



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.

1/23-5/22, Monday (16 sessions)

No class 2/20 & 4/10

1/26-5/18, Thursday (16 sessions)

No class 4/6

All sessions:

4:45-5:45 PM

ACM: Online

Instructor: Phyllis Washington

Course Cost: \$55.00

Maryland Senior Course Cost: \$55.00

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.

1/23-4/10, Monday (12 sessions)

9:30-10:30 AM

Or

1/24-4/11, Tuesday (12 sessions)

5:30-6:30 PM

All sessions:

ACM: TBA

Instructor: Katy Smith

Course Cost: \$85.00

Maryland Senior Course Cost: \$85.00

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.

4/17-5/18, Mon. & Thurs. (8 sessions)

No Class 5/1 & 5/4

5:30-6:45 PM

ACM: Frostburg City Place

Instructor: Suanne Lewis

Course Cost: \$65.00

Maryland Senior Course Cost: \$65.00

Yoga for a Healthy Back (CHE490)

In this class, you will learn yoga poses to stretch and strengthen all areas of your back to promote balanced and healthy movement throughout your day. The movements are slow and gentle with an emphasis on core stability and safety. Classes will include standing poses as well as poses on your hands and knees, on your belly, and on your back. Learn how to use the tools of yoga in a safe, therapeutic way to improve your movement and your confidence. If you have any concerns about participating, ask your doctor if a gentle yoga class involving forward bends, back bends, side bends and supported twists is safe for you.

3/16-5/11, Thursday (8 sessions)

No class 4/6

5:00-6:15 PM

ACM: H58

Instructor: Laura Fiscus

Course Cost: \$80.00

Maryland Senior Course Cost: \$80.00

*Personal Enrichment & Wellness**Mind-Body Skills...**The next step on your wellness journey**See page 38 for CHE264 course details.***Yin Yoga (CHE230)**

This class is perfect for someone new to yoga or someone looking for a way to melt away stress at the end of the day. The poses of yin yoga are done mostly on the ground and held longer than in most yogic traditions, anywhere from 3 to 5 minutes, allowing gravity to do the work for you. This style of yoga focuses on the deep connective tissues of the body, promoting long term joint health.

1/26-4/13, Thursday (10 sessions)

No class 3/16 & 4/6

5:30-6:30 PM

ACM: TBA

Instructor: Cindy Zumbrun

Course Cost: \$75.00

Maryland Senior Course Cost: \$75.00

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.

1/23-4/10, Monday (12 sessions)

5:00-6:00 PM

ACM: WCI Training Building

Instructor: Julie Kennell

Course Cost: \$85.00

Maryland Senior Course Cost: \$85.00

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.

2/21-4/18, Tuesday (9 sessions)

6:00-8:00 PM

ACM: CE Bldg.

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 using 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.



2/15-5/3, Wednesday (12 sessions)

9:00 AM-12:00 PM

ACM: Western Maryland Works – LaVale, MD

Course Cost: \$49.00

Maryland Senior Course Cost: \$49.00

DIY Sign Workshop with Kara (C/S593)

Have fun making a sign to take home and be proud of! Get step by step instructions to make the process easy for everyone! All supplies are provided. There are many sign options to choose from. Once you register for the class you will be sent a link to a form where you can choose the sign and all the details you prefer. Door hangers, tall porch signs, framed farmhouse signs and stove top covers are just a few options. Come alone or bring a friend!

Registration for this class closes on 3/10/23.

3/29, Wednesday (1 session)

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Kara Riley

Course Cost: \$52.00

Maryland Senior Course Cost: \$52.00

**Exploring Pastels (C/S089)**

Calling all Artists! Pastel

paintings give a vivid, luminous appearance. Students will explore the paintings of some master pastel painters like Degas, Chase, Renoir, Millet and Mary Cassatt. After a discussion, we will create one of the master's paintings. Beginning students will receive basic instruction on learning to draw and paint with artist grade pastels and gain skills and confidence. 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 24-count Prismacolor NuPastel Firm Pastel set, ACMI AP approved compliant to ASTM D-4236 Nontoxic standards, and Uart sanded Pastel paper, 9x12, 400 grade, 10-sheet pack. The estimated cost of supplies is \$50.



