

**English for Speakers of Other Languages (ESOL)**

See *English for Speakers of Other Languages (ESOL)* section starting on p. 48 for course details

**Online Courses...**

- Speed Spanish
- Speed Spanish 2
- Speed Spanish 3
- Beginning Conversational French

For more information go to [www.ed2go.com/carrollcc](http://www.ed2go.com/carrollcc)

**LIFESTYLE**

**Cooking**

**NEW! Festive Holiday Dishes**

Entertain your family and friends in style this holiday season with delicious and appealing easy to prepare dishes for casual buffets, sit down dinners, hors d'oeuvres and appetizers. Prepare recipes that make use of seasonal ingredients as well as all those holiday goodies and discover out of the ordinary ways to make your holiday guests ask for seconds! *Instructor: Tim Norwood*  
 Cost: \$98 (MD Senior Adults: \$98)  
**Course #: XXZ-737-A2**  
 Wed., Oct. 21 & 28 (2 sessions), 6:30 – 9:30 PM  
 Carroll Career & Technology Center

**NEW! The Great \$15 Italian Dinner**

Prepare a rustic home style dinner for under \$15 for a family of four! You can make these delicious and simple Italian dishes at home. You will prepare and eat Green Olive Focaccia, Pasta with Sweet Tomato and Crunchy Breadcrumbs, Leafy Green Salad with Lime Caper Vinaigrette. *Instructor: Alba Johnson*  
 Cost: \$54 (MD Senior Adults: \$54)  
**Course #: XXZ-712-A2**  
 Wed., Sep. 16, 6:30 - 9:00 PM  
 Carroll County Career and Technology Center

**NEW! Sicilian Comfort Dinner**

Enjoy the comfort of the season. These recipes are easy to prepare at the same time delicious in effect and flavor. Make wonderful and aromatic dishes such as Chicken Cutlets with capers, Pasta with Zucchini and garlic, Cauliflower Gratinato. *Instructor: Alba Johnson*  
 Cost: \$54 (MD Senior Adults: \$54)  
**Course #: XXZ-715-A2**  
 Tue., Dec. 8, 6:30 - 9:00 PM  
 Carroll County Career and Technology Center

**NEW! Simple Favorites from Morocco**

Moroccan dishes are always prepared with fresh and aromatic ingredients. See how you can create gourmet Moroccan recipes while still saving money. Prepare and enjoy Spicy Moroccan Hummus, Lemon Chicken Kebabs, Baby Carrot Salad with Fresh herbs and spices. *Instructor: Alba Johnson*  
 Cost: \$54 (MD Senior Adults: \$54)  
**Course #: XXZ-713-A2**  
 Tue., Oct. 13, 6:30 - 9:00 PM  
 Carroll County Career and Technology Center

**NEW! The Tapas Party**

Prepare lots of tasty Spanish treats that you will want to fix at home for your next get-together. Create tasty tapas dishes including Roasted Garlic with Herbs, Olive Salad with Fresh Herbs and Orange, Catalan Tomato Crostini, Spinach and Artichoke stuffed mushrooms *Instructor: Alba Johnson*  
 Cost: \$54 (MD Senior Adults: \$54)  
**Course #: XXZ-714-A2**  
 Tue., Nov. 17, 6:30 - 9:00 PM  
 Carroll County Career and Technology Center

*Alba Johnson, personal chef and owner of Alba's Delicious Dishes, spices up her lively classes with a contagious enthusiasm for cooking. After living in Italy and North Africa for many years, she gained a practical understanding of the ingredients and techniques of the Mediterranean region which is shared with her students through distinctive culinary tips and suggestions. Her recipes have been highlighted on the BBC Good Food Magazine and she is currently at work on the book La Cucina Semplice, Rustic and Simple Cooking, scheduled to be available this fall.*

