

FALL 2010 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 _____

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(Area code) Day Phone Number Ext. _____ (Area code) Evening Phone Number Ext. _____

E-mail address _____ Date _____

MONDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Films of the Coen Brothers	MIL 601 30
<input type="checkbox"/> Elements of Scrapbooking	MIL 602 30
<input type="checkbox"/> Heart Health and Metabolic Syndrome	MIL 603 30
<input type="checkbox"/> Iceland: Land of Fire and Ice	MIL 604 30

TUESDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Travel Dreams Come True!	MIL 605 30
<input type="checkbox"/> Reiki Medicine	MIL 606 30
<input type="checkbox"/> Exploring Italy and its Wines!	MIL 607 30
<input type="checkbox"/> How to Be Your Own Patient Advocate	MIL 608 30
<input type="checkbox"/> Jumpstart the Holidays - Make your own Holiday Cards!	MIL 609 30
<input type="checkbox"/> Opera	MIL 610 30
<input type="checkbox"/> Creative Side of MS Word	MIL 611 30
<input type="checkbox"/> Russia	MIL 612 30

WEDNESDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Yes, Polar Bears are Gorgeous, Intelligent, and on the Brink of Extinction	MIL 613 30
<input type="checkbox"/> Buying on Ebay	MIL 614 30
<input type="checkbox"/> Visit to Armenia: Crossroad of Empires, Continents and Time	MIL 615 30
<input type="checkbox"/> China	MIL 616 30
<input type="checkbox"/> Discovering Your Dream – The New Retirement!	MIL 617 30
<input type="checkbox"/> Intro to the Internet	MIL 618 30
<input type="checkbox"/> Psychology of Aging	MIL 619 30
<input type="checkbox"/> American History to 1850 Through the Movies	MIL 620 30
<input type="checkbox"/> Preventing Identity Theft	MIL 626 30

THURSDAY COURSES

COURSE	CRS#
<input type="checkbox"/> Pictures with PowerPoint	MIL 621 30
<input type="checkbox"/> Roth IRA Conversions	MIL 622 30
<input type="checkbox"/> South America	MIL 623 30
<input type="checkbox"/> Spirituality and Aging	MIL 624 30
<input type="checkbox"/> Voices of Change - A Presentation by the Lowell National Historical Park and the Tsongas Industrial History Center	MIL 625 30

QUESTIONS? CALL 1-800-818-3434.

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, Enrollment Center, 591 Springs Road, Bedford, MA 01730

M.I.L.E.S.

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

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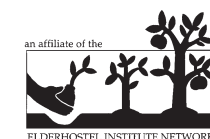
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www.middlesex.mass.edu/careertraining/miles.htm

M.I.L.E.S.

MIDDLESEX INSTITUTE FOR LIFELONG EDUCATION FOR SENIORS

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



MILES is an Affiliate of the Elderhostel Institute Network

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

MIL 618 30 Intro to the Internet

Learn how to use your browser to search the Internet to locate information online by accessing directories and newsgroups. Learn how to effectively search a subject using search engines and navigate sites.

Presenter: Joan O'Grady has taught computer classes at MCC for many years.

1 week Nov. 10 1:30 - 3 p.m.
North Academic, Rm. 102

MIL 619 30 Psychology of Aging

How you handle aging 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? Will you be different from your parents? Will relationships change with spouses, family, and friends? This course will explore this complex topic and the causes and effects as we change and grow physically, mentally, and socially.

Presenter: Joan Ladik is Program Coordinator for the Academy of Health Professions at MCC. She has been published in NISOD (the National Institute for Staff and Organizational Development) for her work with adult students.

3 weeks Oct. 27, Nov. 3 & Nov. 10 2 - 4 p.m.
Henderson Hall, Rm. 115

MIL 620 30 American History to 1850 Through the Movies

A different movie will be shown each session with a discussion to follow. The discussions would focus the historic accuracy of the movie and what the movie reveals about the period represented and the time in which it was made.