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.

2/21-4/18, Tuesday (9 sessions)

3:30-5:30 PM

ACM: H33

Instructor: Donna Housel

Course Cost: \$45.00

Maryland Senior Course Cost: \$20.00



*Personal Enrichment & Wellness***Crochet: "Skill Builder" Sampler Scarf/ Afghan (C/S566)**

Expand your "special stitch" repertoire in this 4-week class designed to build on your crochet skills. Basic knowledge of SC, HDC and DC stitches is preferred, but not required. This project will be worked as a scarf in class but can be expanded into an afghan later.

NEW**Materials:**

- Yarn of your choice
in at least one color -
Recommended: Medium 4 weight yarn in a light color (easier to see stitches)
- J Hook or Hook recommended for your yarn choice - Preferred brand: Susan Bates
- Tapestry Needle
- Stitch Markers

5/4-5/25, Thursday (4 sessions)

9:30-11:30 AM

ACM: CE Bldg.

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 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 worsted weight cotton yarn, four or five balls, in your choice of colors. Patterns will be provided by the instructor. Register early; class size limited to 8 students.

3/6-4/10, Monday (6 sessions)

5:30-7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50.00

Maryland Senior Course Cost: \$20.00

Intermediate Knitting - Sweaters (C/S172)

Have you longed to knit a sweater but didn't know if you had the skills? Not sure how to read a pattern? What is gauge and why is it important? We'll also talk about shaping, sewing, button bands and pockets. This class will help you learn all those skills while making a baby sweater, so that the project can be completed fairly quickly. We'll add on a bonus hat so that you can make a matching set. Those skills can then be used to make one that fits you or someone you love! You need to already know how to cast on, knit, purl and bind off. You will also need about 400 yards of worsted weight yarn (in acrylic or wool or a blend of those) and needles in sizes 6, 7 and 8 (circular or straight, either will work). Instructor will provide the patterns.



4/24-6/5, Monday (6 sessions)

No class 5/29

5:30-7:30 PM

ACM: CE Bldg.

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.

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 300/400grit; D'Arny spray fixative designed for Oil Pastels



3/16-5/18, Thursday (9 sessions)

No class 4/6

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Donna Godlove

Course Cost: \$40.00

Maryland Senior Course Cost: \$20.00

Join Our Team!

Are you a quilter?

Do you want to pass along this skill to others? Yes? Then we're looking for you.

If you are interested in teaching the skill of quilting to adults, contact us at (301) 784-5069.



Watercolor Painting for Beginners (C/S471)

This class is designed for those who have no or little experience in watercolor, the focus will be on getting comfortable with basic techniques and enjoying the process of painting. The basics of materials, tools, techniques and “seeing” your subject will be explored. The class is designed to be fun and inspirational and will focus on how to relax and enjoy the process of painting. First time students who do not have their own supplies will need to bring a \$20.00 material fee payable to the instructor the first night of class. You may see Bobbi’s work at www.dubins.com.



3/28-5/2, Tuesday (6 sessions)

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Bobbi Dubins

Course Cost: \$58.00

Maryland Senior Course Cost: \$58.00

CULTURAL DEVELOPMENT

The American Jewish Kitchen (C/S586)

Join us for six sessions to learn about the traditions, symbols, and foods of the Jewish sabbath and holidays. We'll play games, learn to write our names in Hebrew, recite blessings for candle lighting, and unravel the mysteries of keeping a kosher kitchen. Most sessions will include preparing a Jewish or Israeli culinary classic like Hamentashen cookies or braided challah bread. At the end of each session, participants will be given a list of items to bring to the next class. (Please note that the college kitchen classroom is NOT kosher, although we'll abide by kosher guidelines.) This course is taught by Frostburg resident Cec Cohen, a Jewish American-Israeli. The class is open to people of all denominations and backgrounds who are interested in learning about Jewish traditions. The last session will include a celebratory pot-luck meal based on a menu developed in class by the students with the instructor's help.

