FITNESS & WELLNESS

Total Body Conditioning (C/S355)
Total Body Conditioning is the one-hour gift you give yourself. From head to toe, you will know you have experienced a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain a wide variety of challenging exercises from strength training, dance, boxing, pilates and more that will increase strength, tone your muscles especially the core, burn calories and increase your flexibility. Total Body Conditioning is suitable for all fitness levels and modifications will be described for participants with specific limitations. Class format changes daily but includes the essentials; warm up, low impact cardio, strength training and plenty of delightful stretching to improve flexibility, body alignment and general wellness. Please have on hand: water, a yoga mat, a set of 2-5 lb. dumbbells, a core ball, an elastic band and a strap for stretching.

9/12-12/5 Monday (13 sessions)
9/8-12/8, Thursday (13 sessions)
No class 11/24

All sessions:
4:45-5:45 PM
ACM: Online
Instructor: Phyllis Washington
Course Cost: $45.00
Maryland Senior Course Cost: $45.00

Zumba® (C/S370)
Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. It’s a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. All you will need is a water bottle and a towel. Make sure to have a light snack ½ hour prior to class.

10/4-12/13, Tuesday (10 sessions)
No Class 11/8
5:30-6:30 PM
Western Region Correctional Training Bldg., Rm 102
Instructor: Ashley Wolfe
Course Cost: $75.00
Maryland Senior Course Cost: $75.00
Beginner Flow Yoga (CHE807)
Slow-paced class using a variety of gentle stretching, strengthening, and balancing poses, along with a focus on breathing to increase circulation and reduce stress. Most classes will have a combination of meditation, breath work, and reclined/seated/standing positions.
9/12-12/12 Monday, (12 sessions)
9:30-10:30 AM
OR
9/13-12/13 Tuesday, (12 sessions)
5:30-6:30 PM
Instructor: Katy Smith
ACM: CC-Green Room
Course Cost: $84.00
Maryland Senior Course Cost: $84.00

Tai Chi Chih (CHE224)
Tai Chi Chih is a form of Chi Kung consisting of 19 movements and one pose. The practice is based on traditional Chinese medicine techniques focused on circulating and balancing internal energy (chi), and was developed by Justin Stone, a Tai Chi Chuan master, as a simple yet effective method for Westerners to learn and participate in the practice without benefit of years of study with a master. Individuals practice Tai Chi Chih throughout the United States and many other countries of the world and are taught the standardized form by accredited teachers who renew their training on a regular basis. This simple technique is easy and enjoyable to learn for people of all ages, including those who must perform it while seated. The beautiful flowing movements are relaxing, and are reported to reduce stress; regulate blood pressure; increase focus and concentration; improve balance, strength and circulation; improve immunity; and increase energy levels.
9/12-10/19, Monday & Wednesday (8 sessions)
No Class 9/26, 9/28, 10/3 & 10/5
5:30–6:45 PM
Instructor: Suanne Lewis
Frostburg City Place
Course Cost: $60.00
Maryland Senior Course Cost: $60.00

Hatha Yoga (CHE812)
This class introduces the basic fundamentals of Hatha Yoga as a practice of mind/body physical exercise. It will cover a wide variety of yoga positions/poses and their progressions for all skill and ability levels. Proper techniques for moving into and out of each pose will be covered as well as the many benefits of practicing a yoga routine. Students should bring a non-skid mat and dress in comfortable clothing that allow freedom of movement.
9/12-12/5 Monday, (12 sessions)
No Class 10/31
5:00-6:00 PM
Instructor: Julie Kennell
Western Region Correctional Training Bldg., Rm 102
Course Cost: $84.00
Maryland Senior Course Cost: $84.00

Yin Yoga (CHE230)
Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine; it targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice. While initially this style of yoga can seem quite boring, passive, or soft, yin practice can be quite challenging due to the long duration of the poses. We can remain in the postures anywhere from one to twenty minutes! Yin and yang tissues respond quite differently to being exercised. You need to experience this to really know what Yin Yoga is all about.
9/18-11/17, Thursday (10 sessions)
No Class 10/20
5:30–6:30 PM
Instructor: Cindy Zumbrun
Course Cost: $75.00
Maryland Senior Course Cost: $75.00
ARTS & CRAFTS

Colored Pencil Exploration: An Adventure in a New Media (C/S144)
Explore the art of colored pencil with Instructor Donna Housel, founder of the Cumberland chapter of the Colored Pencil Society of America. Beginners will learn basic information such as composition, shading, proportion, style and materials, and will be provided demonstrations and instruction on how to create art with colored pencils. Students are required to provide their own supplies and bring them starting with the first class Supplies include: set of Prismacolor Colored pencils minimum set of 24 pencils (with estimated cost of $17, optional larger set is also available and contains up to 150 pencils), Stonehenge white paper (estimated cost $17), a good pencil sharpener (recommend Rapesco 64 Desk Top estimated cost $20). The instructor will have a limited number of supplies on hand at a fee of $5 per class.
Advanced students who have previously completed beginning level studies may choose to participate in independent studies, and will be responsible for their own supplies, projects/references. Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently.