Presenter: Ron Wood teaches Introduction to Government and American Government at MCC. He has been a member of the Massachusetts Bar Association for 30 years.

4 weeks Oct. 27 & Nov. 3, 10, 17 2 - 4 p.m.
North Academic, Room 209

MIL 626 30 Preventing Identity Theft

Identity Theft is more common than you may think. A representative from the Lowell Police Department will provide an overview of the Identity Theft problem: what it is, how common it is, and how much harm it causes; Learn specific prevention

tips and the prevention and recovery services offered by the LPD.

1 week Nov. 17 2 - 4 p.m.
Henderson Hall, Room 115

THURSDAY COURSES**MIL 621 30 Pictures with PowerPoint**

Have great photos on your digital camera? Learn to use MS PowerPoint 2007's electronic photo album to create an entertaining electronic photo album that can be shared electronically or in print. This class will also review how to use PowerPoint as basic photo-editing tool and how to save files in "show-mode" for family and friends to view instantly without knowing PowerPoint. You will go home with step-by-step project instructions to ensure independent success. You do not need to bring your camera. Basic computer skills required; no PowerPoint experience needed.

Presenter: Melissa Troche is the Database Administrator for College Advancement at MCC. She has been teaching technology courses for ten years and has experience teaching users of all ages and levels.

3 weeks Oct. 21, 28 & Nov. 4 2 - 4 p.m.
North Academic, Rm. 102

MIL 622 30 Roth IRA Conversions

Have you thought about how the potential for tax-free growth and distributions from a Roth IRA could help you build a solid financial strategy? Did you know you may be able to convert tax-deferred assets to a Roth IRA for federally tax-free growth and distributions? Roth IRA conversions have been an attractive option for many investors, but recent legislative changes have made the Roth conversion even more appealing. We will discuss the potential benefits and consequences of converting assets to a Roth IRA.

Presenter: Janine Olson, a Financial Advisor with Morgan Stanley Smith Barney, has more than 16 years' experience in the financial services industry, including 10 years with Fidelity Investments and 2 years with Morningstar Investment Services.

1 week Oct. 28 2 - 4 p.m.
Henderson Hall, Room 114

Fall 2010 M.I.L.E.S. Courses ■ Oct. 14-Nov. 19, 2010

Classes are held on MCC's Bedford Campus

Membership Fee: \$85

MONDAY COURSES**MIL 601 30 Films of the Coen Brothers**

Brothers, Joel and Ethan Coen, who not only direct but also write and edit their films, burst on the scene in 1984 with a taut, Noirish thriller, *Blood Simple*. Since then, they have built an impressive body of work that culminated in *No Country for Old Men*, which won multiple Oscars in 2007 for best film, direction and writing. We will explore their unique style and vision by viewing *Blood Simple*, *Miller's Crossing*, *The Big Lebowski*, *Fargo* and *A Serious Man*.

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

5 weeks Oct. 18, 25 & Nov. 1, 8, 15 2 - 4 p.m.
Henderson Hall, Rm. 115

MIL 602 30 Elements of Scrapbooking

This hands-on course teaches the basics of building a scrapbook/memory book. The two-week course covers designing scrapbook page layouts including selecting color for pages, using patterned designer papers and embellishments. We will make a double-page layout in class each week. Note: There is a fee of \$10 per class to cover the cost of supplies payable to the instructor.

Presenter: Marilyn SanClemente has been teaching stamping and scrapbooking basics and techniques for the past nine years. She taught community classes at the Tewksbury Library, through Tewksbury Community Education and in several after-school programs.

2 weeks Oct. 18 & 25 2 - 4 p.m.
Henderson Hall, Rm. 306

MIL 603 30 Heart Health & Metabolic Syndrome

The metabolic syndrome is characterized by a group of metabolic risk factors. People who carry extra weight in their abdomen are at risk for metabolic syndrome, and this increases their risk of coronary heart disease and other diseases related

to plaque buildup. Come learn about risk factors and AHA recommendations for heart health.

