SPRING 2020
Course Schedule

HISTORY & GOVERNMENT

MOVIES

MUSIC & THEATRE

ARTS & CRAFTS

FUN HOBBIES & MORE
Lone Star College

With 89,000 students in credit classes, and a total enrollment of more than 99,000 students, Lone Star College is one of the fastest-growing and largest community college systems in the nation. Recognized for its commitment to student success and credential completion, LSC is a national leader in conferring degrees. Students rely on Lone Star College for associate degrees, certifications for work in high-demand industries, and credits that enable them to transfer anywhere. LSC offers affordable, high-quality education close to home at its seven colleges including LSC-CyFair, LSC-Houston North Victory, LSC-Kingwood, LSC-Montgomery, LSC-North Harris, LSC-Tomball, and LSC-University Park.

Academy for Lifelong Learning (ALL)

The Academy for Lifelong Learning (ALL) is a membership community that enriches the lives of senior adults by providing stimulating classes and seminars, social activities, skills development, and opportunities for personal growth. One of the fastest-growing trends in America is for seniors to move near colleges and universities to take advantage of low-cost artistic and cultural activities.

ALL memberships at each LSC campus are available for an affordable annual fee. No prior education is required. No grades are given. No tests or textbooks required. This is learning for the enjoyment of learning.

As a member, you can help decide what is offered, volunteer to teach a course, or help arrange day trips. You will also receive advance notice of our many fine arts events and have access to our libraries and computer labs.

ALL member benefits include:

- Free or low-cost lectures, workshops and seminars;
- Day trips to local nature and historical sites;
- Access to select college fitness centers;
- Advance notice of art shows with artist receptions;
- Discount pricing on plays, concerts and musicals;
- 20 percent discount (if age 60 or older) on some community education courses;
- Access to college libraries and computer labs; and
- Campus photo ID cards.

Activities are designed with the busy schedules of seniors in mind. Most classes are one to two hours in length. Some may have multiple class sessions over several weeks. Day trips are local, one-day outings. All information is easy to understand and enjoyable. Instructors are knowledgeable and approachable.
Registration is required to attend activities and classes.

Educational Seminars
• Aging issues
• Finance
• History
• Health and fitness lectures

Personal Growth
• Book clubs
• Political discussions
• Art appreciation, art, drawing and painting

Skills Development
• Basic computer
• Writing

Social Activities
• Hobbies and crafts
• Local day trips
• Game days
• Nature walks
• Plays, musicals, concerts
• Luncheons
• Movies

ALL Membership
Enjoy the membership benefits of seven Lone Star College campuses and offsite center locations. Your non-refundable $25 membership fee effective September 1-August 31 entitles you to take courses and to use the services of LSC-CyFair, LSC-Houston North (including the LSC-Houston North Victory), LSC-Kingwood (including the LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including the LSC-Creekside Center) and LSC-University Park.

Participate
In addition to attending classes and activities, you can make new friends and enrich your life by learning new things. You are encouraged to participate as a committee member or volunteer as an instructor to share your ideas.

Volunteer instructor. What better way to share your enthusiasm and expertise in subjects important to you than becoming an ALL volunteer instructor? You have a lifetime of knowledge to share—whether it’s discussing an historical event or sharing your love of arts and crafts. Becoming a volunteer instructor allows you to teach others about what is near and dear to your heart, all in a safe and fun environment. An ALL staff member can give you more details about becoming a volunteer instructor.

Committee member. The ALL program staff members need input from knowledgeable members to help make decisions about course selection, scheduling and marketing. As a volunteer committee member, you’ll be able to do that and more. Your life experience is important and can help ensure the success of the ALL program and promote ALL within the community. Contact your local campus ALL staff member about committee opportunities.

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POLICIES

Student Rights and Responsibilities
Information on some student rights and responsibilities are included below. For additional information, please refer to the LSC Board Policy Manual.

If there is any conflict between the LSC Board Policy and this course schedule, the LSC Board Policy will govern.

The information set forth in this course schedule is intended to be informational and not contractual in nature. LSC reserves and retains the right to amend, alter, change, delete or modify any of the provisions of this course schedule at any time or in any manner that the administration or the LSC Board of Trustees deems to be in the best interest of LSC.

The information stated herein is for the students benefit and assistance. The administration of LSC reserves the right to act as final interpreter of this course schedule. Additionally, LSC reserves the right to change, without prior notice, tuition, fees, requirements and regulations, as obligated by district or legislative action and as allowed by law.

LSC cannot guarantee that courses listed in this course schedule will be offered in any given term or year at any college. Registration for a particular section or course will be permitted only until available classroom space or facilities have been filled. LSC reserves the right to cancel any course or section for which enrollment is insufficient.

A student who wishes to review documents regarding the accreditation of Lone Star College may do so by making an appointment with the Chief Student Services Officer (CSSO).

Communication
All official communication from Lone Star College to its students is delivered through its web portal system, myLoneStar, and Lone Star College provided email accounts.

Computer System Availability
Lone Star College recognizes the value technology adds to teaching and learning, and built a robust and stable infrastructure to support it. Because regular maintenance of computer systems is critical to their performance and efficiency, planned downtimes are normally performed after-hours to minimize disruption to faculty, students and staff. Advanced notice of the scheduled maintenance is distributed in many ways and provides information on the services impacted with estimated start and end times. Users are encouraged to note these communications and plan accordingly. Contact the Service Desk at 832.813.6600 or OTS@LoneStar.edu for updates.

Qualified and Diverse Employees
Lone Star College values diversity in both its employees and students. LSC actively recruits and strives to retain highly-qualified staff, faculty and administration members who will reflect the core values and cultural beliefs of Lone Star College and meet with needs of students and the community.

Racial Profiling
The LSC Police Department prohibits racial profiling by its officers. The police department actively participates in the state’s required reporting of traffic stop and detention statistics in compliance with state statutes.

Equal Opportunity Statement
Lone Star College is committed to the principle of equal opportunity in education and employment. Lone Star College does not discriminate on the basis of race, color, gender, religion, disability, age, veteran status, sexual orientation, nationality or ethnicity in its programs and activities.

The LSC Associate Vice Chancellor, Human Resources is designated as the LSC Equal Opportunity Officer and Title IX Coordinator for employees. The LSC Associate Vice Chancellor, Student Success, is designated as the Title IX Coordinator for students.

All employee inquiries concerning LSC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

Chief Human Resources Officer,
Equal Opportunity Officer,
Title IX Coordinator
5000 Research Forest Drive
The Woodlands, TX 77381
832.813.6520
HR-Compliance@LoneStar.edu

The LSC Associate Vice Chancellor of Student Success, is designated as the LSC Title IX Coordinator for students. All student inquiries concerning LSC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

Associate Vice Chancellor, Student Success
Title IX Coordinator
5000 Research Forest Drive
The Woodlands, TX 77381
832.813.6614
Student-Compliance@LoneStar.edu

Inquiries about the laws and compliance may also be directed to the Office for Civil Rights, U.S. Department of Education. For further information, visit ed.gov for the address and phone number of the office that serves your area or call 1.800.421.3481.