NEW



4/12-5/17, Wednesday (6 sessions)
6:00-8:30 PM
ACM: CE Bldg.
Instructor: Cecilia Cohen
Course Cost: \$55.00
Maryland Senior Course Cost: \$50.00

American Religions (C/S577)

The United States of America, the land of religious liberty. Join instructor Austin Lauderdale for a walk through some of the many religions within the United States. This class will begin with the religions which originate within the United States and then walk through some of the most thriving religions within the United States. The instructor Austin Lauderdale has his bachelor's degree from Leavell College and M.Div. from New Orleans Baptist Theological Seminary.

NEW



2/6-3/13, Monday (6 sessions)
1:00-2:30 PM
ACM: CE Bldg.
Instructor: Austin Lauderdale
Course Cost: \$29.00
Maryland Senior Course Cost: \$24.00

Toby's Dinner Theatre Bus Trip: Something Rotten (C/S594)

Nominated for 10 Tony Awards! Set in the 1590's, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of a "Renaissance Rockstar." When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, they set out to write the world's first MUSICAL! Critics and audiences alike went wild for SOMETHING ROTTEN, an outrageous, crowd-pleasing musical farce that received several Best Musical nominations and was hailed by Time Out New York as, "the funniest musical comedy in at least 400 years."

NEW

Registration for this bus trip closes on 2/14/23.

3/19, Sunday (1 session)
8:00 AM-5:00 PM (estimated)
Toby's Dinner Theatre, Columbia, MD
Course Cost: \$80.00
Maryland Senior Course Cost: \$80.00
Cost includes brunch, show, and round-trip transportation.





RECREATIONAL Culinary Courses

CENTER FOR CONTINUING EDUCATION • ALLEGANY COLLEGE OF MARYLAND

IN PARTNERSHIP WITH THE SCHOOL OF HOSPITALITY, TOURISM AND CULINARY ARTS

is pleased to offer another delicious series of educational and entertaining recreational cooking classes.

Each class will be taught in a single evening by a professional local chef or culinary expert. The courses will feature specialties of the guest chef and will focus on learning proper cooking techniques in a relaxed atmosphere. All courses will offer hands-on experience in the Culinaire's state-of-the-art professional teaching facility at the **Gateway Center, 112 Baltimore Street, Cumberland**. At the end of each class, you will not only have acquired valuable new cooking skills, but you'll also have time to enjoy the fruits, appetizers, entrees, desserts...and beverages of your labor!

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.**

Healthy Comfort Food (C/S583)

Everyone enjoys a hearty meatloaf, a creamy macaroni and cheese, and a decadent dessert. Join Debbie in reinventing classic comfort foods using healthier ingredients and cooking techniques. No one will ever know the difference! NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

1/18, Wednesday (1 session)

5:00-7:30 PM

Instructor: Debra Swope

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

Cake Decorating (C/S459)

Join Abbey as she shows you how to make specialty cakes. Custom cakes in every shape and style have become the centerpieces of celebrations of all kinds. Learn how to create a 6-inch cake for Valentine's Day. You will leave with a decorated triple layer 6-inch cake.

2/13, Monday (1 session)

5:00-7:30 PM

Instructor: Abbey Kerns

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

*Personal Enrichment & Wellness***Girls' Night Out (C/S224)**

Join Debbie, 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 wine tasting presented by Dr. Kurt Hoffman paired with appetizers. Get the real scoop on white wines! Discover which are the better food wines and which wines should be enjoyed on their own. Learn about the wine-making process, and terms you'll find on a bottle. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

2/22, Wednesday (1 session)

5:00-7:30 PM

Instructors: Debbie Swope, Deb Buchanan & Jenna Burkett

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**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.

