

M.I.L.E.S.

MIDDLESEX INSTITUTE FOR LIFELONG EDUCATION FOR SENIORS



Join M.I.L.E.S., where learning is fun!

MONDAY COURSES

- Silver Hair on the Silver Screen:
Aging in the Movies
- Beyond the Headlines
- Blogging

TUESDAY COURSES

- Voyage to the Moon
- Poetry as a Spiritual Practice
- Getting to Know Your Digital Camera
- Demystifying the Registry of Deeds
- Economic Crisis
- Facebook

WEDNESDAY COURSES

- Roving Gourmet:
 - Bistro 44
 - Naked Fish
 - Cheesecake Factory
 - Flatbread Pizza Co.

WEDNESDAY COURSES (CONT.)

- Observational Drawing
- The Psychology of Aging
- The Creative Side of MS Word
- Protecting Your Nest Egg
- Personal Safety & Awareness

THURSDAY COURSES

- The Role of Gender in South African Culture
- American Presidential Leadership,
Government & the Economy
- Russia on My Mind
- Through the Netherlands on a Riverboat:
Windmills & Tulips
- Cambodia to America:
Journey of a Lifetime
- New Orleans, Before & After

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MIDDLESEX INSTITUTE FOR LIFELONG EDUCATION FOR SENIORS



M.I.L.E.S. offers:

- Intellectual stimulation, interaction and friendship for older adults •
- Daytime courses without term papers, tests or grades •
- Enrollment in as many classes as you wish for your \$85 tuition •
- Personalized fitness program and free use of the MCC Fitness Center •

To register for M.I.L.E.S., call 1-800-818-3434 or walk-in:
Enrollment Center, Rm. 114, Monday-Friday from 8:30 a.m. – 5 p.m.

M.I.L.E.S.

MIDDLESEX INSTITUTE FOR LIFELONG EDUCATION FOR SENIORS

Middlesex Community College
591 Springs Road
Bedford, MA 01730-1197

To register for M.I.L.E.S., call 1-800-818-3434 or
walk-in: Bedford Enrollment Center, Rm. 118,
Monday-Friday from 8:30 a.m. – 5 p.m.

To learn more, call Chris Lindsey at 781-280-3570 or
visit www.middlesex.mass.edu/careertraining



MILES is an Affiliate of the Elderhostel Institute Network

"Education is not a preparation for life; education is life itself." - John Dewey

M.I.L.E.S. Opening Session

2 p.m., Wednesday, October 7
Bedford Campus Center, Café East

Saving the World Through Storytelling!

An entertaining and interactive presentation by Laura Packer, storyteller, writer and communications consultant.



Laura Packer has been telling stories her whole life. The daughter of a children's librarian and a writer, it seemed inevitable that she would become a storyteller, since her childhood was steeped in stories. Her deep love of folktales led her to obtain a degree in Folklore and Mythology from Boston University. Laura has performed around the world at arts festivals, museums, schools, private events, hospitals and other venues.

Storytelling is probably the oldest human art form. It's how we sooth our children, communicate with our peers and bosses, and convince people to do what we want. It's also a great way to build bridges between cultures and across generations.

Meet M.I.L.E.S. facilitators ■ Enjoy light refreshments ■ Take a campus tour

Fall 2009 M.I.L.E.S. Courses ■ October 19 – November 12

Classes are usually held from 2 to 4 p.m. on MCC's Bedford Campus

Membership Fee: \$85

MONDAY COURSES

MIL 601 30 Silver Hair on the Silver Screen: Aging in the Movies

Most films cater to the dreams of youth, never aging beautiful men and women in passionate love overcoming obstacles to live happily ever after or omnipotent heroes conquering the forces of evil (and getting the beautiful girl). Can movies give us any insight into aging, its real difficulties and possible rewards? Come join us as we explore this question in four fictional films and a documentary: *On Golden Pond*, *About Schmidt*, *Away from Her*, *No Country for Old Men*, and *Young at Heart*.

Presenter: Stan Hitron is a Professor of English and Humanities and MCC English department chair.