State Licensure Eligibility
Lone Star College offers some workforce associate degree or certificate programs in which a state license is required to obtain employment in healthcare, emergency services or business services fields. For students in these program who may have a criminal background, please be advised that the background check results could keep you from being licensed by the State of Texas or other licensing agencies required to obtain employment. If a student has a question about his or her background and licensure, please speak with the appropriate department chair, program director, or person listed on the program website. Students also have the right to request a criminal history evaluation letter from the applicable licensing agency.

Check Out Our Website!
LoneStar.edu/All
**Inclement Weather**

In the event of inclement weather or emergency closing, the location executive officer or designee may cancel all or some of the college classes. Generally, such decisions will be made between 5:30 and 6 a.m. for day classes and by 3 p.m. for evening classes. When off-campus facilities are closed for any reason, the college classes at those sites will also be canceled. The closing announcement will be made on local radio/television stations or go to our website at LoneStar.edu. If a student or employee believes that weather conditions will put them in danger or at risk, they should follow all safety precautions.

**Minors on College Premises**

Lone Star College is a community college system that embraces our communities and welcomes residents of all ages. All minors on campus are subject to all LSC policies and procedures.

In order to provide for the safety of all children, an Authorized Responsible Adult (parents, legal guardians, or an adult authorized by a parent or legal guardian) must supervise Minors (persons aged 15 and under) on College premises, unless the Minor is participating in a College class, program, or event. This means that Authorized Responsible Adults do not have to accompany Minors while they are participating in the College class, program, or event, but must be present to monitor the Minors’ activities outside of a College class, program, or event. Minors participating in a College class, program, or event must have written permission from their parent or legal guardian. The Authorized Responsible Adult must be immediately available in an emergency situation. For complete information, please reference College Board Policy Manual Section II.D.2.04 at LoneStar.edu/Policy.

LSC campuses with a Harris County Public Library (HCPL) operating on the college campus will comply with HCPL regulations regarding children in the library.

Dual-credit and other similar programs are governed by the applicable agreement between LSC and the independent school district or other secondary education institution. Students participating in a LSC approved program must abide by the requirements specified in the agreement. If the agreement does not specify supervision requirements, then the College’s policy and procedures of supervision apply.

**Students’ Children on College Premises**

College students’ children may not enter the classroom, even for brief visits, without the instructor’s prior express written permission. Instructors may deny permission or revoke written permission. Children cannot enter an activity or lab area where dangerous substances or equipment are stored or in use, unless the children are students enrolled in an applicable class or participating in a special College program. For complete information, please reference College Board Policy Manual Section II.D.2.06 at LoneStar.edu/Policy. Additional information concerning children on campus may be found at LoneStar.edu/Student-Community-Facilities.

**Students with Disability Rights**

LSC recognizes and supports the principles set forth in federal and state laws designed to prevent and eliminate discrimination against individuals with disabilities. LSC believes in equal access to educational opportunities for all individuals and is committed to making reasonable accommodations, including furnishing auxiliary aids and services, for individuals with disabilities as required by law. Please review LSC’s Board Policy and Chancellor’s Procedures on Students with Disability Rights (Section VI.D.11) to find more information, including how to request accommodation. Policy & Procedures: LoneStar.edu/Policy Disability Services: LoneStar.edu/Disability-Services

**Campus Carry**

The Texas Legislature enacted campus carry by passing Senate Bill 11, effective at LSC on August 1, 2017. Senate Bill 11, known as the Campus Carry law, amends of the Texas Government Code and Texas Penal Code to allow license holders to carry concealed handguns on college campuses. To carry a concealed handgun on LSC campuses, an individual must have a valid License to Carry issued by the Texas Department of Public Safety.

LSC has established rules and regulations regarding enforcement of Campus Carry, which are found at LoneStar.edu/WeaponsProcedures. Lone Star College prohibits concealed carry in some areas of LSC campuses. For more information about Campus Carry, visit the LSC Campus Carry website at LoneStar.edu/CampusCarry.

**Clery Act**

LSC complies with the Jeanne Clery Campus Security Policy and Crime Statistics Act, Violence Against Women Act of 2013, and the Jacob Wetterling Crimes against Children and Sexually Violent Offender Registration Act. Relevant information can be found in the Lone Star College Annual Security Report available online at LoneStar.edu/Police.

Please review LSC’s Board Policy and Chancellor’s Procedures on Sexual Harassment, Assault, Violence, and Discrimination Process to find more information including how to report a violation to the Title IX Coordinator. Policy & Procedures are found at LoneStar.edu/policy.

**College Police**

The police officers of Lone Star College are commissioned peace officers with the State of Texas and have the same law enforcement authority within the College’s jurisdiction as other police or sheriff’s department. The officers are obligated to enforce all federal, state and local laws, in addition to College policies. The police department works with state and local police agencies as needed to ensure a safe environment for college students, staff, faculty and visitors. More detailed information is available at LoneStar.edu/Police regarding campus safety and security. Contact the LSC police at 281.290.5911 (dial 5911 from any campus telephone).

**Parking**

Parking permits are not required for LSC-Academy for Lifelong Learning students. Additional parking and traffic regulations may be found online at LoneStar.edu/Parking.

Lone Star College HELPDESK is available 24/7 832.813.6600
Sex Offender Policy

The Texas Code of Criminal Procedure Article 62.153 mandates each person required to register as a sex offender, and who intends to be employed, work with a contractor, or attend classes at Lone Star College, to register with the College’s Police Department at least seven (7) days before reporting to any LSC campus. As part of this registration, the individual must submit information pertinent to his or her offenses, which will be forwarded to the College’s Review Committee for a determination of eligibility for employment, vendor services, or enrollment. A person seeking to be enrolled as a student must first be approved before completing the registration process. Failure to register and receive necessary approval under this section may result in immediate suspension, dismissal, or termination of employment. To begin the review process, an individual must call the LSC Police Department at 281.290.5911.

Information concerning registered sex offenders on any Lone Star campus can be accessed from the Lone Star College Police website at LoneStar.edu/Sex-Offenders.

Consequences of Criminal Conviction

Notice of Potential Ineligibility for License

If you are applying for admission to a College program or enrolling in a College program that may prepare you for an initial occupational license issued by a Licensing authority and/or if you later decide to change to a program that prepares you for an occupational license, please be advised of the following:

1. An individual who has been convicted of an offense may be ineligible for issuance of an occupational license upon completion of the educational program.

2. Licensing authorities that issue an occupational license to an individual who completes the educational program issue guidelines stating the reasons a particular crime is considered to relate to a particular occupational license and any other criterion that affects the decisions of the licensing authority.

3. A state licensing authority that issues guidelines files those guidelines with the secretary of state for publication in the Texas Register.

4. Local or county licensing authorities that issue an occupational license to an individual who completes the educational program issue guidelines related to criminal history and post the guidelines at the courthouse of the county in which the licensing authority is located or publish them in a newspaper having countywide circulation in that county.