3/20, Monday (1 session)

5:00-7:30 PM

Instructors: Debra Imler

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

Pasta Making (C/S584)

Join Payton and learn the art of making pasta. Pasta is the basis for many wonderful dishes - homemade pasta puts those dishes over the top. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

3/30, Thursday (1 session)

5:00-7:30 PM

Instructors: Payton Hedrick

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**Springtime Harvest (C/S585)**

Join Payton to learn how to choose plants, use herbs, and vegetables. Get tips for planting, growing and harvesting your bounty. Both outdoor and indoor gardens will be discussed.

4/13, Thursday (1 session)

5:00-7:30 PM

Instructors: Payton Hedrick

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

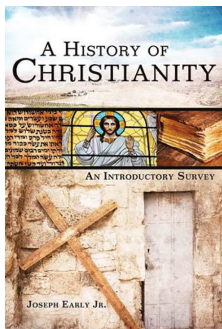


HISTORY

Christian Church History (C/S589)

The Christian church history is a rich history that spans all over the world and for 2,000 years. Join the instructor Austin Lauderdale in walking through the beginnings of this rich history. This class will focus on the first 1,000 years of Christianity, the major influencers of the religion, and the major events which took place. The instructor Austin Lauderdale has his bachelor's degree from Leavell College and M.Div. from New Orleans Baptist Theological Seminary.

The instructor will be working from A History of Christianity: An Introduction Survey by Joseph Early Jr. Students can purchase this book at Amazon.com.



History of the American Movie Musical (C/S046)

The Golden Age of the American Movie Musical spanned the years from the early 1930s to the late 1950s. In this class, we will watch 6 of the most memorable, some unfamiliar and some old favorites, to discover what it is about these films that make them iconic. Backstage stories about the creation of these movies, discussion of their artistic merits, and examinations of the contributions of such great performers as Judy Garland, Fred Astaire, Gene Kelly, Leslie Caron and such masterful writers, directors and musicians as the Gershwins, Vincente Minnelli, Arthur Freed and Irving Berlin, will give us a fuller appreciation of just what it took to make a stellar movie musical.

4/4-5/9, Tuesday (6 sessions)
6:00-8:30 PM
ACM: CE Bldg.
Instructor: Ellen McDaniel-Weissler
Course Cost: \$57.00
Maryland Senior Course Cost: \$52.00



2/6-3/13, Monday (6 sessions)
3:00-4:30 PM
ACM: CE Bldg.
Instructor: Austin Lauderdale
Course Cost: \$29.00
Maryland Sr. Course Cost: \$24.00



LIKE us on Facebook!

Search *ACM Continuing Ed & Workforce Development* and stay up to date with all our latest courses and events!

Historic Road Development in Allegany County (C/S305)

This three-week course examines the early development of routes through Allegany County and their modern counter parts with a tour of existing portions of the Braddock Military Road.

Week 1—A discussion on known Native and early Trader paths leading to Cresap's outpost in Oldtown and Fort Cumberland. With a look at the early routes that followed.

Week 2—Early routes, such as Williams Road and the development of Route 40. Discussion on alignment changes and the impact of Interstate travel to the area.

Week 3—Tour of the Braddock Military Road Site on Big Savage Mountain and discussion of the road building techniques of the British Military in Western Maryland.

Attendees will have to provide their own transportation to the site, directions will be provided. Sturdy walking shoes are required.

4/15-4/29, Saturday (3 sessions)

2:00-3:30 PM

ACM: CE Bldg.

Instructor: Steve Hall

Course Cost: \$ 46.00

Maryland Senior Course Cost: \$41.00

Maryland Forces in the French and Indian War (C/S578)

Join local historical reenactor Ryan Cuba for this four-session overview of Maryland Forces in the French and Indian War. The course will include the background of the war and Maryland's involvement, the Braddock and Forbes campaigns and aftermath, and an interactive hands-on display of dress and equipage of a Maryland provincial soldier during both campaigns.

3/6-3/27, Monday (4 sessions)

2:00-4:00 PM

ACM: CE Bldg.