9/13-11/8, Tuesday (9 sessions)
6:00-8:00 PM
ACM: Humanities Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00

Decorative Painting – Independent Study (C/S396)
This studio-style art class is designed to provide students the opportunity to practice the fine art of Tole Painting. Students join other tole painters to work on new projects, old projects and already started projects with a goal to finish at least one project upon completion of the class. The general theme of this course is contemporary decorative tole painting through the use of both patterns and free-hand designed. Although tole is the French term referring to painting on tin surfaces, the students may paint on a variety of surfaces using oil, watercolor, acrylics or other mediums. Students should bring their own supplies for this course.

8/31-11/16, Wednesday (12 sessions)
9:00 AM-12:00 PM
Western Maryland Works – LaVale, MD
Course Cost: $49.00
Maryland Senior Course Cost: $49.00

Exploring Pastels (C/S089)
Calling all Artists! Pastel paintings give a vivid, luminous appearance. Beginning students will receive basic instruction on learning to draw and paint with artist grade pastels and gain skills and confidence. Topics covered in class will be shading, proportion and style, pastel types, papers and surfaces. Students will explore painting landscapes, still life and other subjects. Master your fear of painting starting with warm-up exercises working toward larger paintings using loose, bold strokes and colors while avoiding rubbing and blending. The instructor will provide hands on instruction and individualized feedback. Students are required to provide their own supplies beginning with the first class. Supplies include Prismacolor NuPastel Firm Pastel set, 24 count estimated cost $18 (optional larger sets are available) and Uart sanded Pastel paper, 9x12, 400 grade, 10 sheet pack estimated cost $30. The instructor will have a limited number of supplies on hand at a fee of $5 per class.
Advanced students who have previously completed beginning level studies may choose to participate in independent studies, and will be responsible for their own supplies, projects/references. Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently.

9/13-11/18, Tuesday (9 sessions)
3:30-5:30 PM
ACM: Humanities Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00
Introduction to “Bob Ross” Painting (C/S942)
Students will learn Ross’ patented wet-on-wet painting technique and will leave the class with their own completed 16 X 20” painting on canvas. Now you can learn to paint just like this iconic artist did on a television show that aired for 25 years and 500 episodes. Classes are especially suited for beginners; students need no previous experience to attend. Participants are encouraged to bring a packed lunch. The price of the class includes all the materials you will need. Students who have their own supplies can select the lower course cost.

Floral
10/1, Saturday (1 session)
9:00 AM-1:00 PM
ACM: CE Building
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Maryland Senior Course Cost: $90.00 (supplies included)
Course Cost: $70.00 (supplies not included)
Maryland Senior Course Cost: $70.00 (supplies not included)

Landscape
10/29, Saturday (1 session)
9:00 AM-1:00 PM
ACM: CE Building
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Maryland Senior Course Cost: $90.00 (supplies included)
Course Cost: $70.00 (supplies not included)
Maryland Senior Course Cost: $70.00 (supplies not included)

Crocheting Project: Amigurumi (C/S520)
Explore the cute and cuddly world of Amigurumi, the Japanese art of crocheting stuffed yarn creatures, with this introductory special project course.

Basic knowledge of SC, HDC and DC stitches and working in the round is preferred, but not required. This project is ideal for crocheting a bunny or bear, but can easily be modified to make other animals such as a cat, fox, monkey or cow.

Materials:
• Yarn of your choice in Main color & Accent color – Recommended light color, velvet yarn (easier to see stitches) Not sure what kind of yarn to buy? No problem! Bring a standard yarn to learn the basics day one, and browse sample projects and swatches to decide what you like best – You will have plenty of time to pick the perfect yarn by the second class.
• Hook recommended for your yarn choice
• (2) Buttons
• Tapestry Needle
• Stitch Marker
• Fiber Fill

9/8-9/29, Thursday (4 sessions)
9:00-11:00 AM
ACM: CE Building
Instructor: Rachel Ritchey
Course Cost: $29.00
Maryland Senior Course Cost: $29.00
Knitting for Beginners (C/S171)
Learn to knit or refresh your skills! The class project will be a series of dishcloths utilizing a number of stitch patterns. Students will learn the basic stitches and how to read a pattern, and by the end of the course will be ready to launch into more complex work. Supply list: Size 7 or 8 knitting needles and cotton yarn in worsted weight, four or five balls, in your choice of colors. Patterns will be provided by the instructor. Register early, class size is limited to 8 students.

9/12-10/17, Monday (6 sessions)
5:30-7:30 PM
ACM: CE Building
Instructor: Minou Shelton
Course Cost: $50.00
Maryland Senior Course Cost: $20.00

Intermediate Knitting (C/S322)
With winter weather coming, wouldn’t it be a great time to knit some hats and mittens? They could keep you warm or make unique and personalized Christmas and holiday gifts for loved ones! These are small projects and don’t take as long to knit as afghans or sweaters and are easy to carry along to work or when away from home.

In this class, we will talk about gauge, choosing fibers and working in the round. You will need to know how to cast on, knit, purl and bind off. Plan to bring about 400 yards of worsted weight yarn, wool, or acrylic or a wool/acrylic blend, along with size 5, 6 and 7, either double point needles OR two circular needles OR one circular needle in a 40-inch length, in each size. Instructor will provide patterns.

10/31-11/21, Monday (4 sessions)
5:30-7:30 PM
ACM: CE Building
Instructor: Minou Shelton
Course Cost: $50.00
Maryland Senior Course Cost: $20.00

Oil Pastel II (C/S439)
All levels of expertise are welcome. We work and learn in an easy going, positive atmosphere. Starting with the basics, we will visit different strokes, learn the differences in various pastels, learn why the levels of hardness and pigment percentages are important, to blend or not to blend. We will visit color theory and composition. Going from very simple to more complicated paintings as the 9 weeks’ progress.