5. Applicants should contact their respective local or county licensing authority for more details.

6. An individual may request a criminal history evaluation letter regarding the personal eligibility for a license issued by a licensing authority as required by Texas Occupation Code § 53.102.

All applicants and enrollees are encouraged to review all applicable eligibility requirements related to the respective occupational license. Questions related to eligibility requirements should be directed to the applicable licensing authority.

Footnotes


2. “Occupational license” means a license, certificate, registration, permit, or other form of authorization required by law or rule that must be obtained by an individual to engage in a particular business or occupation. Tex. Occ. Code Ann. § 58.001.


ALL Contact Phone Numbers

<table>
<thead>
<tr>
<th>College</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSC-CyFair</td>
<td>281.290.3460</td>
</tr>
<tr>
<td>LSC-Houston North Victory</td>
<td>281.810.5635</td>
</tr>
<tr>
<td>LSC-Kingwood</td>
<td>281.312.1750</td>
</tr>
<tr>
<td>LSC-Atascocita Center</td>
<td>832.775.0842</td>
</tr>
<tr>
<td>LSC-Montgomery</td>
<td>936.273.7446</td>
</tr>
<tr>
<td>LSC-North Harris</td>
<td>281.618.5602</td>
</tr>
<tr>
<td>LSC-Tomball</td>
<td>281.357.3676</td>
</tr>
<tr>
<td>LSC-Creekside Center</td>
<td>281.357.3676</td>
</tr>
<tr>
<td>LSC-University Park</td>
<td>281.290.1899</td>
</tr>
</tbody>
</table>

Important Dates

Lone Star College campuses will be closed on:

- MLK Holiday ............................ January 20
- Spring Break ........................... March 9-15
- Spring Holiday Break ................ April 10-12
- Memorial Day Holiday ................. May 23-25
- Independence Day Holiday ............ July 2-5

ALL Refund Policy

No refunds are given for annual ALL membership fees. Regarding classes with a fee, members must officially withdraw before class begins to receive a refund for the course fee. Otherwise, no refund will be given.

Tax Deductible Donations to the Lone Star College-Academy for Lifelong Learning

With the help of numerous individuals, businesses and community organizations, the Lone Star College (LSC) Foundation provides financial resources to the students, faculty, staff, and academic programs in the college. Tax-deductible donations, or grants based on volunteer participation, can be made to the Foundation and designated for each Academy for Lifelong Learning within the system. For additional information, contact your local Academy for Lifelong Learning representative or the LSC Foundation at 832.813.6636.

Disclosure

ALL seeks to provide courses that are academically interesting and create opportunities for members to broaden their scope and interests. The material presented in the courses is for informational purposes only. None of the courses earn college credit. Participation in ALL does not constitute enrollment at the Lone Star College (LSC). LSC disclaims any liability incurred in connection with the use of information obtained from a course.

The views and opinions expressed in ALL courses are strictly those of the instructors. Because the advice or information given by your instructor may not coincide exactly with your own particular situation, we urge you to: 1) consult your broker or financial advisor before acting upon implied or actual recommendations concerning investments; and 2) consult your doctor before following any suggestions pertaining to use of medical related products or other medical advice.

LSC does not endorse the opinions, services or products offered by the instructors.
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Important Information:
Get Your Student ID Card
The student ID card becomes your library card for Lone Star College Libraries.

Parking Permits
Lone Star College campuses do not require parking permits to park on campus.

Important Contact Numbers
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.290.3200

LSC does not endorse the opinions, services or products offered by the instructors.

How to Register
Attend our Open House:
Friday, January 10, 2020
10 a.m.-noon
Conference Center, CENT 151

Come by the Continuing Education office any time after Open House to register for ALL membership and classes:

LSC-CyFair
9191 Barker Cypress Rd,
Cypress, TX 77433
CASA Building, Room 116
Monday - Friday, 8 a.m.-5 p.m.

Contact Us
LSC-CYFAIR
Continuing Education (CE)
LSCCFCE@LoneStar.edu
281.290.3460

Mail Registration Forms to:
LSC- CyFair/ALL
9191 Barker Cypress Rd,
CASA 116
Cypress, TX 77433

ALL membership for the 2019-2020 Membership Year is required to register for classes.

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Technology Services: 832.813.6600
Main Switchboard: 281.290.3200

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MEMBERSHIP

Enjoy the membership benefits at all seven Lone Star College campuses and three offsite centers. The yearly membership fee of $25 is between September 1-August 31. You will be able to take courses and enjoy the membership benefits and selected services at LSC-CyFair, LSC-Houston North (including LSC-Houston North Victory), LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. If you joined in fall 2019, you do not pay again until fall 2020.

INFORMATION FOR ALL MEMBERS

ALL Classroom
Our classes will be held in HSC 106 unless otherwise noted in the schedule or our LSC-CyFair ALL blog, lsccyfairall.blogspot.com.

Be Courteous
We ask that you arrive early to class to prevent disruptions for your fellow classmates and our guest speakers. Remember to allow enough time to find parking. We strongly encourage keeping conversations to a minimum during the instruction periods. Let’s show our appreciation to our guest speakers and our respect to our ALL members by observing these simple suggestions.

ALL Blog
For the latest information on our upcoming classes, schedule changes, room changes, cancellations, or additions, please visit our ALL blog, lsccyfairall.blogspot.com. Please bookmark this web page in your favorite browser and check the blog before any trip to campus for the latest class updates.

Additionally, sign up with Remind101 to get text reminders from CyFair ALL for any changes to classes. To subscribe, text @lsccyfa to 81010. When requested, enter your full name and “S” for student. We will text important messages to LSC-CyFair ALL members such as class cancellations, classroom changes, bus trip signups, etc.

Bus Trip Signup
Details on bus trips as well as additional signup dates will be announced through the blog lsccyfairall.blogspot.com. If you cannot make it to a bus trip signup event, please email lsccyfairall@gmail.com with your questions.

Buses are generously provided by Harris County at no cost to our members. Some trips may require entry fees into selected venues. Trips are limited to a total of 39 passengers (including docents/hosts). ALL membership is required.

Ways to Volunteer for ALL
1. Join a committee
2. Help with our Open House events
3. Submit/recruit new ideas for classes
4. Become an ALL instructor

Center for the Arts
The Center for the Arts at LSC-CyFair is a great cultural asset for the community. Come see a wide variety of entertainment including plays, musicals, jazz, orchestra, and choral performances. See art exhibits year round at the Bosque Art Gallery. Call 281.290.5201 or visit LoneStar.edu/box-office-ticket-info for more information.

LIFE Workshops
Learning, Inspiration, Fellowship, and Enrichment. Each Wednesday from 10-11am in Library 131, LIFE will present an interesting program on a variety of subjects; from history, astronomy to cookie decorating. Go to LoneStar.edu/library/14656 for the latest schedule.

Friends of the Library
Friends of the Library is a non-profit organization dedicated to making CyFair Branch Library the best in the system. You can help support the Friends’ efforts by becoming a member and by shopping in our book store located just inside the main entrance to the library. Monies raised through membership donations and book sales help fund a variety of library programs and scholarships.