Instructor: Ryan Cuba

Course Cost: \$29.00

Maryland Senior Course Cost: \$24.00

NEW



Priscilla McKaig: Confederate Spy? (C/S590)

Daughter and wife of prominent Cumberland families, Priscilla McKaig was destined to live an unusual life for mid-Victorian American aristocracy. Banished from Maryland on suspicion of being a Confederate spy, two of her sons fighting for the South and her husband involved in dicey politics, Priscilla embarked on a journey which would test her resolve and resourcefulness. She recorded these days in a journal which reveals as much about her character as it does about the turbulence of the times. Portrayed as a Living History figure in a 2-hour presentation, McKaig will tell you about her years in Cumberland, her life during the Civil War, and the tragic end of her eldest son, Willie McKaig, who chose to turn his back on love and paid a heavy price. The class will end with a Q&A, where you can ask further questions of this woman, and of the woman who portrays her.

4/1, Saturday (1 session)

2:00-4:00 PM

ACM: CE Bldg.

Instructor: Ellen McDaniel-Weissler

Course Cost: \$26.00

Maryland Senior Course Cost: \$26.00

The Six Wives of Henry VIII (C/S038)

Henry VIII is often portrayed as a notorious lecher and executor of his wives – but is that image accurate? In this class, we will explore the varied personalities of the women he chose to wed, their relationships with their mercurial husband, how their reigns intertwined with the culture, politics and religion of the day, and what deep research into these intriguing characters has revealed about who they really were. We will meet not only Henry and his wives, but such colorful figures as Thomas Wolsey, Francis I of France, Thomas More, Hans Holbein (Henry's Court Painter), Mary and Margaret Tudor (Henry's sisters) and Mary Boleyn, Anne Boleyn's much-maligned sister. Covering the years from the end of the Wars of the Roses in 1485 to Henry's death in 1547, this class profiles the turbulent dawning of the Tudor age and the split of the Church of England from Roman Catholicism.

4/13-5/18, Thursday (6 sessions)

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Ellen McDaniel-Weissler

Course Cost: \$57.00

Maryland Senior Course Cost: \$52.00

NEW



NEW



HOW TO

The Basics of Maryland Estate Planning and Estate Administration (C/S592)

Estate planning is important for everyone. This two-part course will address common questions regarding wills, financial powers of attorney, advance directives and the Maryland estate administration/probate process.


 NEW


Part one of the course will discuss the importance of Last Wills and Testaments, Financial Powers of Attorney and Medical Advance Directives. This portion of the course will also address some common misconceptions on these topics.

Part two of the course will focus on Maryland Estate Administration and the probate process from start to finish including a discussion of what property is subject to estate administration.

Please note, this course will provide legal information. It should not be used as a substitute for retaining counsel to obtain legal advice on these matters.

This course will be taught by Brandon James Hoover. 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.

4/17 & 4/24, Monday (2 sessions)
6:00-8:30 PM
ACM: T-204
Instructor: Brandon Hoover, J.D.
Course Cost: \$49.00
Maryland Senior Course Cost: \$44.00

Hard Tack Candy with Kiya Wilhelm (C/S591)

In this class we're going to cover the basics of hard tack candy. Learning the dangers of working with sugar, the importance of cooking temperatures, and how the environment around you can affect the success of your candy. We will also cover the equipment used when making candy, the safest way to dye your candy, learning how to use a candy thermometer, dangers of what can go wrong, and how to store your candy.

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.


 NEW

4/4, Tuesday (1 session)
6:00-9:00 PM
ACM: CE Bldg.
Instructor: Kiya Wilhelm
Course Cost: \$39.00
Maryland Senior Course Cost: \$39.00

Sell What You Know (PRO042)

Sell What You Know combines theory and practice to teach the basics of developing and marketing your unique and personal knowledge and experiences. By the end of the course, you will understand the requirements, general standards, and production processes for a variety of products including project tutorials, magazine articles, books, digital and in-person workshops and courses. We'll learn about self-publishing, and how to research publishing requirements, write query letters and work with publishers. Each student will define their priorities, interests, and potential products, and will define a personal work plan to reach their goals after completion of the course. The aim of the course is to provide every participant with the concepts of selling knowledge including an understanding of the market, common products, and common opportunities; to teach the processes of preparing information and knowledge for presentation and sale; and to help each individual define their unique priorities, projects, and work plans.


