14-9/21 6:30-9:30 p.m.

**Instructors:** Jamie Ingoe/Russell Rifkin

CRN#: 24627 2 Sessions R  
10/6-10/13 6:30-9:30 p.m.

**Instructors:** Perry Lazerus/Grant LaGasse

CRN#: 24628 2 Sessions T  
10/11-10/18 6:30-9:30 p.m.

**Instructors:** Perry Lazerus/Grant LaGasse

CRN#: 24622      2 Sessions      W  
10/26-11/2      6:30-9:30 p.m.

**Instructors:** Jamie Ingoe/Russell Rifkin

CRN#: 24623      2 Sessions      T  
11/1-11/8      6:30-9:30 p.m.

**Instructors:** Jamie Ingoe/Russell Rifkin

## Stocks, Bonds, Mutual Funds, and ETFs Explained

Whether you manage your own investments or someone manages them for you, it is important to understand the different types of investments. In this course, an experienced investment advisor and Certified Financial Planner explains advantages and disadvantages of different investments, risks, ways to own investments, asset allocation, tax considerations, historical performance, and more. For instance, are Exchange Traded Funds (ETFs) better than mutual funds? TWA

**Course: PRF172      5 Hours**

\$60 + \$65 fee = \$125; NMR add \$120

**Online: Structured Remote**

CRN#: 24638      2 Sessions      M  
11/7-11/14      6:30-9:30 p.m.

**Instructor:** Jamie Ingoe

## Stocks: An In-Depth Look

This course will provide students with tools to understand and evaluate stocks and review multiple strategies for using stocks in a personal portfolio. Topics include: understanding U.S. and global economic cycles, how to evaluate a company's financial health, and how to use stocks for personal finances. Instructor: cannot make stock recommendations. TWA

**Course: PRF147      8 Hours**

\$50 + \$75 fee = \$125; NMR add \$120

**Online: Structured Remote**

CRN#: 24645      4 Sessions      M  
10/3-10/24      6:30-9:30 p.m.

**Instructor:** Jamie Ingoe

## Wills and Estates

Take a deep dive into personal estate planning. Learn about the real differences between wills and revocable trusts; why everyone always needs a power of attorney and health care directives; and what it really means to go through Maryland probate (and how to avoid that if appropriate). Topics include the use (and misuse) of revocable living trusts, the pros, cons and dangers of joint ownership, the right way to make and receive gifts (and why there is a very wrong way), and the impact of the Federal estate tax and Maryland's two separate death taxes on your estate. TWA

**Course: PRF171      6 Hours**

\$60 + \$75 fee = \$135; NMR add \$120

**Rockville Campus      104 MK**

CRN#: 24632      2 Sessions      W  
10/12-10/19      6:30-9:30 p.m.

**Instructor:** Lindsey Sarowitz

**Online: Structured Remote**

CRN#: 24639      2 Sessions      R  
11/10-11/17      6:30-9:30 p.m.

**Instructor:** Lindsey Sarowitz

## Professional and Career Development

### Career Exploration Boot Camp

What are you good at? What are your natural and work-related strengths? Discover and match them with career areas in which you would be most successful. Choose to apply your skills to your career or volunteering and other life opportunities. Engage in a series of insightful individual and group exercises and conduct research into career areas of interest to you. Draft your career plan while being supported through your career exploration stage by your classmates and career coach. TWA

**Course: CRP013      12 Hours**

\$45 + \$59 fee = \$104; NMR add \$120

**Online: Structured Remote**

CRN#: 24519      4 Sessions      R  
9/22-10/20      6-9 p.m.

### Find Us on Facebook!

Learn about free events, new course offerings, registration information, special announcements, and more.

<http://bit.ly/MCLLIfacebook>



## How to Land Your Job

Learn innovative and traditional proven job search techniques to help you land the job you want. This class provides a comprehensive approach to employment search, including resume writing, LinkedIn, and the latest self-marketing and networking techniques. Explore how to distinguish yourself from others competing for the same jobs and how to impress employer with your interviewing skills. Learn how to use career and job search resources, such as Career Coach, and networking and employment resources, such as social media. TWA

**Course: CRP535 10 Hours**

\$10 + \$35 fee = \$45; NMR add \$30

**Online: Structured Remote**

CRN#: 24648 4 Sessions M  
10/24-11/14 6:30-9 p.m.