For more information on membership, volunteer opportunities and book store hours visit our web page at LoneStar.edu/library/cyfair-friends or email the Friends at fol.lsccyfair@gmail.com.

Think Factory
The Think Factory is a series sponsored by the LSC-CyFair Philosophy Department that brings faculty, students and members of the community together to discuss a range of ideas that have philosophical resonance. Meetings and locations to be announced.

Thank You, ALL Volunteers!
LSC-CyFair extends a thank you to all volunteers who help make the ALL program and the college such a success. Without the many volunteers helping with committees, instructing classes, and organizing activities, the ALL program would not exist. We appreciate our many community members who help decide class selection and find our speakers. They share their knowledge and enthusiasm about their areas of interest which helps us offer more classes with a greater variety. We want to also acknowledge the great benefits ALL brings to the campus; from helping with student registration and the Student Success program, to working the annual CyFest, and being a visible presence to the student on campus proving that learning never goes out of style.
**Introduction to ALL and the LSC-CyFair Campus**

Both new and returning members are invited to learn more about the ALL program and the many things to do on this beautiful campus. From attending plays and concerts to the many volunteering opportunities, there is definitely something for every one of our members to enjoy. Join Cheryl LeJune, ALL member, as she takes you on this discovery tour.

16178  M  1/27  10-11:30 a.m.  HSC 106  LeJune

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**COMPUTER & TECHNOLOGY**

Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:

- Go to LoneStar.edu
- Select myLoneStar near the top right on your screen.
- Select Get Username and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

If you are unable to complete the above, call 832.813.6600 for assistance.

**Google Photos**

Do you use your phone or tablet to take your pictures? Running out of space on your device? Want an easy way to share your favorite pictures? Google Photos is the answer for all these questions. Google Photos is a place for unlimited free storage for all your pictures. There are small editing capabilities here, too, this class will address using Google Photos from your smart phone and tablets. You must have a Username and Password for Google/Gmail account and the Lone Star College Wi-Fi before class starts.

16180  Th  1/30  10-11:30 a.m.  HSC 106  Gillespie

**Cut the Cable**

Cut the cord! Leave cable behind and discover how to bring more entertainment into your life using the internet. Join us as we look into Roku, YouTube, Netflix, and similar sites to give you a glimpse into streaming movies, TV shows, and music. Richard Gillespie, ALL member, will share how he analyzed if cutting the cable was right for him so you can do your own analysis.

16465  F  2/28  1:30-3 p.m.  HSC 106  Gillespie

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"This is the place to be for lifelong learning! I wouldn’t want to be anywhere else."

Jamie Pierce,
LSC-CyFair Campus ALL Member
## South Asian Indian Foods
Join us this morning as Shaheen Ansari demonstrates some shortcuts to the flavorful foods of South Asian Indian cooking. She will prepare a few vegetarian dishes in addition to a non-vegetarian dish. The typical spices include cumin, coriander, ginger, garlic, turmeric and red chili, to name a few. Come to class and get a taste of something exotic!

<table>
<thead>
<tr>
<th>Reg. #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
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<tbody>
<tr>
<td>15718</td>
<td>M</td>
<td>3/30</td>
<td>10:11:30 p.m.</td>
<td>HSC 105</td>
<td>Ansari</td>
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</table>

## Baked Coconut Shrimp
These coconut shrimp come out perfectly crunchy. ALL member, Lou Master, will show us a delicious recipe for baked coconut shrimp that he discovered online and has tried several times with great success. The shrimp are dipped in a cornstarch mixture, then egg whites, and finally fresh coconut before baking in the oven. They are served with orange marmalade for a finishing touch. Along with samples at the end of class there will also be a dessert sample for your enjoyment.

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<th>Time</th>
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<td>4/6</td>
<td>10:11:30 a.m.</td>
<td>HSC 105</td>
<td>Master</td>
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## Spicy Beef Lettuce Bowls
Join ALL member, Donna Smith, as we continue to explore new and different recipes. This one is spicy, crunchy and messy (fun) to eat.

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<tr>
<th>Reg. #</th>
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<tbody>
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<td>15728</td>
<td>M</td>
<td>4/27</td>
<td>10:11:30 a.m.</td>
<td>HSC 105</td>
<td>Smith</td>
</tr>
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</table>

## FINANCIAL & LEGAL

### Guarding Your Savings and Investment
Are you worried about volatility in the stock market? In this class, Mike Sofia will address these concerns by discussing different types of investment vehicles that can help you capture growth while managing and reducing risk and strategies that can help you preserve your savings for you and your loved ones.

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### Out Smarting the Scammers
We asked Robb Brotemarkle, Edward Jones Financial Planner, to come back again and present his class to warn us about scams that affect the senior community. Join Robb as he explains how we can outsmart the scammers and not become a victim. There will be plenty of discussion and real-life examples from Robb as well as some we can provide ourselves.

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### Estate Planning
Join Holly Geerdes, an attorney specializing in estate planning and elder law, for an interactive class on how to protect your home and life savings from the government, creditors, lawsuits, disability, long term care and Medicaid. You will learn how to take proactive steps to securing your unique retirement vision.

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### Standing Guard: Protect What You’ve Worked For
We will discuss strategies designed to help guard valuable assets and protect pre- and post-retirement income. Robb Brotemarkle, from Edward Jones, will talk about the impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection and healthcare cost concerns.

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### What is a Good Time to Invest?
Mike Sofia will address these concerns by discussing different types of investment vehicles that can help you capture growth while managing and reducing risk. We all know the saying, “Buy Low and Sell High.” But without a crystal ball, how do we know when the market is about to go higher or lower? In this class, we will discuss various types of risk factors and different types of investment strategies to help you navigate through both good times and bad times.

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### Executor Play Calling 101
Death is a part of life, but is your family prepared for life after you? This presentation will focus on strategies and best practices for preparing your I Love You Book so that after you pass away your family can more effectively and efficiently manage your estate. Other topics covered will include Last Will & Testament do’s and don’ts, Social Security planning strategies, long-term care planning and veteran’s burial benefits.

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### Tips for Managing Retirement Funds
Rich Wiesner, affiliated with Haven Wealth Management, will lead the discussion on effectively building and managing retirement savings. The discussions will offer common sense information as well as practical advice on do’s and don’ts to follow in building a secure financial future. Attendees are encouraged to ask questions about any area dealing with retirement financial planning.

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## FUN, HOBBIES & RECREATION

### Texas 42 Dominoes
Texas 42 is a trick-taking game played with a standard set of double six dominos. Often referred to as the “national game of Texas,” in 2011 it was designated the official State Domino Game of Texas. Whether you are a regular player, haven’t played for years, or you have never played, come enjoy and learn in this relaxed atmosphere. We play every Thursday from 2-4 p.m. at the Weekley Community Center (8440 Greenhouse Rd). Please join our fun group; a good time is guaranteed. Jimmie Prichard will host the games.