4 weeks Oct. 19–Nov. 9 Café East

MIL 602 30 Beyond the Headlines

Do you want to get beyond the local news and TV headlines? Join a discussion group with your peers to explore in-depth major foreign policy topics in a structured setting. Topics include the Middle East, Climate Change, Mexico, Migration, South Africa, War Crimes, Central Asia and Children.

Presenter: John A. Fedorochko, a M.I.L.E.S. member, is a professional engineer who worked at GE for 20 years and at Raytheon for 13 years where he was project manager for AMRAAM.

5 weeks Oct. 19, Nov. 9, 16, 23, 30
Henderson Hall 310

FALL 2009 M.I.L.E.S. REGISTRATION FORM

Course #: MIL 600 30 • Membership Fee: \$85

You may register for as many courses listed for the price of your membership.

Check box to register for M.I.L.E.S.

Please print

Last Name

First Name

MI

Street Number and Name

City

State

Zip + 4

(Area code)

Day Phone Number

Ext.

(Area code)

Evening Phone Number

Ext.

E-mail address

Date

MONDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Silver Hair on the Silver Screen: Aging in the Movies	MIL 601 30
<input type="checkbox"/> Beyond the Headlines	MIL 602 30
<input type="checkbox"/> Blogging	MIL 603 30

TUESDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Voyage to the Moon	MIL 604 30
<input type="checkbox"/> Poetry as a Spiritual Practice	MIL 605 30
<input type="checkbox"/> Getting to Know Your Digital Camera	MIL 606 30
<input type="checkbox"/> Demystifying the Registry of Deeds	MIL 607 30
<input type="checkbox"/> Economic Crisis	MIL 608 30
<input type="checkbox"/> Facebook	MIL 609 30

WEDNESDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Roving Gourmet:	MIL 610 30
<input type="checkbox"/> October 14: Bistro 44	
<input type="checkbox"/> October 21: Naked Fish	
<input type="checkbox"/> October 28: Cheesecake Factory	
<input type="checkbox"/> November 4: Flatbread Pizza Co.	
<input type="checkbox"/> Observational Drawing	MIL 611 30
<input type="checkbox"/> The Psychology of Aging	MIL 612 30
<input type="checkbox"/> The Creative Side of MS Word (Intro. to Microsoft Word 2007)	MIL 613 30
<input type="checkbox"/> Protecting Your Nest Egg	MIL 614 30
<input type="checkbox"/> Personal Safety & Awareness	MIL 615 30

THURSDAY COURSES

COURSE	CRS#
<input type="checkbox"/> The Role of Gender in South African Culture	MIL 616 30
<input type="checkbox"/> American Presidential Leadership, Government & the Economy	MIL 617 30
<input type="checkbox"/> Russia on My Mind	MIL 618 30
<input type="checkbox"/> Through the Netherlands on a Riverboat: Windmills & Tulips	MIL 619 30
<input type="checkbox"/> Cambodia to America: Journey of a Lifetime	MIL 620 30
<input type="checkbox"/> New Orleans, Before & After	MIL 621 30

Payment Options

Method of Payment

Cash Check (payable to MCC) Credit Card (If paying by credit card please be sure to fill in information in charge accounts box below.)

(check one)



Charge Accounts

We accept Visa, MasterCard and Discover for payment of membership fees. Complete all items below if you are charging a course.

Note: Refunds are applied to the card account.

Visa, Mastercard or Discover Account Number

Expiration Date _____

Amount Charged _____

Print Cardholder's name on this line

Cardholder's Authorizing Signature

Mail registration form and payment to:
Middlesex Community College, 591 Springs Road, Bedford, MA 01730

**MIL 620 30 Cambodia to America:
Journey of a Lifetime**

Tooch Van came to the United States in 1997 from war-torn Cambodia, and his is a compelling story of overcoming extreme adversity. Tooch will discuss his journey to America as well as the history and arts of his native land and the relationship between Cambodia and the United States. He will place particular emphasis on the educational system. Van will also present a brief video on the country and discuss artifacts from Cambodia.

Presenter: Tooch Van received his bachelor's degree in International Studies from Trinity College, a master's degree in Law and Diplomacy from Tufts University, and a Certificate in Public Policy and International Affairs from Princeton University. He is currently an International Student Advisor at MCC.