**All New Recipes  
A Taste for Healthy Cooking**

Cooking is your joy...make it healthy too! Discover how to prepare delicious gourmet meals without the high carbs, fat and calories. Perfect for anyone trying to eat more consciously as well as those on limited diets. *Instructor: Tim Norwood*  
 Cost: \$49 (MD Senior Adults: \$49)  
**Course #: XXZ-500-A2**  
 Wed., Sep. 30, 6:30 - 9:30 PM  
 Carroll County Career and Technology Center

*Chef Tim Norwood, a graduate of the Baltimore Culinary Institute, has been teaching culinary arts at the Carroll County Career and Technology Center since 1997. An experience teacher, Tim enjoys creating unique dishes using basic techniques and then experimenting with the flavors of authentic ethnic ingredients and combining them with bounty found in local grocery stores.*

**You Can Do It ...**

**Fix Your Own**

- Electrical Know How, p. 54
- Hanging With Your Walls: Holes, Studs & Shelves, p. 54
- Installing Solar Light Tubes, p. 54
- Plumbing Know How, p. 54
- Solar Water Heating Systems, p. 22
- Tools of the Trade, p. 54

**Create Your Own**

- Decorating on a Dime: Cozy up for Fall, p. 54
- Festive Holiday Dishes, p. 53
- The Great \$15 Italian Dinner, p. 53
- Sicilian Comfort Dinner, p. 53
- Simple Favorites from Morocco, p. 53
- The Tapas Party, p. 53

**Grow Your Own**

- How to Raise Chickens, p. 55
- Native Perennials for Color in the Home Landscape, p. 55

036-A10-609

**Online Courses**

Ready to start when you are

**For Fun. For work. For you.**

Choose from hundreds of courses offered in partnership with Ed2Go

- Many courses are just \$99
- All courses begin the second or third Wednesday of each month
- Some courses require books that may be purchased through preferred bookstore providers

Go to [carrollcc.edu/cetonline](http://carrollcc.edu/cetonline) for course listings, descriptions and registration information.

Continuing Education & Training:

410-386-8100

[www.carrollcc.edu](http://www.carrollcc.edu)

058-A10-609

# Are you unemployed?

Do you need to upgrade your skills?

- Career Counseling
- Computer access for job search
- Interview practice
- Resume Preparation
- Job search resources
- Labor market information
- Skill development
- On-the-job training
- Occupational skills training
- Veterans services

# unemployed?

For more information, call  
Business and Employment  
Resource Center (BERC)

**410-386-2820**  
www.carrollworks.com

**Carroll County**  
ECONOMIC DEVELOPMENT  
making business feel right at home™

035-A10-509

## Wine Appreciation for Beginners

Increase your knowledge about and boost your confidence in selecting wine. Discover the basics of wine buying, tasting and food and wine pairing. Learn why taste is more than just sipping and swallowing, how to start your own wine collection and how to select the perfect wine to complement any meal.

**Cost: \$99 (MD Senior Adults: \$99)**

Online

*New sections begin monthly. For more information and course registration details go to [www.ed2go.com/carrollcc](http://www.ed2go.com/carrollcc)*

## Home & Garden

### NEW! Decorating On a Dime: Cozy Up For Fall

Cozy up the main areas of your house for fall with quick and easy ideas. Learn tips on paint color selection, accessorization and furniture placement for kitchens, living rooms and great rooms that will give your house that warm, cozy feeling. *Instructor: Amy Banks*

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-722-A2**

*Tue., Oct. 6, 6:30 - 8:30 PM*

*Washington Road Campus, Rm. TBA*

### Home Fix-It Series

*Be amazed at what you can learn and accomplish! Take one or more of these Home Fix-It classes with instructor Don West, President of Double Diamond Construction. He brings his expertise, humor and vast experience to each class. He specializes in renovating houses and is a local leader in aspects of green building and construction. Go green, save money and much more!*

### Plumbing Know How

Tired of the drip, drip of the faucet or a clogged drain? Learn essential plumbing basics you can do yourself. Some topics include repairing and replacing faucets, unclogging drains and toilet repair. Do it yourself. Do it right. And save money!