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8 LONE STAR COLLEGE-CYFAIR ACADEMY FOR LIFELONG LEARNING
LoneStar.edu/CyFair-ALL
**Mah Jongg Players**

If you are a Mah Jongg player experienced with the National Mah Jongg League rules (American version), you are welcome to join this ongoing group. Players meet at the Weekley Community Center (8440 Greenhouse Rd) on Friday afternoons from 1:30-3:30 p.m. Play will continue throughout the semester under the leadership of Melanie Pratho, ALL member.

16096  F  1/31-5/8  1:30-3:30 p.m.  Weekley Center  Pratho

**Trivial Pursuit**

Trivial Pursuit like you have never played before; we play as teams. The game’s progress is determined by a team’s ability to answer general knowledge and popular cultural questions. Bring your thinking caps and enjoy the fun of this famous and addictive game. Class will meet seven times on 2/3, 2/17, 3/2, 3/16, 3/30, 4/13 and 4/27. Doug Southon will host the games.

16107  M  2/3-4/27  1:30-3:00 p.m.  HSC 106  Southon

**Learn to Play Disc Golf**

Disc Golf, aka “Frisbee Golf”, is a goal-oriented walk-in-the-park, with no green fees and no tee times; and many courses can be played in about an hour. This class will cover the basic rules of the game and instructions on throwing techniques, as well as practical application on a new golf course at nearby Zube Park. Basic equipment will be provided but be sure to wear comfortable walking shoes. Four classes are offered in the fall semester. The same basic instruction will be provided at each, so feel free to sign up for any or all. Come join us as we enjoy being outside and taking a walk around the park.

16112  Th  2/6  1-2:30 p.m.  Zube Park  Camp
16118  Th  2/27  1-2:30 p.m.  Zube Park  Camp
16123  Th  3/26  1-2:30 p.m.  Zube Park  Camp
16131  Th  4/23  1-2:30 p.m.  Zube Park  Camp

**Learning Cryptogram Puzzles**

Are you ready to put your thinking caps on? Get your brain engaged for some fun? Join Linda Jones to discover the world of cryptograms. Cryptograms are simple-substitution ciphers that have been around for thousands of years and were used to send secret messages. Now, cryptograms are very popular puzzles found in newspapers, books and online.

16135  Th  2/20  10-11:30 a.m.  HSC 106  Jones

**Creating Cryptogram Puzzles**

Ok, let’s stretch our brains a little more. Linda Jones is going to show us how to create cryptograms. Cryptograms are simple-substitution ciphers that have been around for thousands of years and were used to send secret messages. Let’s get creative; send messages and cards to friends and family and get them in on the fun of cryptograms.

16141  Th  2/27  10-11:30 a.m.  HSC 106  Jones

HCPL CyFair College Library offers many FREE activities!

**Book Clubs:**
- Historical Fiction
- Books without Borders
- I Love a Mystery

**Computer Workshops:** Sessions on word processing, spreadsheets, internet searching, eMedia and more. Go to LoneStar.edu/library/15212 for more information.

**CyFair Writers:** Ready to start a novel, write a short story or get feedback on your writing? Join the CyFair Writers group for writing and critique sessions on Tuesday nights. Go to LoneStar.edu/library/16866 for more information.

**eBook/eReader Appointments:** Get hands-on assistance using the digital catalog and downloading/transferring eBooks and more to your computer or mobile device. Schedule one-on-one assistance by going to LoneStar.edu/library/15938. The library also provides online tutorials at LoneStar.edu/library/15767.

**Library eUpdates:** Stay up to date with our weekly email reminder about library services, events, and programs. To join the Library eUpdate, go to LoneStar.edu/library/16099.

**LIFE Workshops:** Learning, Inspiration, Fellowship, and Enrichment. Each Wednesday from 10-11 a.m. in Library 131, LIFE will present an interesting program on a variety of subjects; from history, astronomy to cookie decorating. Go to LoneStar.edu/library/14656 for the latest schedule.

**Spanish Conversation Club:** Practice Spanish in a relaxed setting. Go to LoneStar.edu/Library/15375 for more information.

Please call the Lone Star College-CyFair Library at 281.290.3214 or check the library’s website, LoneStar.edu/Library/CyFair-Adults-Services for more information about these and other programs.

**Check Out Our Website!**
LoneStar.edu/All
More Balloons!
Our resident clown, Melo Pisha, is back again to present another fun class for ALL. We are continuing our balloon twisting exploration and having lots of fun doing so. Come join the laughs as we continue our balloon (popping!) journey. No experience needed.

Powerboating
Information about powerboating to enjoy, or just think about. Richard Hissong will share his knowledge and experience on boating activities, types of boats, boat selection criteria, boat terminology, boat handling, boating safety, and navigation rules and aids.

GARDENING

Master Gardening
Come join Texas Master Gardener, Dr. Renae Davis. She loves to garden and has a Certified Wildlife Habitat. She will teach us the benefits of pollinator gardens for the environment and help you to create your own mini sustainable pollinator garden. Let’s enjoy the benefits of life in a healthy way.

HEALTH, FITNESS & NUTRITION

Fitness Center at LSC-CyFair
Join the LSC-CyFair Fitness Center! You must bring your ID Card with you to use the center.

Stepping Out
Join ALL members as we walk around the campus and nearby neighborhoods. Fresh air, exercise and good friends – it doesn’t get any better than this! There are two starting times, 8 a.m. or 9 a.m. The 8 a.m. group will walk longer, and maybe faster, while the 9 a.m. group does a more casual stroll. You are welcome to attend either one or both. Class will meet outside the Conference Center every Tuesday morning. Keep an eye on your email for any changes.

Optimal Longevity: A Plan to Remain Stronger Longer
Optimal longevity is a plan for understanding how quantity of years + quality of years come together to build the health/wealth connection. In 1900, the average life expectancy in the U.S. was 47 years. By 2000, that number had increased to 78 and, in another 30 years or so, we will easily see 88 as the average life expectancy. How we live out those added years is what we will discuss in this class along with an easy to follow plan to keep us living with optimal longevity. Participants will receive a copy of the book Optimal Longevity: A Plan to Remain Stronger Longer.

Drug-Resistant Bacteria
Dr. Warner Bair, CyFair professor of Medical Biology, will talk to us about drug-resistant bacteria; what it is and how they came about. You may have already heard of MRSA and C.diff, for example. We will learn about these superbugs and how they will affect our medical care.

Controlling Diabetes
Let’s have a discussion pertaining to diabetes, its management, and the management of diabetic testing supplies. Let’s improve those A1C readings! Kevin Vu, Pharmacist for HEB, will lead the discussion.

Essential Oils
Learn how essential oils can help with insomnia, migraines, mood and anxiety, immune boosting, and muscle and joint pain. Essential oils 101 are a healthy alternative for you and your family. There will be four classes, an introduction to essential oils on 2/10, secondary class on 3/16, an intermediate class on 4/13 and an advanced class on 4/30.

Green Cleaning
Harsh chemical cleaners can be toxic to you, your family and pets. Join Tiffany as she shares how to have a germ-free, sparkling clean home without sacrificing safety!