1 week Nov. 5 Henderson Hall 219

MIL 621 30 New Orleans, Before & After

Lura Smith will discuss her experiences as a child growing up in New Orleans, her encounters with hurricanes, and the protocols that her family and community instilled in her in regard to the storms, and her survival through Hurricane Betsy, which devastated the city in 1965. She will relate her observations of Katrina and how protocols were forgotten through the generations, thus causing the extensive suffering in the wake of that storm. She will close with a view of the post-Katrina New Orleans of today.

Presenter: Lura Smith, Assistant to the President at MCC, is a native of New Orleans. As a thirty-two year resident of Lowell, she supports the community through her involvement on numerous nonprofit boards. Among her most precious accomplishments is her collaboration with the MCC Foundation in the creation of the *Lura Smith Fund*. This Fund was established in 1999 with the mission of providing scholarship opportunities, programs and events that reflect the life and legacy of Rev. Dr. Martin Luther King, Jr.

1 week Nov. 12 Henderson Hall 219

MIL 603 30 Blogging

This workshop will introduce participants to blogs and blogging. According to Wikipedia, "a blog (a contraction of the term weblog) is a type of website, usually maintained by an individual with regular entries of commentary, descriptions of events, or other material such as graphics or video. Entries are commonly displayed in reverse-chronological order." Workshop topics include: Who blogs; What blog entries consist of; Selecting a blog template; and What to include in your blog.

Presenter: Gail C. Tuzzolo has been a consultant for public affairs, political issues, and candidates for more than 30 years, and her work has extended into 33 states. She is president of Gail Tuzzolo and Associates (GTA), a nationally recognized public affairs firm based in Las Vegas.

1 week Oct. 26 Henderson Hall 212

MIL 605 30 Poetry as a Spiritual Practice

Creative writing and poetry will be the focus of this interactive presentation. Jean Flanagan, author of *Black Lightning* (Cedar Hill Books), will discuss her work as well as that of other writers. Jean is currently working on *Dancing with Alzheimer's*, a memoir in poetry, and on a collection of poems called *How Doris Day Ruined My Life*.

Presenter: Jean Flanagan teaches Irish Literature and Writing at MCC. She is a graduate of Northeastern University and received a master's degree from UMass Boston.

1 week Oct. 13 Academic Resources 101

**MIL 606 30 Getting to Know
Your Digital Camera**

This hands-on class will help students understand a digital camera's menu and functions, gain an understanding of composition, and end with a photography assignment. Please make sure to bring your digital camera and camera manual to class. *This class is limited to 12 students.*

Presenter: For the past 20 years Alyce O'Connell has owned a photography studio specializing in portrait, fashion and weddings. She was a technical specialist and photographer for Polaroid where she did in-house commercial photography at the company's studio. She is currently an on location photographer, specializing in fashion, portraits, commercial, weddings and event photography.

1 week Oct. 20 Henderson Hall 212

TUESDAY COURSES

MIL 604 30 Voyage to the Moon

History will surely record the voyage to the moon as one of the greatest adventures of the 20th century. This course will examine our fascination with our closest neighbor and early speculation of travel through the writings of Jules Verne and other contributors. The principles of how a rocket works will be discussed, as well as JFK's decision and confidence to place a man on the Moon. Participants will experience the Apollo Moon Project first-hand – its methods, triumphs and surprises. No science background is required.

Readings: Jonathan Allday's *Apollo in Perspective* and Jules Verne's *From the Earth to the Moon*.

Notes: Instructor will supply textbooks on loan if needed. Books are also available free on the internet, in public libraries and can be purchased used from Amazon.com. Readings will require 2 to 3 hours per-week.

Presenter: Fred Martin holds a BEE from The City College of New York, and SMEE and ScD degrees from MIT. He served as the Apollo Software Project Manager while at the MIT Instrumentation Laboratory and then pursued an industrial career in software analysis and management.