Instructor Donna L. Godlove is an active member of the Arts Councils in the following counties: Allegany, Garrett and Washington, MD, and Berkeley, WV. She is the owner-operator of Mountain Heather Studios, the first president of the Appalachian Pastel League, a member of the Maryland Pastel Society, PPAL, CPPS and the Maryland Art Council. She is a multi-award-winning artist and has had solo exhibitions at the Washington County Arts Council, Allegany County Arts Council, the Fairfax Coffee House Gallery, and the Culinaire Cafe.

Needed supplies: Brand of choice Oil pastels- at least 24 colors. (Recommended: Mungyo soft oil pastels for artists (black box only), or Van Gogh or any semi soft brand of oil pastels. I do not recommend Sennelier or Holbein professional: they are much too soft for beginners); Arches oil paper – at least 9x12 tablet; other papers will be made available at cost, Solid Paper Stumps (not the hollow ones); baby wipes/ paper towels; two sheets of sandpaper 300/400 grit; D’Arny spray fixative designed for Oil Pastels

9/16-11/18, Friday (9 sessions)
No class 9/30
6:00-8:00 PM
ACM: CE Building
Instructor: Donna Godlove
Course Cost: $40.00
Maryland Senior Course Cost: $20.00
**Quilting (C/S077)**
For the fall 2022 quilting class, the quilt we will be making is “Hanging Gardens”. It is a design by Georgette Dell’Orco and published by Cozy Quilt Designs. The pattern is available online or your favorite quilt shop may be able to order it for you. Time permitting, we will work on some additional small impromptu projects and techniques as time allows.

10/11-11/15, Tuesday (6 sessions)
6:00-8:00 PM

10/13-11/17, Thursday (6 sessions)
10:00 AM-12:00 PM

All sessions:
ACM: CE Building
Instructor: Brenda Gross
Course Cost: $34.00
Maryland Senior Course Cost: $34.00

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**Wreath-Making-Winter (C/S508)**
Learn to make your own deco mesh wreath. Instructor CJ will take you step by step and you will leave with your own homemade winter wreath that you’ll be proud to display in your home. All supplies provided for you. “She will be teaching a different technique than last year’s fall wreath.

12/3, Saturday (1 session)
10:00-11:30 AM
ACM: CE Building
Instructor: C.J. Cangianelli
Course Cost: $49.00
Senior Course Cost: $49.00

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**Watercolor Special Topics (C/S354)**
This class will cover popular topics of interest to novice watercolor painters. Each class session will focus on a particular topic or technique. The students will help choose the topics that will be covered. Potential topics include techniques for painting trees, skies, shadows, “lost and found” edges, color mixing, glazing, texture techniques, composition, and creating an interesting painting from a not-so-interesting photograph. The class is designed for those who have minimal watercolor experience who would like to improve their skills or jump-start their creativity. Repeat students welcome, as are true beginners. The class will be an informal and friendly atmosphere in order to enhance the painting experience. Students who do not have their own supplies will need to bring a $15.00 material fee payable to the instructor the first night of class. If you have any questions, please contact Denise Ware at dware@allegany.edu.

9/14-10/12, Wednesday (5 sessions)
6:00-8:00 PM
ACM: CE Building
Instructor: Bobbi Dubins
Course Cost: $65.00
Maryland Senior Course Cost: $65.00
In select courses, alcohol will be served during the cuisine preparation. To register for these select classes, you must be 21. For most courses, class size is limited to 12 and early registration is recommended. These courses appear in date order.

Guys’ Night Out – Cooking with Beer (C/S251)

Whether you’re a beer aficionado or simply a social sipper, you’ll love learning how beer enhances the flavor of your favorite foods. Join Chef Kevin Burnham to create a flavorful menu that highlight a wide array of brews selected from our local breweries. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

9/12, Monday (1 session)
5:00-7:30 PM
Instructor: Kevin Burnham
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00
Harvest Season (C/S345)
Complimenting fall foliage, chilly weather, and featuring seasonal ingredients! Join us at the Gateway Center to work closely with Chef Adam Kenney to create dishes inspired by the Fall season in the Appalachian region. Featured ingredients include corn, various squash, root vegetables, and seasonal spices served with mulled cider cocktails. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

10/6, Thursday (1 session)
5:00-7:30 PM
Instructor: Adam Kenney
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00

Girls’ Night Out (C/S224)
Join Debbie and Jenna for our most popular series ever, so register early! Leave your responsibilities at home and join your friends for a fun night of cooking, eating, and sipping. We will feature unique dishes that celebrate Great Female Chefs. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

10/20, Thursday (1 session)
5:00-7:30 PM
Instructors: Debbie Swope & Jenna Burkett
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00

Kids Baking (C/S456)
Does your child spend their free time baking? Do they beg to bake when they have free time? Do they know their way around the kitchen like the back of their hand? Then your child might be perfect for our Culinary Kids Baking Class! Join Abbey as she will show your child some simple cake and cupcake decorating.