Everyday Wellness
No need to rush to the drugstore for every little thing; learn some tips and tools for maintaining good health in a natural, proactive way!
Get Good Rest and Manage Stress
Exhausted? Stressed out? Tiffany will teach us some holistic tips and tools for managing stress and getting better sleep naturally.
16432  T  2/25  1:30-3 p.m.  HSC 106  Momberger

Improving Digestion
Join Tiffany as she talks about gut health and some simple ways that you can reduce reflux and other tummy troubles, improve immunity, and support nutrient absorption.
16433  T  3/3  1:30-3 p.m.  HSC 106  Momberger

Boosting Emotions Naturally
Life can get us down sometimes, but there are things we can do to lift our spirits and feel better. Come and learn how making small lifestyle changes can make a big difference over time.
16434  T  3/24  1:30-3 p.m.  HSC 106  Momberger

Maintaining a Healthy Lifestyle
Catherine Hollis, Community Relations at the Langham Creek YMCA, will discuss the benefits of maintaining a healthy lifestyle. Her presentation will cover all aspects of healthy living including nutrition, fitness and activities. It will encourage long term commitment and participation. There will be opportunities for discussion.
15869  Th  4/2  10-11:30 a.m.  HSC 106  Hollis

What is Acupuncture?
Dr. Meryl Fernandes, owner of Qi Flow Acupuncture, will discuss how Traditional Chinese Medicine (TCM) has a variety of techniques to promote health and treat disease. The most common approaches use herbal medicine, acupuncture and exercise. In this class, we will concentrate on the herbs. Every herb has properties as to the channels and organs it can help.
15885  T  4/28  10-11:30 a.m.  HSC 106  Fernandes

HISTORY

U.S. Supreme Court
“It is emphatically the province and duty of the judicial department to say what the law is.” (Marbury v Madison, 1803). Dr. Heidi Jo Green, LSC-CyFair Political Science professor, will explore the inner workings of the U.S. Supreme Court and the limitations of the court that exist at the expense of the other two branches.
15809  M  2/10  1:30-3 p.m.  HSC 106  Green

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.
Jerusalem

Jerusalem is considered one of the oldest cities in the world and is significant to three major religions; Judaism, Christianity and Islam. Angela Bell, CyFair History professor, will give us a historical and religious overview of this city that continues to be important in world events.

16439 T 4/7 1:30-3 p.m. HSC 106 Bell

Fitter Families: America’s Eugenics Experiment

In popular memory, eugenics is a sociological concept usually associated with Nazi Germany. The eugenics movement existed long before the rise of Nazi Germany. Growing out of the Progressive era, experts believed the key to eliminating social problems rested in creating “fitter families”. Join Dr. Sandra Harvey, CyFair History professor, as she explores the complexity of the eugenics movement and its impact on American society in the twentieth century.

16539 T 4/21 1:30-3 p.m. HSC 106 Harvey

The 10 Stages of Genocide: Markers of Hatred and Mass Murder

In this class, we will examine the 10 Stages of Genocide through the lens of genocides previously committed. Alyssa Weinstein-Sears, Holocaust Museum Houston, will help us examine these stages next to the definition of genocide, talk about the pitfalls of the definition, and address how it shapes our understanding of past and current events.

15823 F 5/1 1:30-3 p.m. HSC 106 Weinstein-Sears

HOME & AUTO

Basics of Residential Air Conditioning

We live in Houston and air conditioning is how we survive. John Johnson, ALL Member, will go over the basics of our home air conditioners starting with how the refrigeration cycle works. John will discuss maintenance tips, how to improve efficiency, and how to work with the A/C maintenance company.

15836 Th 2/13 10-11:30 a.m. HSC 106 Johnson

Home Energy

Do the easier stuff with the lowest cost and biggest return first. Where does all that energy go for which you pay hundreds for each month? What are some ways to cut your home energy cost that actually work? We will learn how to avoid wasting money on things that won’t lower your cost enough to pay it back.

16514 W 4/22 1:30-3 p.m. HSC 106 Ruback

Is it Time to Move?

Gail Marxhausen, a Senior Real Estate Specialist, will help you unpack the many choices you have from finally moving to your dream home, downsizing to a wonderful new life, or falling in love with your current home all over again.

16440 F 4/17 10-11:30 a.m. HSC 106 Marxhausen

Classic Car Restoration 101

Calling all classic car enthusiasts. Michael Walsh, ALL member, will share with us the experience of restoring, from start to finish, a mid-60s muscle car. Methods and equipment will be shown and discussed along with internet educational resources like YouTube, E-Bay, Craigslist, etc. You may be familiar with TV shows on Velocity which may be referred to as “Fantasy” so come join us, share some of your personal experiences, and enjoy a fun-filled and informative session dedicated to a “Real Slice of Americana” in the here and now.

16442 T 4/21 10-11:30 a.m. HSC 106 Walsh

Auto Maintenance

Stephen Ruback, ALL member, will discuss what all drivers need to know, and few do. How do we take care of that very expensive vehicle to preserve maximum value? How do we deal with repairs effectively?

16514 W 4/22 1:30-3 p.m. HSC 106 Ruback

LANGUAGES

Interpersonal Skills

Doug Hissong will give us practical information on improving our interactions with others, including understanding others and having a positive impact on them. Doug will discuss self-esteem, expectations, criticism, attitude, consideration, and kindness.

15900 T 2/4 10-11:30 a.m. HSC 106 Hissong

Communication Skills

Doug Hissong will give us practical information on improving our interactions with others, including understanding others and having a positive impact on them, listening, asking questions, selecting the best communication mode, and being effective in meetings. Tips for preparing and giving talks, including good visual aids, and writing clear, concise documents.

15905 T 2/11 10-11:30 a.m. HSC 106 Hissong

“I have learned a lot of stuff that I never would have ever thought of learning. The LSC-CyFair ALL Program, is part of the reason I get up in the morning. It gives me energy, and something do, while learning and having fun all at the same time. I think it’s one of the most informative programs I’ve ever been a part of. I can’t tell you the number of things I have learned in History, alone. I Love this program and I’ll tell anyone who will listen."

Jenny Estrada, LSC-CyFair Campus ALL Member
MOVIES, MUSIC & THEATER

Highway 59 Revisited: The East Texas Blues
Steve Davis, Kingwood History professor, will present the great blues men (and women!) from Texas. Most of them hailed from the Highway 59 corridor that spans from Sugarland to Texarkana. Featured artists will include Lightnin’ Hopkins, T-Bone Walker, Leadbelly, Big Mama Thornton, and the late, great Johnny Ace!
16540 F 1/24 10-11:30 a.m. HSC 106 Davis

A Tour of CyFair Arts
Have you wanted to see what goes on backstage at the theater? What is involved in putting together several performances each semester; stage, music and dance? And, there are several events at the Bosque art gallery, as well. Joshua Estrada, CyFair’s Fine Arts Coordinator, will lead us on a tour of the arts programs here at CyFair.
16160 M 1/27 1:30-3 p.m. ART 102 Estrada