Presenter: Kathy Laferriere is the Cardiac Health Educator for Lowell General Hospital's Center for Community Health & Wellness and a certified critical care nurse. She has worked for Lowell General Hospital for 29 years, the last 12 years specializing in cardiac medicine.

1 week Oct. 25 2 - 4 p.m.
Henderson Hall, Rm. 219

MIL 604 30 Iceland: Land of Fire and Ice

Iceland is home to volcanoes, glaciers, fjords, the Midnight sun or northern lights, whales, Icelandic ponies, sheep, beautiful sweaters – and of course, Vikings! We will learn about the fascinating history and culture of this dynamic Scandinavian nation that sits just under the Arctic Circle. We may even talk to some Icelanders live, during our class session, via Skype.

Presenter: Lynne Larson is a faculty member at MCC. She has lived in and traveled to Iceland since 1985. In 2009, her father traveled with her and may attend the workshop to tell what it is like to drive a snowmobile (for the first time ever) on a glacier!

1 week Oct. 18 2:30 - 4:30 p.m.
North Academic, Rm. 209

TUESDAY COURSES**MIL 605 30 Travel Dreams Come True!**

Whether you want to travel around the world or just to that one special destination – come and learn about the many options to make your travel dreams come true! Travel is more affordable and possible than you might imagine.

Presenter: Laura Kangas is a passionate world traveler who took her first trip around the world at age 25, and has not stopped since!

1 week Oct. 19 9 - 11 a.m.
Facilities Building (Bldg. 11), Rm. 101

MIL 606 30 Reiki Medicine

Reiki relieves pain, reduces stress, and promotes feelings of well-being. Reiki is used as a complementary partner to contemporary medicine. Learn the meaning and benefits and other information regarding this healing modality. There will be a Reiki demonstration.

Presenter: Rosemarie Bass is a Certified Reiki Master Teacher.

1 week Oct. 19 2 - 4 p.m.
Henderson Hall, Rm. 109

MIL 607 30 Exploring Italy and its Wines!

Richard Rourke, owner of Ricardo's Trattoria and TuttoBene Wine and Cheese Cellar has a passion for Italy, traveling to all parts of the country during the past 12 years. Come learn all about traveling through Italy and Italian wines!

Presenter: Richard Rourke

1 week Oct. 26 2 - 4 p.m.
North Academic, Rm. 109

MIL 608 30 How to Be Your Own Patient Advocate

Are you facing a difficult diagnosis, unable to make headway with an insurance claim, or unsure of the best hospital for a certain procedure? You might need the guidance of a patient advocate, or better yet, learn to be your own patient advocate! Topics include: current trends in healthcare, how to choose the right doctor and prepare for a doctor's appointment and how to survive a hospital stay.

Presenter: Myra Fournier, founder of AT YOUR SIDE a personal patient advocacy business serving Metro Northwest Boston, is a preferred provider with Carleton-Willard At Home and MTCare Navigators, a charter member of Advoconnection, and a member of the National Family Caregivers Association.

1 week Nov. 2 2 - 4 p.m.
Henderson Hall, Rm. 114

MIL 609 30 Jumpstart the Holidays - Make your own Holiday Cards!

Looking for something fun to do this fall? This is a two session, hands-on class where you will learn how to make your own holiday cards. You will make 10 cards in each class. There is a fee of \$15 per class to cover the cost of supplies, payable to the instructor.

Presenter: Marilyn SanClemente has been teaching stamping and scrapbooking basics and techniques for the past nine years. She has taught community classes at the Tewksbury Library, through Tewksbury Community Education and in several after school programs.

2 weeks Oct. 19 & 26 2 - 4 p.m.
North Academic, Rm. 209

MIL 610 30 Opera

Back by popular demand, John Tishio will discuss an individual opera, the life and times of the composer, and the literary work on which the opera is based, and highlight his comments with video excerpts from the opera.