10/24, Monday (1 session)
5:00-7:30 PM
Instructor: Abbey Kerns
Course Cost: $59.00
Maryland Senior Course Cost: $59.00

Cookie Decorating (C/S542)
Do you want to learn how to make incredible decorated cookies? Join Debbie as she teaches you the basics to the art of sugar cookie decorating. Each student will take home a dozen cookies.

12/5, Monday (1 session)
5:00-7:30 PM
Instructor: Debra Imler
Course Cost: $59.00
Maryland Senior Course Cost: $59.00
HISTORY

The Basics of the United States Constitution (C/S564)
This course will explore the history leading up to the adoption of the U.S. Constitution; will analyze the seven articles of the United States Constitution; will discuss various Amendments to the United States Constitution; and will discuss various significant Supreme Court decisions relating to the interpretation of the U.S. Constitution.

Brandon James Hoover, J.D. is the Director of Criminal Justice and Legal Studies at ACM and serves as an Associate Professor of Political Science. Hoover has been employed by ACM for 9 years. Additionally, Hoover is a licensed attorney in the states of Maryland and West Virginia. Hoover practices law at the Law Office of Donald S. Goldbloom in Grantsville, Maryland. He is a 2008 graduate of the Claude W. Pettit College of Law at Ohio Northern University.

9/12-10/3, Monday (4 sessions)
6:00-8:00 PM
ACM: CE
Instructor: Brandon James Hoover, J.D.
Course Cost: $39.00
Maryland Senior Course Cost: $20.00

HOW TO

Cake Decorating: Frosting Basics with Kiya Wilhelm (C/S576)
This course is an introduction to the basic art of frosting and decorating a cake. Topics include familiarization with cake decorating tools, bags, tips and an exploration into different styles of cakes. We will demonstrate how to properly torte, fill, and frost a cake. You will practice basic border techniques and decorative piping as well as top decorations such as flowers and writing. The techniques learned will be used to finish an 8”-layer cake that each student takes home. Instructor, Kiya Wilhelm, is an ACM graduate of the Class of 2018 with majors in Hospitality Management and Culinary Arts. Kiya went on to be a contestant of Hell’s Kitchen: Young Guns Season 20.

9/12-9/20, Monday & Tuesday (4 sessions)
6:00-8:00 PM
ACM: CE
Instructor: Kiya Wilhelm
Course Cost: $39.00
Maryland Senior Course Cost: $39.00
Genealogy Basics (C/S138)
Learn how to discover and preserve your family history! This continuing education course provides instruction and interpretation of the genealogy research process. This course explains where to look for specific types of information, how to use genealogical research tools, and how to evaluate results. It also emphasizes the importance of documenting your sources to prove that your family tree is accurate. Students will learn how to analyze vital records, census records, land records and more. Come, join us and let us help you climb your family tree! Familiarity with basic computer knowledge would also be helpful. Instructor, Debbie Rohman Pustolski, is a retired teacher and presently the secretary of the Allegany County Genealogical Society.

9/6-9/27, Tuesday (4 sessions)
6:00-8:00 PM
ACM: CE Building
Instructor: Debbie Rohman Pustolski
Course Cost: $39.00
Maryland Senior Course Cost: $39.00

Mixology for the Home Entertainer (C/S559)
Join mixologist Bryan Payton for a fun and exciting evening of learning and libations. Bryan will teach you the essentials of cocktail making, from developing your palate to building your home bar. Learn how to mix a perfectly balanced drink for every occasion and mood. You will be sure to become your friends’ new favorite bartender. In between drinks, learn, mingle, and of course...sip! All supplies are included in the course cost. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

Students can register for each class independently or for all four sessions and save $20!

9/12, Monday (1 session)
10/10, Monday (1 session)
11/7, Monday (1 session)
12/5, Monday (1 session)
6:30-8:30 PM
Cumberland Country Club
Instructor: Bryan Payton
Course Cost: $49.00 = C/S559
Maryland Senior Course Cost: $49.00
Course Cost for the Series: $176.00 = C/S569

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Small Engine Maintenance (C/S428)
Prepare for the fall and winter seasons. Learn how to properly maintain your small engine equipment and save time and valuable money. In this course, you will learn the fundamentals of small engines found in your lawn mowers, chainsaws, pressure washers, trimmers, blowers and more. Discover the best fuel to use, the tools you need to maintain your equipment, and the simple things you can do in your garage to keep your power equipment running at optimum performance. Carburetor adjustment, blade sharpening, and electronic ignitions will also be discussed. Learn from a small engine repair pro J.T. Goodwin who has been working on small engines for more than 20 years. J.T. graduated from Frostburg State University with a BS in Physics. He is certified in machining and welding and holds a water treatment license in the state of MD. J.T. currently works for the Allegany County Public Schools as a Specialist and repairs all of their small engine and snow removal equipment. He also runs his own business offering mobile diesel repair and welding. Course fee includes an informative textbook that is yours to keep upon successful completion of the course.

9/29-10/20, Thursday (4 sessions)
6:00-8:00 PM
Western Maryland Works – LaVale, MD
Instructor: J.T. Goodwin
Course Cost: $70.00
Maryland Senior Course Cost: $31.00

Small Engine Maintenance Part II
(C/S427)
In this course, you will learn the internal mechanics of small engines. Explore in depth what is actually inside of an internal combustion engine and learn why it works. From valve adjustments to major overhaul we cover it all. Course fee includes an informative textbook that is yours to keep upon successful completion of the course.