Friday at the Improv
If you think you know improv, think again! Join Joshua Estrada, CyFair Fine Arts Coordinator, as he takes us back again to the Improv in this fun class. We will explore how theatrical improvisation can help us be in the moment and become better listeners. And, hopefully have a few laughs along the way. Please note that this class will be held in ARTS 102 (Recital Hall).
16164 F 2/21 1:30-3 p.m. ART 102 Estrada

PHOTOGRAPHY

Photo SIG
This is a special interest group (SIG) of amateur picture takers (not professional photographers) who gather informally to exchange ideas on photography, techniques we have used, share our photographs, share experiences about the different photography software, talk cameras and maybe take field trips to take pictures. This SIG is not limited to any one type of camera or equipment; DSLRs, point and shoot, film cameras (if you have such an antique), cell phone cameras are all welcome. This group will meet four times; 1/31, 2/28, 3/27 and 4/24.
15930 F 1/31-4/24 10-11:30 a.m. HSC 106 Gillespie

POLITICAL & COMMUNITY AFFAIRS

Human Trafficking 101
Since one of the greatest barriers to combating human trafficking is that victims are remaining unidentified, an aware and informed community is a first line of defense. Sarah Koransky, Education Specialist at United Against Human Trafficking, will provide the scope of human trafficking not just around the world, but in Houston as well. This presentation will include red flags and indicators community members should be aware of as well as direct information on how to report suspected human trafficking situations.
15943 T 1/28 1:30-3 p.m. HSC 106 Koransky

READING & WRITING

Author Talk: How to Self-Publish Your First Book
Are you an aspiring author? If so, this class will teach you the steps to self-publish your first book in eBook, paperback, and hard cover formats and make them available on popular websites like Amazon. You will also learn how much it costs to self-publish and common mistakes to avoid. The class instructor, Mike Kowis, wrote 14 Steps to Self-Publishing a Book.
16006 F 2/14 10 a.m.-12 p.m. HSC 106 Kowis

Author Talk: How to Sell Your Book
Writing a book is a big challenge, but selling it is much harder. Local author Mike Kowis will teach current and future authors practical ways to sell their book online and in person. Mike shares the tactics he used to sell his first 1,500 books. Mike wrote Smart Marketing for Indie Authors.
16016 F 2/21 10 a.m.-12 p.m. HSC 106 Kowis
SAFETY

AARP Driver Safety Program

AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing, and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation, and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license. Larry Klein, ALL member, will be presenting the class. NOTE: Maximum class size is 30. Sign up for this class during the spring Open House. Note: Participants do not need to be ALL members to register for this class.

16024 Sat 2/1 8 a.m.-1 p.m. HSC 106 Klein

Fire and Life Safety for Seniors

This class centers on how seniors can prevent fires, falls and injuries. Tom Petty, Senior Inspector with Harris County Fire Marshal’s Office, will emphasize simple tips and suggestions that older adults can employ in their everyday lives to lessen the likelihood of injury or death. Cinder, Tom’s fire dog, will assist in the presentation.

16030 Th 2/6 10-11:30 a.m. HSC 106 Petty

SCIENCE & NATURE

eBird, iBird, What’s That Bird?

Identifying birds is part of what makes bird watching enjoyable! Whether you use a field guide, the internet, an app on your phone or another method, identifying birds is a fun activity for all generations. Come join us as we explore the various tools available and work together to improve our birding skills!

16035 F 2/7 10-11:30 a.m. HSC 106 Sury

Energy and You

Doug Hissong, recently retired from a major energy company, will give us information about the very important energy industry. Where does energy come from and how is it used? What are the trends from the past through the year 2040 in sources and uses? What are the benefits of improved technology in increasing energy production and decreasing environmental impacts? We will discuss the energy supply chain, including effects of ethanol in gasoline and the hybrid vehicle, and the key relationship between energy consumption and living standard.

16044 T 3/17 10-11:30 a.m. HSC 106 Hissong

SENIOR ISSUES

How to Manage Your Medicare Benefits

You have Medicare and have questions? Come listen to Kathy Chomout, a licensed agent, talk about how to manage your Medicare benefits to maximize your coverage. We will discuss how to file and manage your claims including precertification and appealing denied claims. The discussion will include Original Medicare, Medicare Advantage and prescription drug plans.

16083 M 4/6 1:30-3 p.m. HSC 106 Chomout

Social Security: What Baby Boomers Need to Know to Maximize Retirement Income

If you are like most people, you are wondering will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? How can I maximize my benefits? Will Social Security be enough to live on in retirement? This presentation by Mark Simpson CFP® will help you find the answer to these questions and much more.

16537 F 1/31 1:30-3 p.m. HSC 106 Simpson
TRAVEL & CULTURE

Alaska in the Fall
Join Larry Hill and Donna Smith, ALL members, as they share their travels from Anchorage, to Fairbanks, to Denali and back to Anchorage. Flowers blooming, open spaces and not many tourists! What a trip!
16062  W  2/19  1:30-3:30 p.m.  HSC 106  Hill

An Iceland Adventure
Ever think about trekking around Iceland? Probably a bit remote for most of us, but then again, we have a lot of adventurous souls in our ALL community. This will be a great presentation for anyone considering such an adventure, but it will also be fun for anyone that enjoys travel to exciting locations. Victoria Nations is a professional travel agent, but she enjoys a lot of travel on her own time. In this class, she will be describing her recent visit to and around Iceland.
16068  T  2/25  10-11:30 a.m.  HSC 106  Nations

Tour of Texas State Parks
What do the Texas State Parks have to offer? There is something for everyone from deluxe accommodations to primitive camping, from birding, fishing, and kayaking to just putting your feet up and relaxing. We will take a tour of the different regions of the state and learn about the history and changes that have occurred in the last 100 years with the parks system.
16073  Th  3/5  10-11:30 a.m.  HSC 106  LeJune

Planning the Camino Portuguése
Matt Turner and Laura Taggett, CyFair professors, will present a follow-up to their previous presentation on the Camino de Santiago, sharing their planning, expectations and preparations for their May 2020 Camino Portuguése, a route that will take them through Portugal to Santiago de Compostela, encompassing 248 kilometers. Come learn what goes into doing such a hike.
16079  T  3/17  1:30-3 p.m.  HSC 106  Turner/Tagget

A Tour of the Emerald Isle
Join Sharon and Marty Samson, ALL members, as they take us on a tour of the Emerald Isle. The beautiful country of Ireland is a delight visually as well as through the hospitality of the people who live there. From Dublin to Dingle to Galway and many other points in between, come learn more about this country.
16562  W  4/29  1:30-3 p.m.  HSC 106  Samson

FUN FOR ALL
Attend Classes, Meet Friends, Volunteer!
In addition to attending classes and activities, you can make new friends and enrich your life by learning new things. You are encouraged to participate as a committee member or volunteer as an instructor to share your ideas.
ALL membership for the 2019-2020 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Thursday, January 23, 2020
1-3 p.m.
LSC-EMCID Center

Come by the Continuing Education office at the LSC-EMCID Center any time after Open House to register for ALL membership and classes:

East Montgomery County Improvement District (EMCID) Center, LSC-Kingwood
21575 Highway 59 N, Suite 111
New Caney, TX 77357
Monday–Friday, 8 a.m.-5 p.m.