Presenter: John Tishio is president of the New England Opera Club and teaches opera courses at local community colleges.

1 week Nov. 9 2 - 4 p.m.
North Academic, Rm. 109

MIL 611 30 Creative Side of MS Word

In addition to learning the basic features and tools for formatting and editing text with this popular program, this class will explore the creative side of MS Word. Learn how to create custom letterheads, certificates, greeting cards, flyers, calendars and more and give documents your own personal style. This class will also review how to save and organize documents for easy retrieval and how to find that "lost" document. Basic computer skills required.

Presenter: Melissa Troche is the Database Administrator for College Advancement at MCC. She has been teaching technology courses for ten years and has experience teaching users of all ages and levels.

4 weeks Oct. 26-Nov. 16 2 - 4 p.m.
North Academic, Rm. 102

MIL 612 30 Russia

For the past 15 years, MCC's Elaine Crandell has hosted dozens of Russian professionals and has come to know and respect the people of this country on a personal level. She has also visited two regions north and south of Moscow for MCC and brings many insights, pictures, and stories of Russia's beautiful countryside and its people. Come hear about her remarkable journeys.

Presenter: Elaine Crandell is the former Director of Historic Homes at MCC.

1 week Nov. 9 2 - 4 p.m.
Henderson Hall, Rm. 114

WEDNESDAY COURSES**MIL 613 30 Yes, Polar Bears are Gorgeous, Intelligent, and on the Brink of Extinction**

Join world traveler Myra Fournier, author of "My Suitcase Runneth Over: A Dozen Personal Travel Essays," as she presents a slideshow from her October 2009 trip to Churchill, Canada, the polar bear capital of the world. She viewed wild polar bears on the tundra as she traveled by tundra buggy, helicopter, and dog sled and will share with you the unique tundra scenery, details about life in Churchill, and knowledge about the nature of polar bears and the impact on them of environmental factors.

1 week Oct. 20 2 - 4 p.m.
North Academic, Rm. 202

MIL 614 30 Buying on eBay

Learn to bid and buy on eBay with confidence! This class will teach you how to navigate eBay's countless sellers, stores and auctions to find the items you want at great prices. You will learn how to research best prices, review sellers' feedback, bid on auctions and purchase fixed price items. You will also learn how to pay for your items through PayPal.

Presenter: Linda Sanchez is an eBay Power Seller and eBay Education Specialist.

1 week Oct. 20 2 - 4 p.m.
Academic Resources, Rm. 101

MIL 615 30 Visit to Armenia: Crossroad of Empires, Continents and Time

Armenia, situated at the crossroads of Europe and Asia, has always been surrounded by powerful neighbors who often fought their battles on Armenian territory. Yet, Armenia historically has charted a course of its own to develop its unique culture and heritage. This presentation will be a photographic virtual tour of the newly independent Republic of Armenia, a former Soviet Republic, now striving to adapt to the turbulent conditions in the Caucasus, recover from a devastating earthquake and

war, and adjust to a global market economy. Armenian immigration to the US and the US involvement in Armenia will also be briefly discussed.

Presenter: Joseph Dagdigian has visited Armenia both during the Soviet period and many times since independence. He has traveled extensively in the country and is involved in projects there.

1 week Oct. 27 2 - 4 p.m.
Henderson Hall, Rm. 219

MIL 616 30 China

Join Laura Kangas for a discussion on her recent trip to China. She spent two months living in Shanghai, the fastest growing city in the world. While there, she taught Organizational Behavior in an Accelerated MBA Program at Shanghai University and traveled the country with her two daughters who were adopted from China! She will share pictures, stories, and reflections, and answer questions about this rapidly-changing country.

Presenter: Laura Kangas is on the faculty at MCC and a world traveler.

1 week Nov. 10 2 - 4 p.m.
North Academic, Rm. G2

MIL 617 30 Discovering Your Dream - The New Retirement!