10/27-11/17, Thursday (4 sessions)
6:00-8:00 PM
Western Maryland Works – LaVale, MD
Instructor: J.T. Goodwin
Course Cost: $70.00
Maryland Senior Course Cost: $31.00
Join Allegany Center of Lifelong Learning (ALLCOLL) and enjoy access to 25 or more events held at Allegany College of Maryland, as well as weekly roundtable discussions, happy hour, and more! For an annual membership fee of $30.00, you will enjoy diverse education opportunities with other Allegany County adults. Membership covers classes and events from July 1st through June 30th.

The following classes will be held on Thursdays in the Continuing Education building from 10:00 AM to noon in room 8 unless otherwise indicated.

For more information, visit www.allegany.edu/ce/lifelong-learning.

September 8 – Ganesh Ghimire
Subject: Nature Has It
Description: Natural/folk medicines are still widely used in many parts of the world to cure a number of ailments. Study and development of core constituents of these natural products can lead to sustainable development and help reduce medical costs.

September 15 – Ryan Cuba
Subject: Colonial Cuisine
Description: Discover the various types of food for all levels of Colonial society and the costs. Some samples of the food – bread and cookies – will be provided to taste.

September 22 – Ruth Davis-Rogers
Subject: Historic Preservation - How it Strengthens and Saves American Communities
Description: Historic Preservation is not just about saving old buildings but strengthening and saving American communities. When a community incorporates Historic Preservation into its activities it is an effective tool for a wide range of public goals.

September 29 – Chris Logsdon
Subject: Wills and Asset Protection
Description: This talk will explore the fundamentals of estate planning. We will also discuss options for securing assets in the event one requires long term nursing home care.

October 6 – Marta Fiscus
Subject: Purpose of Life Through the Macro Lens
Description: Photographer Marta Fiscus will present her macro images of nature and discuss her journey toward purpose and meaning through small things of everyday life. Her photographs are captured in her western Maryland yard where she created a certified wildlife sanctuary with the National Wildlife Federation.

October 13 - Ted Bauer
Subject: The Evolution of Processing Vast Amounts of Data with Large Computers
Description: How the world went from data on an 80-character punch card form to seemingly endless YouTube video. Where and how is all that data stored?

October 20 – Don Sincell
Subject: Victorian Chautauqua
Description: Mountain Lake Park, established in 1881. The town offered a Chautauqua program throughout the summer months. The current town leaders hold a three-day Victorian Chautauqua Festival in July to allow residents and guests to experience and enjoy this valuable piece of the town's unique history.

October 27 – Champ Zumbrun
Subject: The Variety of Trees of Western Maryland
Description: Champ will discuss the wonder and magic of trees at Green Ridge State Forest and Allegany County.
LUNCH & LEARN

November 3 – Ellen McDaniel-Weissler
Subject: Tea with Abigail Adams
Description: Abigail, wife of second President John Adams, speaks of her life, her travels, her true partnership with John, and the loneliness of the war years. Meet this extraordinary woman, who was a feminist before feminism existed.

November 10 – Ben Yoder
Subject: Starting and Maintaining Edible Mushrooms on Your Property
Description: Ben Yoder of Savage Mtn. Farm will review the three kinds of mushrooms grown on his farm – shiitake, oyster and nameko. Participants will learn the basic process of starting and maintaining these three kinds of mushrooms on a small commercial or hobby scale.

November 17 – Roy Brown
Subject: Hawaii, the Big Island
Description: We will take a look at the geology that created the Hawaiian Islands and the Polynesian people who discovered and settled them.

December 1 – Micheal Harris
Subject: Hot Sauce – It’s not just for Wings Anymore
Description: Local entrepreneur discusses his journey from home business to store front. Members will enjoy product tastings.

WHO SHOULD ATTEND? Any interested member of our community. Courses are limited to 35 seats. Please register early. Each course includes a free lunch at the Gateway Center and a seminar offered by area professionals.

The Gateway Center is located just off Maryland I-68 on the Downtown Cumberland Mall, 112 Baltimore Street and is held in the 2nd floor conference room. For more information or to register, please contact Allegany College of Maryland at 301-784-5341.

* PLEASE NOTE: Due to limited seating, if you register and later can’t attend, please be generous and call 301-784-5341 to remove your name from the list so others may attend in your place.

Fall 2022 Schedule

September 28  Chris Mathews  First Peoples Wealth Management  “Growth and Protection in Retirement”
October 26  Michael Miller / Bryce Harsherger  Somerset Trust Company  “Economic Outlook 2022-2023”
PERSONAL IMPROVEMENT

Journey To Self-Love: 15 Activities to Get Your Groove Back (C/S574)
Do you question whether you are ever going to be good enough? Are you uncomfortable in your own skin? Put yourself down? Yeah, I hear ya. Hi! I'm Life Coach CJ, dedicated to helping you get your groove back. Let's normalize loving ourselves, flaws and all. This ain't your regular boring lecture, folks. Expect to get these desired results: Understand why you don't feel good enough; Replace your inner critic with an inner cheerleader; Determine who you pick for your tribe; Get clear on goals, wants, and needs; Forgive for not showing kindness to your younger self; and make a kickass playlist of songs. This course is intended for women and teen girls over 15.