**Instructor:** Mary Pat Brennan

## Wellness

### Gentle Yoga for Mood and Strength

Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Practice breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body's systems to treat the body as a whole.

**Course: LLI723 6 Hours**

\$34 + \$35 fee = \$69; NMR add \$120

**Rockville Campus 121 PE**

CRN#: 24700 8 Sessions F  
9/16-11/4 11-11:50 a.m.

**Instructor:** TBA

### Gentle Water Fitness for Muscle Tone and Cardio

Former Water Exercise, now LLI class for 50+ Gentle exercises providing for optimum fitness. Learn how to use water resistance to develop muscle tone and flexibility, as well as increase endurance. Practice techniques using water buoyancy to aid in relaxation, stress reduction, and mood enhancement. Apply gentle water exercise to increase cardio health and help with chronic conditions. This course will be presented at several different difficulty levels and is not a swimming course.

**Course: LLI280 19.2 Hours**

\$30 + \$69 fee = \$99; NMR add \$50

**Germantown Campus Pool**

CRN#: 24557 23 Sessions T R  
9/6-11/29 10 - 10:50 a.m.

No class 11/22, 11/24

**Instructor:** Kim Harris

**Rockville Campus Pool**

CRN#: 24558 23 Sessions M W  
9/19-12/14 5-5:50 p.m.

No class 9/26, 10/5, 11/23

**Instructor:** Christine Harrison

CRN#: 24556 23 Sessions M W

9/19-12/14 9-9:50 a.m.

No class 9/26, 10/5, 11/23

**Instructor:** Christine Harrison

### Improving Balance, Posture, and Core Strength

Have you noticed that your ability to balance is not as good as it used to be? Examine the two factors that can cause decreased ability to balance: poor posture and decreased muscle strength. Learn exercises that improve core and lower body muscle strength, posture, and balance. Discuss tips for maintaining good posture throughout your daily activities. This class will include standing, sitting, and exercises on the floor. Please bring a yoga mat.

**Course: LLI676 7.5 Hours**

\$50 + \$29 fee = \$79; NMR add \$120

**Germantown Campus 169 HS**

CRN#: 24701 9 Sessions T  
9/27-11/29 11-11:50 a.m.

No class 11/22

**Instructor:** Kim Harris

**Rockville Campus 121 PE**

CRN#: 24572 9 Sessions M  
9/19-11/21 10-10:50 a.m.

No class 9/26

**Instructor:** Christine Harrison

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. See more details on page 21.

## Line Dancing for Everyone

Line dancing is a form of exercise that will help you stay fit and relieve stress while having fun. Explore your own style of dance while learning fun, popular, social line dances that can be done at weddings, holiday functions, and more. Examine dances that use music from multiple genres, including: country, soul pop, Latin, and much more. This class is partner free and designed for all levels in a free flowing and fun atmosphere!

**Course: LLP005 6 Hours**

\$34 + \$35 fee = \$69; NMR add \$50

**Rockville Campus 217 PE**

CRN#: 24589 7 Sessions M

10/17-12/5 6-6:50 p.m.

No class 11/21

**Instructor:** Gizelle Merced

## Personal Fitness I **Co-L**

An individualized fitness course with emphasis on improving the health-related components of physical fitness. Principles of conditioning will be applied to develop a personalized training program to enhance cardiovascular conditioning, strength and muscular endurance, flexibility, and body composition. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI887 25 Hours**

\$132 + \$69 fee = \$201; NMR add \$266.80

**Rockville Campus 137B PE**

CRN#: 24583 30 Sessions M W

8/29-12/14 12-12:50 p.m.

No class 9/5, 11/23

Credit class CRN 21113

**Instructor:** Lesley Wasilko

CRN#: 24584 30 Sessions T R

8/30-12/15 9-9:50 a.m.