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-649-A2**

*Tue., Sep. 15, 7:00 - 9:00 PM*

*Washington Road Campus, Rm. M157*

### Electrical Know How

All wired up to improve your home? Go for it with this "electrifying" course. Safely fix things including: basic wiring, changing switches and receptacles, installing light fixtures, and re-wiring old fixtures. Save money by doing it yourself. Learn how to resolve common

electrical repair problems.

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-651-A2**

*Tue., Sep. 22, 7:00 - 9:00 PM*

*Washington Road Campus, Rm. M157*

### Hanging With Your Walls: Holes, Studs, & Shelves

Be an interior handyman in your own home, with confidence and precision. Learn the safe and proper ways to install shelves and wall hangings. Learn how to find the studs, use the proper tools like a level and hand drill, and repair holes in walls. For starters, know when to use a molly bolt, a screw or a nail and much more!

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-650-A2**

*Tue., Sep. 29, 7:00 - 9:00 PM*

*Washington Road Campus, Rm. N203*

### Tools of the Trade

Do you have the essential tools to be a do-it-yourselfer and know how to use them? Don West will review the basic home toolbox that every home owner or renter should know about. Selected hand, power and battery-run tools will be covered and demonstrated in this hands-on class.

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-652-A2**

*Tue., Oct. 6, 7:00 - 9:00 PM*

*Washington Road Campus*

### NEW! Installing Solar Light Tubes

Light up a dark interior with free natural sunlight! Only Solar Light Tubes provide such an inexpensive alternative to expensive skylights and high electric/power bills. Learn how to buy and install these leak-proof and storm-tested solar light tubes in 2 to 3 hours. Going green was never so good or so cheap!

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-702-A2**

*Tue., Oct. 13, 7:00 - 9:00 PM*

*Washington Road Campus*

### NEW! Easy Energy Saving Strategies for the Home

Fall is the ideal time to investigate easy energy saving strategies for the home! Learn about caulking and sealing around windows and doors, insulating attics and crawlspaces, using electric saving appliances, heating and cooling upgrades, and much more!

**Cost: \$20 (MD Senior Adults: \$20)**

**Course #: XXZ-736-A2**

*Tue., Oct. 20, 7:00 - 9:00 PM*

*Washington Road Campus*

## Partnership with the Green Building Institute

### Green Tax Incentives

### Understanding Green Building Certifications

### Green Energy for Home & Business

### Solar Water Heating Systems

See *Green Jobs & Sustainable Living* section starting on p. 21 for course details

## Garden

### How to Raise Chickens

Chickens are in style. Country, city and suburban folks alike are discovering how easy and enjoyable raising chickens can be for eggs and meat. No protein source in your kitchen is more local or sustainable than chicken products grown in your residential backyard. Learn how to choose and raise chicks, including suitable housing using a moveable pen, feeding, zoning, and much more. Experienced and novice chicken enthusiasts welcomed. *Instructor: Lee Royer*

*Cost: \$25 (MD Senior Adults: \$25)*  
**Course #: XXZ-634-A2**

*Sun., Oct. 4, 1:00 - 3:00 PM*  
*Business Training Center, Rm. T317*

*Lee Royer is a member of The American Pastured Poultry Producers Association, serves on the board of the Maryland Small Farm Cooperative and volunteers as a Master Gardener with the MD Cooperative Extension. She lives and farms on Wee Bigger Farm.*

### NEW! Native Perennials for Color in The Home Landscape

This part of the country offers an extraordinary diversity of native perennials to work with and an enviable palette of colors and textures. Borrowing time-tested ideas from a rich lineage of landscape designers from the US and abroad, this class covers color concepts, textural techniques, stunning plant combinations, and overall perennial bed design strategies all adapted for use with regional native perennials. Hands-on design exercises help bring these beautiful possibilities to your garden. *Instructor: Christina Pax*