9/10, Saturday (1 session)
9:00 AM-12:00 PM
ACM: CE Building
Instructor: C.J. Cangianelli
Course Cost: $49.00
Maryland Senior Course Cost: $49.00

Moxie Mindset: An Attitude Of Courage Over Fear (C/S575)
Instructor, Life Coach CJ, will tackle 20 topics including toxic people, limiting beliefs, being a martyr, expectations to be perfect, and excuses. These issues keep us living small lives when we are meant for greatness. From timid to bold, unsure to confident. Moxie Mindset is an attitude. This course is intended for women and teen girls over 15.

10/8, Saturday (1 session)
9:00 AM-12:00 PM
ACM: CE Building
Instructor: C.J. Cangianelli
Course Cost: $49.00
Maryland Senior Course Cost: $49.00

Be the Hero of Your Own Story (C/S573)
Picture your life playing out in a movie or novel. Is it a drama or romcom? You get to decide how your story turns out. It is not over till the last page or the credits roll. You, as the hero, can decide if your character will continue with bad habits and unhealthy relationships or will be bold and do good in the world, becoming a role model. Through some fun activities, Life Coach CJ will have you examine your life thus far and determine where you, the hero, go from here.

11/5, Saturday (1 session)
9:00-11:00 AM
ACM: CE Building
Instructor: C.J. Cangianelli
Course Cost: $30.00
Maryland Senior Course Cost: $30.00
RECREATION & PASTIMES

Beekeeping, Intro to (C/S450)

What's all the buzz? Join us for an educational, informative and exciting new course as skilled beekeeper Ben Cooper leads participants into the exciting world of beginner beekeeping. The class will focus on the history and types of Honey Bees, colony structure, bee biology and development, and keeping a healthy hive. Participants will also learn about proper protective gear, tools of the trade and hive location. As the class progresses, other discussion topics will include trapping methods, packages, swarms, establishing colonies, invasive extractions, transporting hives and avoiding threats from humans and animals. A field trip to an active bee yard will be part of the class. The required textbook for this course is “Beekeeping Basics” distributed by the MAAREC: Delaware, Maryland, New Jersey, Pennsylvania, West Virginia and the USDA and is included in the course materials. A “Certificate of Completion” will be awarded at the end of this course.

9/12-10/17, Monday (6 sessions)
6:00-8:30 PM
ACM: CE Building
Instructor: Ben Cooper
Course Cost: $50.00 (includes the price of materials and textbook “Beekeeping Basics”)
Maryland Senior Course Cost: $39.00

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Search ACM CE Personal Enrichment and stay up to date with all our latest courses and events!
Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

Topics include:
- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

11/22, Tuesday (1 session)
6:30-9:00 PM
Online
Instructor: Craig Coffman
Course Cost: $59.00
Maryland Senior Course Cost: $59.00

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction.

Topics include:
- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid “counting”
- How to simplify over 12,000 complex chords

11/21, Monday (1 session)
6:30-9:30 PM
Online
Instructor: Craig Coffman
Course Cost: $59.00
Maryland Senior Course Cost: $59.00
Introduction to Paranormal Investigating (C/S200)

Ever wonder what it was like to hunt spirits in the dead of night? To talk to those who have passed on? Join local paranormal investigators who actively research and investigate evidence of paranormal phenomenon in the Tri-State Area and beyond. Participants in this class will learn the terms and methods used for “ghost hunting,” including Electronic Voice Phenomenon, Spirit Photography and Electromagnetic Fields. The course will include classroom instruction, as well as known “haunted” local sites and will culminate with a real “field investigation” outside the classroom. Whether you’re already a believer or a skeptic, this course could open your eyes to a new and growing area of interest. Students should have comfortable walking shoes for the fourth class.

9/14-10/12, Wednesday (5 sessions)
7:00-9:00 PM
ACM: CE Building
Instructor: Steve Hall
Course Cost: $46.00
Maryland Senior Course Cost: $41.00

Photography: Visual Storytelling (C/S563)

This course covers using the camera to create images that draw in the viewer through staging and composition. Photography creates visual storytelling and we will concentrate on how to tell a compelling story through a still image. Learn how light is everything, from properly setting up your camera for the conditions to creating atmosphere. Choosing locations and figures to be in your images. How the location becomes a character in the story itself. Also, how choosing the time of day to take your photographs. The third class will be a class photography outdoor exploration and our final installment will be viewing the class's work with discussion. Michael Hunter Thompson is a local award-winning photographer. His work is based on staged, well thought out ambiguous storylines/compositions and locations mostly taken at nightfall.

10/7-10/28, Friday (4 sessions)
5:00-7:00 PM
ACM: CE
Instructor: Michael Hunter Thomas
Course Cost: $39.00
Maryland Senior Course Cost: $39.00

Dinner with the Paranormal (C/S429)

One evening lecture on the history of the Hinkle House, now Puccini’s Restaurant with a twist. Participants will learn about the site in its role as an early Inn along the National Road, and the details of the Battle of Flock’s Mill. Attendees will be treated to a brief crash course in Paranormal investigating with a chance to investigate the property that is rife with claims of the unexplained. If you enjoy history and the unknown, this is perfect match up of the two.