5 weeks Oct. 13-Nov. 10 Bedford House 001

**MIL 607 30 Demystifying the
Registry of Deeds**

Accessing information at the Registry of Deeds is a daunting task that will be simplified in this information session. Topics will include accessing Registry records on the Registry online database, looking up real estate information on anyone in Massachusetts, and guidance and the tools you'll need to help you make the choice that is right for you regarding Reverse Mortgages, the Homestead Act, and other topics of interest to seniors.

Presenter: Deborah Walsh is a lawyer and a professor in the MCC Paralegal Studies program. She is the Co-director of the MCC Law Center.

1 week Oct. 20 Academic Resources 101

It's Never too Late to Learn Something New!

MIDDLESEX COMMUNITY COLLEGE



Join M.I.L.E.S.

MIDDLESEX INSTITUTE FOR LIFELONG EDUCATION FOR SENIORS

M.I.L.E.S. members say...

"These were the best two hours I have ever spent in a class in my life."

"It's great, after working for years and having a focus to have now found another focus for my energy."

"Now I have the time to learn some of the things that really interest me."

"What I liked about M.I.L.E.S. are the friendships I've made."

"M.I.L.E.S. stretched my mind. It keeps me from getting stagnant."

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Bedford Enrollment Center, Rm. 118, Monday-Friday from 8:30 a.m. - 5 p.m.**

MIL 608 30 Economic Crisis

This course will begin by discussing the current state of our economy and how we got to this place. It will delve into the causes behind the situation and look to the future. Finally, we will discuss the long-term effects of our economic standing. The format for this course will include a question and answer session.

Presenter: Rob Kaulfus received his MBA in Economics from Clarkson University. He currently teaches Economics at MCC.

1 week Oct. 27 Academic Resources 101

MIL 609 30 Facebook

You've heard your children, grandchildren and friends talking about Facebook, the social networking site used to keep in touch with loved ones and long-lost friends across the country. Learn what it is and how it can benefit you. You will create accounts, explore the site and become more involved with Facebook applications, settings, picture uploads and more! This class is for beginning "Facebookers" with some knowledge of the internet and basic computer skills.

Presenter: Marci Barnes is program manager for Community Education at MCC. She taught in public schools for 10 years before moving into higher education. She also teaches social networking courses for Business and Industry Programs and Community Education at MCC.

2 weeks Nov. 3-10 Academic Resources 101

WEDNESDAY COURSES**MIL 610 30 Roving Gourmet**

A friendly neighborhood café in the area is the classroom for lunch and conversation among M.I.L.E.S. members. Lunch and transportation are on your own. Meets at Noon. *Guests are welcome.*

- **Oct. 14: Bistro 44**
44 Middlesex Turnpike, Bedford, MA 01730
- **Oct. 21: Naked Fish**
15 Middlesex Turnpike, Billerica, MA 01821
- **Oct. 28: Cheesecake Factory**
75 Middlesex Turnpike, Burlington, MA 01803
- **Nov. 4: Flatbread Pizza Co.**
213 Burlington Road #111, Bedford, MA 01730

MIL 611 30 Observational Drawing

The purpose of this class is to sharpen your observational skills, drawing what you really see in front of you. Following the basic elements and principals of design, we will cover many aspects and styles of drawing, employing contour, cross hatching, shading techniques, and more. We will explore drawing from a still life, single form, portrait, grid, basic perspective, and simple compositions. Supplies needed: 11x14 drawing pad, eraser, pencil sharpener and assorted pencils (#2, HB, 2B, 6B). *No experience necessary.*

Presenter: Penny Leslie has a bachelor's and master's degree in art education. She has taught grades K-12 and adult programs for the past 30 years.

4 weeks Oct. 14-Nov. 4 North Academic 103

MIL 612 30 The Psychology of Aging

We are all aging. How you handle it is up to you, but the more you know, the better your life will be. Is there a way to slow down the aging process? How does society deal with aging and Baby Boomers? How will you handle aging? Will you be different from your parents? Will your relationships change with spouses, family, and friends? We will explore this complex topic together and learn causes and effects as we change and grow physically, mentally, and socially.