*Cost: \$99 (MD Senior Adults: \$99)*

**Course #: XXZ-703-A2**  
*Thu., Sep. 24 - Oct. 15, 7:00 - 9:00 PM (4 sessions)*  
*Washington Road Campus, Rm. M259*

*As Christine Pax says, "I am absolutely nuts about gardening with native plants." Sought after speaker, teacher and docent at Adkins Arboretum on Maryland's Eastern Shore, Christine specializes in native plants. She is a Master Gardener, has a certificate in landscape design, consults through her company, Pax Gardens and is currently completing her master's degree in Sustainable Landscape Design.*

## Personal Finances

### Debt Elimination Techniques That Work

If you are like many people; you're drowning in a sea of debt and looking for a lifeline. This course will teach you a specific and workable strategy that will get you out of all debt—including your mortgage—in the shortest possible time. The strategy presented is not new, nor is it rocket science and is a simple, easy-to-understand method that works. You will also be guided down a new path concerning spending, saving and handling money that will keep you out of debt forever.

*Cost: \$99 (MD Senior Adults: \$99)*

*Online; new sections begin monthly*  
*For more information and course registration details go to [www.ed2go.com/carrollcc](http://www.ed2go.com/carrollcc)*

### Where Does All My Money Go?

Ever get frustrated that you never seem to get ahead? Are you and your family constantly arguing about money? Do you ever wonder where your money went last month? Do you have trouble saving money? Do you wish you had financial security? Want to work on paying down your debt but don't know where to find the money? Learn the very basics of how to get control of your finances rather than letting them control you.

*Cost: \$99 (MD Senior Adults: \$99)*

*Online; new sections begin monthly*  
*For more information and course registration details go to [www.ed2go.com/carrollcc](http://www.ed2go.com/carrollcc)*

## Personal Interest

### Career Search

#### Career Solutions

You never thought it would happen to you, but here you are, a professional out of work. How do you find a good position in crazy times like these? Join Barbara Gregory, Coordinator of Career Development at Carroll Community College and others to learn strategies for positioning yourself to get back to or to reinvent your work. Identify your interests

and strengths, review the best way to present yourself in person, on paper or on the phone, explore the best networking techniques to get your name out there and leave with a new direction, renewed energy and an action plan. Includes a private 1-hour consultation with Barbara Gregory and the seminar, *Staying Sane in a Changing World*, is free to participants in this course.

*Cost: \$49 (MD Senior Adults: \$49)*

**Course #: PDE-901-A2**  
*Tue., Oct 6 - 20 (3 sessions), 5:30 - 7:30 PM*  
*Washington Road Campus*

### Staying Sane in a Changing World

Feeling off balance; afraid of what change or crisis will hit you next? Learn how to keep it together even as things are falling apart. You can be strong and capable even when crisis strikes. Take the first step with instructor, Sally Long, life coach and educator, to learn how to stay sane when you're surrounded by chaos. This course is free to anyone registered for Career Solutions.

*Cost: \$15 (MD Senior Adults: \$15)*

**Course #: XXZ-738 -A2**  
*Tue., Oct. 27, 5:30 - 7:30 PM*  
*Washington Road Campus*

## Double-Goal Coach

### Coaching for Winning and Life Lessons Culture Practices and Games Coaching the Mental Game

*See Nursing & Allied Health/Allied Health Occupations Starting on p. 25 for course details.*

### Starry Night Stargazing

Focus your attention on the heavens and learn more about the solar system, stars, galaxies and planets. Identify the traditional constellations and named stars with both naked eye and telescopic observations. A trip to a planetarium will be planned and, weather permitting, one night of field observation is included. *Instructor: Jim Reynolds*

*Cost: \$68 (MD Senior Adults: \$45); includes trip to planetarium.*

**Course #: PDE-644-A2**  
*Tue., Oct. 6 -20, 7:00 - 9:00 PM (3 sessions)*  
*Washington Road Campus*

# The Carroll County Community Mediation Center

Offering **free  
mediation services**  
to county residents

The Carroll County Community Mediation Center (CCMC), a nonprofit community and volunteer based organization, offers free mediation services to help resolve conflicts.

- Mediation is voluntary and confidential
- Neutral mediators help people find a win-win solution
- Mediation lets people speak for themselves and make their own choices.