No class 11/24

Credit CRN # 21114

**Instructor:** Lesley Wasilko

## Tai Chi for Physical and Mental Well-being

It is common knowledge that exercise is beneficial to both physical and mental health. While there are many forms of gentle exercise practiced today, tai chi, an ancient Chinese tradition, is widely popular and beneficial. In this course, you will learn a variety of graceful, slow movements performed in a focused manner and accompanied by deep breathing. These low impact movements put minimal stress on muscles and joints. Some of tai chi benefits are: decreased stress, anxiety and depression; increased energy, stamina, flexibility, and balance; lower blood pressure; and enhanced quality of sleep.

**Course: LLI277 6 Hours**

\$40 + \$69 fee = \$109; NMR add \$120

**Rockville Campus 121 PE**

CRN#: 24646 7 Sessions W

10/12-11/30 2-2:50 p.m.

No class 11/23

**Instructor:** Glenn Moy

## YOGA **Co-L**

Explore exercises, postures, and breathing techniques to relieve tension, increase muscle flexibility, and promote good health. Discuss the important aspects of yoga such as concentration, body awareness, and body-mind integration. Practice deep relaxation techniques at the end of each class. Note: You will be joining credit students in this co-listed credit class. TWA

**Course: LLI279 25.5 Hours**

\$132 + \$69 fee = \$201; NMR add \$266.80

**Germantown Campus 108 PG**

CRN#: 24683 26 Sessions T R

9/13-12/15 9:30-10:45 a.m.

No class 11/24, 10/18

Credit CRN 21642

**Instructor:** Kurtis Kiesewetter

**Rockville Campus 131 PE**

CRN#: 24552 14 Sessions M W

10/26-12/14 4:30-6:20 p.m.

No class 9/5, 11/23

Credit CRN 21111

**Instructor:** Monica M. Byrd

## Wellness Supply List!

Material lists for LLI Wellness classes  
are available at

[www.montgomerycollege.edu/lifelonglearning/](http://www.montgomerycollege.edu/lifelonglearning/)

## Registration Options

Regardless of which registration option you select, registrants will be enrolled in the order that registration and payments are received (to avoid disappointment, register early); payment is required at the time of registration. All students must register prior to attending the first class.

## Payments

Payment MUST be made IN FULL at the time of registration to avoid being deleted from the course. Complete information is required to process all registrations and payments. Further instructions for WEB, FAX, or MAIL-IN payments can be found at: [www.montgomerycollege.edu/wdce/registerops.html](http://www.montgomerycollege.edu/wdce/registerops.html).

**Registration will not be processed without appropriate payment.**

### Option 1: In-Person Registration

A completed form with payment may be submitted in person at any of these Montgomery College Campus registration areas:

#### Gaithersburg Business Training Center Room 400

8:30 a.m.–9 p.m. (M–R)  
8:30 a.m.–4:30 p.m. (F)  
8:30 a.m.–4 p.m. (S) currently closed on Sat.

#### Germantown Campus Humanities and Social Sciences Building Room 241 and/or 243

8:30 a.m.–5 p.m. (M–R)  
8:30 a.m.–4:30 p.m. (F)

#### Rockville Campus 220 Campus Center

8:30 a.m.–5 p.m. (M–F)  
8:30 a.m.–12 p.m. (S)

#### Takoma Park/Silver Spring Campus 230 CF, Customer Service

8:30 a.m.–5 p.m. (M–R)  
8:30 a.m.–4:30 p.m. (F)

\*\*\*Cash payments can only be made at the Cashier's Offices at the Germantown, Rockville, or Takoma Park/Silver Spring Campuses.

### Option 2: Online (Web) Registration

- Go to [montgomerycollege.edu/wdce](http://montgomerycollege.edu/wdce)
- Click on "How to Register" in the left navigation bar.
- Click on "Register by Web."
- Follow the appropriate directions depending on if you are a new or returning student.

### Option 3: Mail Registration

Send completed form with payment for total due to Montgomery College, WDCE, 51 Mannakee St., Rockville, MD 20850.

### Option 4: Fax Registration

Fax completed form with payment information to WDCE at 240-683-6945.

## Residential Policy

The following are general guidelines taken from the College policy on residency for tuition purposes. A complete copy of the policy is available in the Montgomery College Catalog.

- Students attending Montgomery College will pay tuition according to their residency classification.  
  