 NEW


3/14-5/2, Tuesday (8 sessions)
6:00-9:00 PM
ACM: CE Bldg.
Instructor: Cecilia Cohen
Course Cost: \$50.00
Maryland Senior Course Cost: \$45.00

LIFELONG LEARNING



Allegany Center of
Lifelong Learning

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 at 10:00AM in room 8, unless otherwise indicated.

Visit us at www.allegany.edu/ce/lifelong-learning & like us on Facebook at Allcoll.

February 2 – Adam Lewis

Subject: The Bone Cave: Saber-toothed tigers, wolves and bears oh my!

Description: This presentation will focus on the many fossilized skeletons discovered at the Bone Cave. Many of the fossilized bones date from 200,000 years ago. The Pleistocene comes alive in the Bone Cave!

February 9 – Ruth Davis-Rogers

Subject: Historic Cumberland Houses of Worship

Description: There are many historic houses of worship in Cumberland. Hear the history about many of them.

February 16 – Chris Logsdon

Subject: Long Term Care, Nursing Homes & Asset Preservation

Description: This discussion will provide an overview of how the Medical Assistance program influences your assets if you or your spouse requires nursing home care.

February 23 – Gary Phillips

Subject: Music of West Africa

Description: A look at how music reflects the values of the culture where it was produced. This will include a live performance demonstration.

March 2 – Jennifer Walsh

Subject: The Greater Cumberland Committee

Description: Jennifer will join us to share some exciting regional initiatives that focus on talent attraction and retention, growing the outdoor recreation industry, business & workforce development, and leadership development.

March 9 - Kimberly Rowley

Subject: "On Stage" –Theatre in Cumberland, Part I

Description: Discover how the Cumberland Theater grew from a summer venue to a year-round theatre company. Kimberli Rowley, Artistic Director, will share the history and discuss the current and upcoming schedule. Live theatre in Cumberland – what a treat!!

March 16 – Roy Brown

Subject: Native American Use of Hard Shell Gourds

Description: Hear about the hard-shell gourd, one of the first plants to be cultivated by Native Americans. Roy will show how the simple gourd was transformed into many useful items that improved the life ways of the first residents of our region.

March 23 – Melinda Kelleher

Subject: Baltimore Street Revitalization Project

Description: Come hear an update on the Baltimore Street Revitalization Project and learn about all the growth and development in downtown Cumberland.

March 30 – Ryan Cuba**Subject:** WW II GI**Description:** Both GI and German uniforms, equipment, weapons and rations will be displayed and an explanation will be provided to explain why and where (theatre of operations) they were used. Participants will be able to try on parts of the uniforms.**April 20 – Nancy Camara and Trish Hall from Grow West****Subject:** Everything you wanted to know about medical Cannabis but were afraid to ask!**Description:** Grow West MD will help navigate the basics of medical Cannabis through terminology, uses, regulations and controversial issues surrounding its use.**April 13 – Aron Bach****Subject:** Woodworking Skills abroad and at home**Description:** This presentation will focus on Mr. Bach's extensive training with the Handswerkskammer Ulm (the Bavarian Cabinetmaker's Guild) and how he applied the skills he learned to a local guitar-building and cabinetry business.**April 27 – Jerard Puckett****Subject:** "Broadway" on Baltimore Street-Theatre in Cumberland, Part II**Description:** Learn about the history of the Embassy Theatre, including the role of founder, Mark Baker. Jerard Puckett will also discuss the current and upcoming seasons.**May 4 – Tom Biery****Subject:** Cumberland's Kelly-Springfield Tire Co**Description:** A brief history of a great company in Cumberland. Kelly Tire became a respected producer and marketer of premium tires in the automotive world. Learn more about the legendary tire company.**LUNCH & LEARN****Lunch & Learn (PR0090)**

Allegany College of Maryland Foundation in partnership with Allegany College of Maryland Center for Continuing Education and Workforce Development is pleased to offer the series as our way of saying thanks...