Have you already left your primary career or planning to do so in the next few years? What consideration have you given to the non-financial aspects of this life transition? You've probably spent many years preparing primarily for your financial needs - a very necessary component. Yet to experience the new retirement of your dreams, there are other key ingredients to consider. Begin to explore the six life arenas that lay the foundation for a fulfilling new direction in the second half of your adult life.

Presenter: Sherry Dutra, owner of Dutra Associates, LLC, is a Certified Professional Coach who specializes in career management & transition and small service-based business marketing. She spent more than 25 years in the corporate world focused on leadership development, career management, and training and development.

2 weeks Oct. 27 & Nov. 3 2 - 4 p.m.
Henderson Hall, Rm. 113

Fall 2010 Opening Session

2 - 4 p.m., Wednesday, Oct. 13
Bldg. 8, Bedford Campus Center, Café East

2010 National & State Elections Is Change in the Air?

**A Special Presentation by Attorney Terry Downes,
Executive Director, MCC Program on Homeland Security**



On Tuesday, November 2, every polling place in America will be open. Nationally, every seat in the U.S. House of Representatives and a third of U.S. Senate seats will be on the ballot. On the state level, Massachusetts voters will elect all six Constitutional officers and members of the State Legislature. In addition, three important state ballot questions will be decided. Some analysts predict significant shifts in voter preferences this year.

Join Terry Downes as we discuss whether a “change election” is in the offing on the national level and review the major issues facing voters in Massachusetts.

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

FREE & OPEN TO THE PUBLIC

MIL 623 30 South America

Join Sandi and Raymond Shea for a video and discussion on their 2010 trip to South America. Come learn about Machu Picchu, Peru (the ‘lost city of the Incas’), the Amazon Rain Forest, Charles Darwin and the Galapagos Islands in Ecuador.

Presenters: Both Sandi and Ray Shea are long-time faculty members of MCC.

1 week Nov. 18 2 - 4 p.m.
North Academic, Rm. 209

MIL 624 30 Spirituality & Aging

The Harvard Study on Aging (largely of those very advantaged) asked if people became “more spiritual” with age, and reported back “no.” But the great mathematician, Sophia Kovalevsky, when tempted to tell a poor old peasant woman to “rethink the God idea,” asks herself “how would such a poor woman get through life without God?” And what does “spiritual” mean, anyway? The Dalai Lama says “spiritual” is about this life, not about God. The Harvard Study does suggest that with age, we clean out our minds, like the attic, and focus on the most important things. We will look into all this.

Presenters: Richard Pierce studied the World Religions at Yale. He is a Vietnam veteran and has spent considerable time in East Asia studying Buddhism. His major academic field has been Judaism, and he studied and worked for some years with Nobel Laureate Elie Wiesel. He is Pastor of the Riverside Church in Lawrence, Massachusetts. He is studying aging in the UMass Boston Gerontology doctoral program.

5 weeks Oct. 14, 21, 28, Nov. 4 & Nov. 18
2 - 3:30 p.m. (No class Nov. 11)
Henderson Hall, Rm. 113

MIL 625 30 Voices of Change - A Presentation by the Lowell National Historical Park and the Tsongas Industrial History Center

Voices of Change focuses on life and work in the industrial city of Lowell in 1845. The program will discuss early Lowell history in the development of the city and the labor force brought in to work in the mills. Meet a “loom fixer” in costume and examine authentic artifacts to learn about life “on the corporation” during the American Industrial Revolution. Participate in an interactive role-play, assuming the viewpoints of actual mill management, mill workers, and Lowell citizens. Discuss the issue of a shorter, ten-hour workday and decide, “Will you sign the 10-Hour Petition”?

Presenter: Frank Clark is a Park Ranger in the Tsongas Industrial History Center at Lowell National Historical Park. He had presented educational and general public programs for 14 years to all age groups, presenting subjects from waterpower and technology to immigration to labor and more.

1 week Nov. 4 2 - 4 p.m.
Henderson Hall, Rm. 114

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.**

USE COURSE # MIL 600 30 WHEN REGISTERING.

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