To qualify for in-state tuition, a student must be a U.S. Citizen, Permanent Resident or have a qualifying Visa status.
- To qualify, for tuition purposes, as a resident of the state of Maryland, legal domicile must have been maintained for a period of not less than three months prior to the first regularly scheduled class for the semester; unless you are a member of the Military covered under HB935.
- The domicile of a person registering in a noncredit course at Montgomery College shall be considered as a person's permanent place of abode, where physical presence and possessions are maintained, and where he/she intends to remain indefinitely.

## Refund Policy

Refunds are paid at 100% for classes canceled, dropped online, or in person (using a Drop Form), prior to the start date of the class. Refunds are also paid at 100% if class is dropped prior to the Refund Date printed on your registration confirmation. DO NOT drop classes online on or after the day the class begins; you will not receive a refund. APPE students must call 240-567-7262 for refund/withdrawal instructions. Refunds for open enrollment classes will go to the registered student of record. For the Drop Form and more information, visit [www.montgomerycollege.edu/wdce/register/refundpolicy.html](http://www.montgomerycollege.edu/wdce/register/refundpolicy.html).

## Transfer Policy

To transfer from one CRN to another CRN of the same course, a letter must be received in the Admissions, Records, and Registration Office, Montgomery College, 51 Mannakee Street, Rockville, MD 20850 before the beginning date of both CRNs of the course. If you have enrolled in a co-listed course you will have only one day after the class has begun to transfer. After that, you are committed to your path for the remainder of the course. If the course has a required assessment level to be a credit student, you must first complete the assessment testing and meet the appropriate assessment level before you can change to credit status.

## Tuition Waiver

Only noncredit courses designated "tuition waiver applies" in each publication will be available for tuition waiver. This statement appears in each applicable course description. Only tuition is waived; required fees must be paid by the student. Documents must be received at time of registration.

**Senior Tuition Waiver (TWA):** Maryland residents 60 years or older by the start date of the class may have tuition waived.

**Disability Tuition Waiver:** Please go to [montgomerycollege.edu/wdce/register/disabilitywaiver.html](http://montgomerycollege.edu/wdce/register/disabilitywaiver.html) for information.

**National Guard Tuition Waiver:** If you are currently a member of the Maryland National guard and are enlisted for at least a 24-month period, you are eligible for a 50 percent tuition waiver. You must submit proof of such from the adjutant general's office.

**VA-Approved Course:** Courses indicated with this **VAA** code are approved for VA educational benefits under Title 38, U.S.C., Section 3676. (Post 9/11 GI Bill). For more information, visit [www.montgomerycollege.edu/wdce/registerops.html](http://www.montgomerycollege.edu/wdce/registerops.html).

## Co-Listed Classes

Classes marked with this code **CoL** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. Co-listing gives students an option to choose the best path for their educational needs. Each section includes both credit and noncredit students. For students seeking credit classes, please consult the credit course schedule. The expectations for attendance, participation, and effort are the same for all students. Instructors will announce policies concerning class activities.

## Room Numbers

Room numbers will be printed on your registration receipt for classes held on our Campuses. Please be sure to keep the receipt for your records. Room numbers can also be found online.

## Day Designation

M Monday  
T Tuesday  
W Wednesday  
R Thursday  
F Friday  
S Saturday  
U Sunday

## Key to Codes

TWA Senior Tuition Waiver Applies  
NMR Non-Maryland Resident  
**CoL** Colisted



**Lifelong Learning Institute  
Fall 2022 Course Schedule**

Index

Archaeology and World Cultures .....	3
Art .....	4
Art History .....	6
Brain Fitness Institute.....	7
Computers and Technology .....	8
Culinary Arts and History .....	9
History and Current Events .....	9
Home and Garden.....	15
Human and Natural Science .....	16
Literature and Writing .....	16
Music .....	18
Personal Enrichment .....	19
Personal Finance Academy .....	20
Professional and Career Development.....	23
Wellness .....	24

**We are continuing to support our  
50+ Learners with Online classes  
during COVID-19.**

The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these classes. Maryland residents age 60+ pay fee only.

For more information, please visit: [www.montgomerycollege.edu/lifelonglearning](http://www.montgomerycollege.edu/lifelonglearning).