LUNCH & LEARN

12:00 - 1:00 PM
Culinaire Café
Gateway Center
Downtown Cumberland Mall

Coming Back Fall 2023

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.

PERSONAL IMPROVEMENT

An Introduction to Voiceovers (C/S536)

Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing remote voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90- minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. Students must be 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).

Offered in partnership with Voices For All, LLC
Course Cost: \$49.00
Maryland Senior Course Cost: \$49.00

RECREATION & PASTIMES

Advanced Paranormal Investigating: Equipment (C/S201)

This seven-week course expands on the Introduction to Paranormal Investigation class going deeper into equipment usage, explaining in depth how the equipment works, while expanding on some concepts from Introduction to Paranormal Investigating. Participants in the class will receive hands-on instruction with some of the latest equipment used in Paranormal Investigations, including EMF Detectors, Geophones, Intelligent Transcommunication Devices, Full Spectrum Cameras and more. Students will participate in a minimum of two 2-3 hour field investigations, learning how to focus outdoor investigations and setting up equipment indoors for maximum effectiveness. Prerequisite: Introduction to Paranormal Investigation C/S200. Materials needed: comfortable walking shoes and a flashlight for investigations. Register early, class is limited to 12 students.



5/24-7/5, Wednesday (7 sessions)

7:00-9:00 PM

ACM: CE Bldg.

Instructor: Steve Hall

Course Cost: \$46.00

Maryland Senior Course Cost: \$46.00



LIKE us on Facebook!

Search *ACM CE Personal Enrichment*

and stay up to date with all our latest courses and events!

Cryptozoology (C/S202)

Have you ever wondered what it is like to investigate Bigfoot (Sasquatch) and other Cryptids? To learn about the research being done to determine the existence of new, unknown or previously thought extinct animal species and the techniques used to make such discoveries. Participants in the class will learn the methods used for Sasquatch Investigation including cast making and the proper way to measure footprints and tracks. The course will include classroom instruction, a broad examination of Cryptozoology, lectures on the different types of cryptids, like Yetis, the Loch Ness Monster, Coelacanths and cases like the Mothman and some of the famous hoaxes. The course will culminate with a “mock field investigation focusing on unidentified primates” 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. Materials needed: Students should have comfortable walking shoes or hiking boots for the last class. Register early, class is limited to 15 students.



4/19-5/17, Wednesday (5 sessions)

7:00-9:00 PM

ACM: CE Bldg.

Instructor: Steve Hall

Course Cost: \$46.00

Maryland Senior Course Cost: \$46.00

Instant Guitar for Hopelessly Busy People (C/S571)

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 is 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

5/9, Tuesday (1 session)

6:30-9:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

*Personal Enrichment & Wellness***Instant Piano for Hopelessly Busy People (C/S572)**

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

5/8, Monday (1 session)

6:30-9:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

Paper Crafting for Kids: Valentine Treat Bags (C/S595)

There is no better feeling than having someone appreciate something you've made when they least expect it. Join instructor Brooke McElfish and create Valentine Treat Bags for your special friends and family. You will engage in various techniques such as rubber stamping with ink, chalk pastel with stencil, paper punching, heat embossing and coloring with Crayola pencils or water-based markers. All materials will be provided including 10 treat bags to be stuffed with decorative shred and bite-sized candy. This course is recommended for children ages 8 to 14.

Since a very young age, Brooke has been amused with rubber stamps and stickers. Recently, she branched out from greeting cards to creating treat bags and gift tags. Brooke holds a bachelor's degree and while working towards a master's degree, she worked as a long-term substitute as an elementary school counselor. She has always worked with a diverse population ranging from toddlers to adults with intellectual disabilities and cultural backgrounds. Prior to the global pandemic, Brooke was the Allegany County youth arts and crafts superintendent. Currently, she is a guest artist at the Allegany Arts Council Holiday Marketing.

To see Brooke's work, visit her Facebook page:
Itty bitty greetings.