Mediators are professionally trained volunteers who have completed classroom training, an apprenticeship, a series of evaluations and continuing education. They represent the racial, class, age and educational diversity of Carroll County.

CCCMC also provides public education and intensive conflict resolution training.

*Program offered under the auspices of Carroll Community College.  
The Center is supported by the Maryland Mediation and Conflict Resolution Office.*

For information or an appointment  
**410-386-8120**  
**carrollcc.edu**

220-A09-109

## Communication

### Goodbye to Shy

Shyness may be keeping you from achieving the goals you want in life. Learn how to appreciate the positives of being shy as well as learn how to change the negative behaviors. Increase your self-confidence while reducing physical symptoms of anxiety, initiate both casual and deep conversations, and learn how to relate effectively in romantic situations.

*Cost: \$99 (MD Senior Adults: \$99)*

*Online; New sections begin monthly*

*For more information and course registration details go to [www.ed2go.com/carrollcc](http://www.ed2go.com/carrollcc)*

## Computers

Create Brochures, Flyers and More Using Word

Home Networking Simplified

Internet Safety for Parents

Introduction to Windows

Protect Your Computer from Online Threats

Successful Selling on eBay

Unleash Your iPod

*See Computer section starting on p. 9 for course details.*

## TEST & ACADEMIC SKILLS PREPARATION

### Academic Skills Enhancement: English

Review and practice the usage and mechanics of English grammar to upgrade your skills in writing clear, precise sentences and paragraphs. This course is designed to prepare you for Carroll Community College's placement test in English.

*Cost: \$288 (MD Senior Adults: \$25); plus text*

**Course #: PDE-582-A2B**

*Mon., Sep. 14 - Nov. 30, 6:00 - 9:15 PM (12 sessions)*

*Business Training Center, Rm. T325*

### Academic Skills Enhancement: Reading

Review and practice fundamental reading techniques, vocabulary development, word analysis, and studying strategies to upgrade your reading comprehension skills. This course is designed to prepare you for Carroll Community College's placement test in reading.

*Cost: \$288 (MD Senior Adults: \$25); plus text*

**Course #: PDE-583-A2B**

*Wed., Sep. 9 - Dec. 2, 6:00 - 9:15 PM*

*(12 sessions; no class 11/25)*

*Washington Road Campus, Rm. TBA*

## Math Skills Enhancement

Upgrade your math skills through review and practice of arithmetic operations, fractions, decimals, ratios, proportions, and solving word problems. This course is designed to prepare you for Carroll Community College's placement test in mathematics.

*Cost: \$297 (MD Senior Adults: \$25); plus text*

**Course #: ADS-092-A2B**

*Tue. & Thu., Sep. 8 - Oct. 15, 1:00-4:15 PM (12 sessions)*

*Business Training Center, Rm. T317*

**Course #: ADS-092-B2B**

*Wed., Sep. 9 - Dec. 2, 1:00 - 4:15 PM*

*(12 sessions; no class 11/25)*

*Washington Road Campus, Rm. N104*

## High School Diploma Programs for Adults

### GED Preparation

*Improve your skills and prepare for the GED tests. Most classes are free; a \$25 fee applies to all GED level classes. A \$20 materials fee is collected at registration from students wishing to keep their books. Limited Financial Aid is available to qualifying students. Please call 410-386-2550 for a registration appointment.*

**Testing and Registration is free and will be held at the following locations:**

### Business & Employment Resource Center (day and evening classes)

224 North Center Street, Westminster

Week of September 28

### Northwest Middle School

99 Kings Drive, Taneytown

Week of August 24

Week of September 28

### Family Support Center (includes classes for families)

10 Distillery Drive, 3rd Floor, Westminster

Week of September 7

Week of October 5

Week of November 2

### Official GED Practice Test

Are you ready to earn your high school diploma? The Official GED Practice Test (OPT) is a good predictor of a student's readiness to pass the Official GED Tests. The OPT includes all five sections of the test; students receive their scores during a brief advising session that day. Space is limited; pre-registration is required.

*Cost: \$20*