10/31, Monday (1 session)
6:00-8:30 PM
Puccini’s Restaurant
Instructor: Steve Hall
Course Cost: $34.00
Maryland Senior Course Cost: $34.00
SAFETY

DRIVER’S EDUCATION
WITH ALLEGANY DRIVING SCHOOL
In cooperation with Allegany College of Maryland

To Register for Driver’s Education
Please call Allegany Driving School 301-724-2224
(If no answer, leave a message and your call will be returned.)

Driver’s Education (C/S107)
Driving a motor vehicle safely and responsibly is essential if one is to operate vehicles, and participate in the work world and in educational opportunities. This 2-part course will provide those who are learning to drive with information on the interaction of people, vehicles, and the roadway. The first part of the course is online-based and will cover effects of alcohol and other drugs, protective systems, natural forces, road hazards, responding to emergencies, personal transportation needs, route planning, motor vehicle systems, and interactions with other highway users. The second part (2 sessions) of the course is individually scheduled and conducted in-car. In addition to the above listed topics, city and expressway driving and emergency situations will be covered in this segment of the course. Due to increased fuel costs, additional fees may be applied. Please contact Allegany Driving School for registration and course details at 301-724-2224.

Monday-Thursday 6:00-9:00 PM
Note: +6 hours are individually scheduled in vehicle
Course Cost: $379.00 (additional fees may be applied)

For class dates visit http://www.alleganydriving.us/
FIREARM SAFETY CERTIFICATION

Maryland Hand Gun Qualification (HQL) Course (C/S874)
This handgun Qualification License training is a four-hour block of instruction which includes classroom instruction on state firearm law, home firearm safety, handgun mechanisms and operation, and a component that requires the applicant to demonstrate the ability to safely fire a handgun. Unless otherwise exempt, as of October 1, 2013, a Maryland Resident must possess a valid Handgun Qualification License before they may purchase, rent, or receive a handgun. The instructional portion of the course will occur in the classroom. The operation and handling demonstration of the course will either occur in the classroom (via simulation) or at a secure firing range, based on weather conditions.

Approved HQL training courses are offered by Maryland State Police approved Qualified Handgun Instructors. Students must be 18 years of age to enroll. Training is valid for 3 years and must be completed prior to submitting an application for a Handgun Qualification License. Individuals may not purchase a firearm until 21 years of age. The Handgun Qualification License is only needed for purchasing, transferring, or renting a regulated firearm after October 1, 2013 in Maryland. You do not need a Handgun Qualification License to own a gun you already have. The extra time built into the course allows for each student to have their fingerprints taken (provided by a third-party service and based on the number of course enrollments), which is required for the HQL application as well as to apply online for their HQL from the Maryland State Police with aid from the instructor. Note: fingerprinting and the MSP online application requires an additional fee payable by credit card to outside vendors.

9/16, Friday (1 session)
10/21, Friday (1 session)
12/16, Friday (1 session)

All sessions:
5:00-9:00 PM
Savage Mountain Firearms, Frostburg, MD
Instructor: John Sagal
Course Cost: $75.00
Maryland Senior Course Cost: $70.00
Because each State may have differing licensing requirements, if your driver’s license was issued in a State other than Maryland it is your responsibility to verify that our Maryland State Approved Courses meet your state’s requirements to receive your motorcycle license.

Basic Rider Course (BRC) (MVA275)
This 17-hour course is designed for the true beginning rider who has little or no riding experience. It includes classroom and riding instruction on the basic riding skills and strategies necessary for an individual to begin to practice street riding. Our training program is approved by the Motor Vehicle Administration and our courses are taught by Motor Vehicle Administration and Motorcycle Safety Foundation certified instructors. You must be able to ride a bicycle to participate in this course. Riding a motorcycle requires physical strength, excellent balance, flexibility, coordination, and concentration. Make sure you are prepared and ready to ride safely!

Students are required to complete a three-hour eCourse online prior to their course start date. This online training covers the content in the Rider Handbook and prepares you for the first riding session. It will take about 3 – 4 hours to complete. Detailed online course information will be given to each student upon registration. During the classroom activities, you will discuss topics that include responsible riding, defensive riding strategies and how to handle a variety of riding situations. You will receive approximately 10 hours of riding on a training motorcycle practicing clutch-throttle control, stopping, turning, shifting and basic crash avoidance skills. You are to provide your own riding gear, which includes a DOT certified ¾ helmet, eye protection, jacket, full-fingered gloves, long pants and sturdy over-the-ankle footwear.

Throughout the course, the instructors evaluate and coach each rider’s performance. To complete the course, you must pass a knowledge and skill test administered at the end of the course. Participants who meet the testing standards for licensing will be eligible to receive their Class M license. Participants who do not achieve the minimum performance standards will not be allowed to continue in the course. Riders who pass will also receive a Maryland Motorcycle Safety Program Completion Card.

This course is approved by the Maryland Motor Vehicle Administration for the Class M licensing waiver. A Class M license will not be issued to anyone under 16 years and 6 months of age, and the M license can only be added to a valid license of another class. A motorcycle learners permit is NOT required to take the course. There is no guarantee that an individual enrolling in this course will pass, or get their license.

*This is a 17-hour training class. The extra hours built into the published schedule accommodate for uncontrollable events such as weather, mechanical failure, and emergencies. Please reserve all the listed time on your schedule. You may not leave during any class activities.
Self-Defense for Seniors (C/S565)
This course is designed for seniors and provides knowledge in the mental and physical aspects of self-defense. Students will develop skills in situational awareness, attack responses, pressure points, falling safely, escape techniques, and counter attacks.