2/9, Thursday (1 session)

5:30-7:00 PM

ACM: CE Bldg.

Instructor: Brooke McElfish

Course Cost: \$31.00

Maryland Senior Course Cost: \$31.00



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 (10 sessions) 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 <https://www.alleganydriving.us/>**

FIREARM SAFETY CERTIFICATION**MD Wear and Carry Permit Training (C/S875)**

This 2-day training is required for anyone applying for the initial MD Wear & Carry Permit. The course includes classroom instruction on state firearm law, home firearm safety, handgun mechanisms and operation, and a component that requires the student to demonstrate the ability to safely fire a handgun. Students will also learn about application requirements and process.



Students must be 18 years of age to enroll and must bring a firearm and ammunition for the range portion of the class. (Firearm and ammunition must be locked in trunk of vehicle in separate lock boxes until student arrives at the range.) There will be an additional charge for on-site fingerprinting. Please note that successful completion of the course does not fully qualify one to be eligible for an MD Wear & Carry permit; an application must be submitted, reviewed, and awarded by the State of Maryland.

2023 TRAINING DATES WILL BE ANNOUNCED SOON!

Call 301-784-5340 to be added to the wait list.

Saturday, Sunday (2 sessions)

9:00 AM-5:00 PM

Mountain Maryland Firearms Training

79 S Grant St, Frostburg, MD 21532

Instructor: John Sagal

Course Cost: \$195.00

Maryland Senior Course Cost: \$185.00

MOTORCYCLE RIDER EDUCATION

Motorcycle Safety Independent Training Center
Under contract with



Motorcycle
Safety
Program



Please Note

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.

2023 TRAINING DATES WILL BE ANNOUNCED SOON!
Call 301-784-5340 to be added to the wait list.

All courses follow the same schedule:
Friday, 6:00-9:00 PM
Saturday, 8:30 AM-5:00 PM
Sunday, 8:30 AM-5:00 PM

Total Course Cost: \$279.00 (all fees included)
Fee Discounts or Waivers Do Not Apply

**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.*

Personal Enrichment & Wellness

Personal Protection and Self-Defense Theory (C/S587)

This course is designed for ages 16 and up. It provides information on 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.

4/12, Wednesday (1 session)
6:00-7:00 PM
ACM: CE Bldg.
Instructor: Leonard Webb
Course Cost: \$5.00
Maryland Senior Course Cost: \$5.00

Personal Protection and Self-Defense Tactics (C/S588)

This course is designed for ages 16 and up. It provides information about defense tactics. Students should take Self-Defense Theory prior to this course in order to develop skills in situational awareness, attack responses, pressure points, falling safely, escape techniques, and counter attacks.

4/12, Wednesday (1 session)
7:00-8:00 PM
ACM: CE Bldg.
Instructor: Leonard Webb
Course Cost: \$5.00
Maryland Senior Course Cost: \$5.00

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.



WORLD LANGUAGES

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 further integrate the deaf into general society by helping to increase the number of hearing persons who know Signed English. This course will also familiarize students with what deafness means to the deaf person, the family, and the community. Deborah Dilbon, the instructor, has a profound hearing loss and is legally deaf. Deborah has a BS in Criminal Justice and has studied Signed English for many years.

2/8-3/29, Wednesday (8 sessions)
6:00-7:30 PM
ACM: CE Bldg.
Instructor: Deborah Dilbon
Course Cost: \$36.00 (includes material fee)
Maryland Senior Course Cost: \$21.00

Sign Language, Intermediate (C/S526)

This is an intermediate course in the principles and practices of manual communication. Beginning Sign Language is a pre-requisite for taking this course. *Students will need to purchase the book "Talking with your Hands, Listening with your Eyes" by Gabriel Grayson and bring it to the first night of class.* This book can be purchased online and at your local bookstore.

2/8-3/29, Wednesday (8 sessions)
7:30-9:00 PM
ACM: CE Bldg.
Instructor: Deborah Dilbon
Course Cost: \$30.00
Maryland Senior Course Cost: \$15.00