Presenter: Joan Ladik is Assistant Project Director of the NEMLEC (North Eastern Massachusetts Law Enforcement Collaborative) at MCC. She has been published in NISOD (the National Institute for Staff and Organizational Development) for her work with adult students as they continue their education.

3 weeks Oct. 14-28 Henderson Hall 213

MIL 613 30 The Creative Side of MS Word (Intro. to Microsoft Word 2007)

In addition to learning about the basic features and tools for formatting and editing text with this popular word processing program, this class will explore the creative side of MS Word. Did you know you can create custom letterhead, certificates, greeting cards, flyers, calendars and much more and give documents your own personal style? Explore various MS Word templates that can be modified for special projects. This class will also review how to save and organize documents for easy retrieval and

how to find that "lost" document. *No prior experience needed. All novices welcome.*

Presenter: Melissa Troche is Database Administrator for MCC's College Advancement Office. She has been teaching technology courses for ten years and has experience teaching users of all ages and levels. She has a Master of Education with an emphasis in Applied Technology and Training Development from the University of North Texas.

3 weeks Oct. 14-28 Henderson Hall 212

MIL 614 30 Protecting Your Nest Egg

Topics in this seminar include: Estate taxes, the probate process, managing retirement income, gifting, trusts, uses for life insurance, nursing homes and Medicaid, long-term care insurance, and uses for annuities. This seminar is for informational purposes only.

Presenter: Micola Szumylo is an agent for the New York Life Insurance Company. He has worked in the insurance industry serving business owners and families for more than three years.

One Week Nov. 4 Henderson Hall 213

MIL 615 30 Personal Safety & Awareness

Awareness, prevention and involvement are the most effective means of dealing with the problem of crime. An involved and aware community, in a cooperative effort with the police, can do much to prevent crime and help insure a safe and secure campus.

Presenter: Chris Bomil has been a member of the Lowell Police Department for 15 years. He has been involved in the Gang Unit, Criminal Bureau, and Narcotics Bureau, as well as being a Task Force Officer with the FBI. He received his Bachelor's Degree from UMass Amherst and a Master's Degree from Anna Maria College.

One Week Nov. 4 Henderson Hall 212

THURSDAY COURSES**MIL 616 30 The Role of Gender in South African Culture**

For the past few years, Kent Mitchell has been involved in rural and urban projects in South Africa. Both projects treated gender topics. He will discuss issues that arose in each setting.

Presenter: Kent Mitchell is Dean of International Arts at MCC. He has been with the college since

1971 and served as Dean of Humanities for 20 years. In his current position, Kent has traveled extensively and helped to prepare grants regarding Latin America, African American history, South Africa, Cambodia, and Islam.

1 week Oct. 15 Henderson Hall 219

MIL 617 30 American Presidential Leadership, Government & the Economy

A study of the policy formulations of the Obama administration and how President Obama's leadership and policy decisions impact the economic well-being of some or all of the American people.

Presenter: Ron Wood is an adjunct faculty member at MCC, teaching Introduction to Government and American Government. He holds a master's degree in Government from Ohio University and a JD from Suffolk University. He has been a member of the Massachusetts Bar Association for 30 years.

2 weeks Oct. 15-22 Bedford House 001

MIL 618 30 Russia on My Mind

When she was "young and single," Maureen Goulet traveled extensively throughout Europe and spent considerable time in Russia. She will share experiences of her escapades.

Presenter: Maureen Goulet is an adjunct faculty member in the MCC Education Department.

1 week Oct. 22 Henderson Hall 219

MIL 619 30 Through the Netherlands on a Riverboat: Windmills & Tulips

This spring, Jim and Betty Elgin took a riverboat cruise through much of the Netherlands. They will share images and experiences from places such as Amsterdam, Rotterdam, Schoonhoven, Kinderdijk, Bruges, the Keukenhof Garden, and others. The small boat experience (about 170 passengers) was totally different from that of the mega-ship. Jim and Betty will share their experiences with both and ask about yours.

Presenters: Jim and Betty Elgin have traveled extensively throughout Europe and enjoy visiting with local townspeople to share views and experiences. They try to learn a bit of the local language, which is always met with smiles.

1 week Oct. 29 Henderson Hall 219