Leonard Webb is a retired law enforcement professional of 27 years. He started his professional career as a Police Officer in Tampa, Fl. From there he began his career with the Federal Bureau of Prisons in Miami, Fl. He was certified by the Department of Justice to be a Self-Defense Instructor in 1996 and trained employees of the Federal Bureau of Prisons for 21 years. He held collateral duties on the SORT team and Hostage Negotiation Team during his time with Bureau of Prisons.

9/28, Wednesday (1 session)
6:00-7:00 PM
ACM: CE Building
Instructor: Leonard Webb
Course Cost: $5.00
Maryland Senior Course Cost: $5.00

WORLD LANGUAGES

Baby Sign Language for Parents (C/S527)
Do you aspire to communicate with young or non-verbal children? This class offers a proven method to do that.

Children as young as six months can begin learning sign language. Parents, grandparents, or other caregivers can use signs to teach children how to communicate. Sign language offers a host of benefits such as accelerating verbal communications, increasing vocabulary, attention ability, visual discrimination, and spatial memory. It may enhance comprehension and phonetic spelling, along with providing intellectual stimulation and strengthening bonding with children. Sign communication is a proven system for children with special needs (i.e. Down syndrome, autism and other communication disorders).

Participants will learn signs that include family relations, colors, food, animals, alphabet, numbers (1 to 14) and 14 simple sentences. Participants will be provided a book containing the signs.

10/1-10/22, Saturday (4 sessions)
10:00 AM-12:00 PM
ACM: CE Building
Instructor: Deborah Dilbon
Course Cost: $29.00
Maryland Senior Course Cost: $24.00
Sign Language, Beginning (Signed English) (C/S525)

This Signed English class is an introductory Sign Language class in the principles of manual communication where sentence structure is emphasized and a sign is executed for every word in a sentence. The goal of this course is to make students comfortable communicating and practicing with deaf persons; including the workplace, social gatherings, and emergencies. In addition, the overall objective is to enhance your knowledge of the deaf community and promote the integration of the deaf into general society by helping to increase the number of hearing persons who know Signed English. This course can also work as a refresher if you took Spanish years ago and haven’t used it since. Instructor, Eva Hoover, was born in Spain and raised in Latin America, and taught Spanish at Frostburg State University.

ONLINE 9/21-11/9, Wednesday (8 sessions)
6:00-7:30 PM
ACM: CE Building
Instructor: Deborah Dilbon
Course Cost: $36.00 (includes material fee)
Maryland Senior Course Cost: $21.00

Travel Spanish (C/S431)

For recreational or business travel, knowledge of the Spanish language can be helpful. This is a basic beginning Spanish class for new or almost new students who want to learn the Spanish language. You will be able to order meals at restaurants, buy items at stores, and communicate with locals. This course provides information on basic survival skills (e.g., interpreting signs), and enhances your overall ability to do business in Spanish-speaking countries. This course is an introductory course in Spanish that will culminate with an outing to a local restaurant where the class members will try out their new skills! Instructor, Eva Hoover, was born in Spain and raised in Latin America, and taught Spanish at Frostburg State University.

ONLINE 10/3-12/5, Monday (10 sessions)
1:00-3:00 PM
ACM: CE Building
Instructor: Eva Hoover
Course Cost: $49.00
Maryland Senior Course Cost: $35.00

Travel Spanish III (C/S557)

This course is a continuation of Travel Spanish II. You will continue learning to read, write, listen and comprehend the Spanish language and understand the Spanish culture under the instruction of Eva Hoover. Eva is an experienced traveler, was born in Spain and raised in Latin America, and taught Spanish at Frostburg State University.

ONLINE 10/5-12/7, Wednesday (10 sessions)
1:00-3:00 PM
ACM: CE Building
Instructor: Eva Hoover
Course Cost: $49.00
Maryland Senior Course Cost: $35.00

Sign Language, Intermediate (C/S526)

This is an intermediate course in the principles and practices of manual communication. The Beginning Sign Language class is a prerequisite for taking this course. Students will need to have already taken Beginning Sign Language in order to participate. The course will also provide more in-depth instruction on the Spanish language and culture. This course will provide an opportunity to practice conversing with deaf persons. It will also provide an introduction to deaf culture and the deaf community. The course will culminate with an outing to a local restaurant where the class members will try out their new skills! Instructor, Deborah Dilbon, has a profound hearing loss and is legally deaf. Deborah has a BS in Criminal Justice and has studied Signed English for nine years.

ONLINE 9/21-11/9, Wednesday (8 sessions)
7:30-9:00 PM
ACM: CE Building
Instructor: Deborah Dilbon
Course Cost: $30.00
Maryland Senior Course Cost: $15.00
YOUTH

Introduction to “Bob Ross” Painting for Kids (C/S942)
Students will learn Ross’ patented wet-on-wet painting technique and will leave the class with their own completed 16 X 20” painting on canvas. Now you can learn to paint just like this iconic artist did on a television show that aired for 25 years and 500 episodes. Classes are especially suited for beginners; students need no previous experience to attend. Participants are encouraged to bring a snack. The price of the class includes all the materials you will need. This class is for students ages 8-15.

9/10, Saturday (1 session)
9:00 AM-1:00 PM
ACM: CE Building
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Course Cost: $70.00 (no supplies)