LSC-Kingwood
Technology Instruction Building (TIB)
20000 Kingwood Drive
Monday–Friday, 8 a.m.-5 p.m.

Contact Us
LSC-KINGWOOD
Continuing Education (CE)
LSCKCE@LoneStar.edu
281.312.1660

LSC-EMCID CENTER
KWALL@LoneStar.edu
281.312.1750

LSC-ATASCOCITA CENTER
832.775.0842

Mail Registration Forms to:
LSC-EMCID Center/ALL
21575 Hwy 59 N, Suite 111
New Caney, TX 77357

Important Information:

Get Your Student ID Card
The student ID card becomes your library card for Lone Star College Libraries.

Parking Permits Required
Lone Star College campuses do not require parking permits to park on campus.

Important Contact Numbers
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.312.1600

LSC does not endorse the opinions, services or products offered by the instructors.
ARTS & CRAFTS

Join Vicki Almstedt for beading classes. Make simple, but elegant, jewelry that will be a treasure to give or to keep. You do not need to have prior beading experience. Tools are available for use, but students should plan to bring their own materials for projects as noted below. The classes will be limited to 12 participants.

Earrings
Supplies requested: ear wires, headpins, eye pins, 12 beads, 0.15mm Beadalon wire, crimp wire, 24-gauge wire.
15700 M 2/3 10 a.m.-12 p.m. EMCID 106 Almstedt
15875 M 3/2 10 a.m.-12 p.m. EMCID 106 Almstedt
15880 M 4/6 10 a.m.-12 p.m. EMCID 106 Almstedt

Necklaces
Supplies requested: 15” strand of beads, 0.15mm Beadalon wire, lobster or toggle clasps, 6 mm split rings, crimp beads, seed beads.
15890 M 2/10 10 a.m.-12 p.m. EMCID 106 Almstedt
15892 M 3/16 10 a.m.-12 p.m. EMCID 106 Almstedt
15897 M 4/13 10 a.m.-12 p.m. EMCID 106 Almstedt

Rings
Supplies requested: 6-foot spool of 20-22-gauge wire, three 10 mm beads, nine 8 mm beads, seed beads.
15902 M 2/24 10 a.m.-12 p.m. EMCID 106 Almstedt
15907 M 3/23 10 a.m.-12 p.m. EMCID 106 Almstedt
15914 M 4/20 10 a.m.-12 p.m. EMCID 106 Almstedt

Hats with Options
Join Linda Darby and make a hat with a rounded crown and explore various kinds of rims and finishes. Bring two worsted weight skeins of yarn, an appropriate hook for your yarn, and a tapestry needle. Class will not meet on 2/18.
15920 T 2/4-2/25 2-4 p.m. EMCID 106 Darby

Soda Bottle Art: Spring Flower
Arlene Holmes will show you how to turn a soda bottle into a spring flower for an arrangement or package decoration. Students should bring the following materials to class: scissors to cut plastic, 2-4 acrylic paints in complementary colors, two paint brushes (one able to do detail work), water cup, and three washed 16oz Coca Cola plastic bottles. Some supplies may be available to share depending on class size.
15942 Th 2/6 2-4 p.m. EMCID 106 Holmes

COMPUTER & TECHNOLOGY

Windows 10 for Beginners
In three class sessions, Angie Carns will teach the basics of Microsoft Windows including how to identify and customize Windows components, make your screen more readable, find your files, and many other tips and tricks. No experience necessary.
15807 Th 1/30-2/13 1-3 p.m. EMCID 107 Carns

iPhone and Apps
Join Ed Tarver and learn iPhone basics and features. Become familiar with common apps. Get the information you need to get up and running with your iPhone and be in control of your device.
15859 W 2/5 1:30-3:30 p.m. EMCID 107 Tarver
15866 M 2/24 1-3 p.m. EMCID 107 Tarver

Register Online!
Go to LoneStar.edu/ALL. On the right side of the screen under “Quick Links” click on “Register Now.” If you have not registered online in the past, complete the information needed under “New Students” or “Returning Students” if you have registered online.

Membership
Enjoy the membership benefits at all seven Lone Star College campuses and three offsite centers. The yearly membership fee of $25 is between September 1-August 31. You will be able to take courses and enjoy the membership benefits and selected services at LSC-CyFair, LSC-Houston North Victory, LSC-Kingwood (including LSC-EMCID Center and LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. If you joined in fall 2019, you do not pay again until fall 2020.

Hidden Benefits of ALL Membership
Start your semester learning benefits of ALL membership with Mike Svoren, a longtime ALL member. These include, but are not limited to, free Microsoft Office 365, cloud space, campus facilities, discounts and freebies with your student ID card or student email. Also, you can access wonderful plays, concerts, exhibitions, and more to entertain and educate.
16215 T 2/4 9:30-11 a.m. EMCID 109 Svoren

Lone Star College HELPDESK is available 24/7 832.813.6600

TEAM LSC-KINGWOOD

E-Mail: KWALL@LoneStar.edu

Phone: 281.312.1750
Earle Findley will teach the following two classes:

**Google Earth**
Utilizing this free software, you will learn to see the world in a different way. See satellite views of your home, landmarks, businesses, etc. Find directions, travel times, lodgings, and restaurants wherever you want to travel. Study sites throughout the world that are in the news. Basic computer knowledge and you must have LSC Username and password to take this course.

15814 T 2/11 1:20 p.m. EMCID 107 Findley

**Skype, Introduction**
With Skype’s free software and your internet connection you can chat away and never worry about cost, time, or distance. Get your friends to download Skype so you can talk, instant message (IM), or make free video calls. Make calls at home and abroad with great rates. If you wish, bring your own computer with built-in camera. Basic computer knowledge and you must have LSC Username and password to take this course.

15826 T 2/11 3:40 p.m. EMCID 107 Findley

**Basic Microsoft Excel**
Join Mike Svoren and learn the basic and important features in Excel 2016, such as Excel interface, ribbon, tabs, backstage view, and quick access toolbar. Topics also include cell basics, cell format, formulas and functions. In this classroom, you will create and save the workbook. Basic computer knowledge and you must have LSC Username and password to take this course. Prerequisite: Windows 10 courses or equivalent knowledge.

15853 M 2/17 1-4 p.m. EMCID 107 Svoren

**Flipster**
Join Allison Huffy and Mikha Mitchell at the Lone Star College-Kingwood Library and learn how to use Flipster—the e-version of viewing magazines that allows you to take a magazine with you anywhere. You can meet other library staff who will assist you in viewing magazines on the computer and your personal device such as your smart phone, Kindle or iPad. You will need a Lone Star College student ID card, and you can easily receive one if you come early to the class with your ALL Membership Card and your driver’s license. Park in Parking Lot A and walk to the LIB Building. A campus map is at LoneStar.edu/maps-Kingwood.

15831 Th 4/2 2-3 p.m. LIB Huffy/Mitchell

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.

**CULINARY ARTS, FOOD & COOKING**

**Fruit Carving**
Experience the art of fruit carving with Su Yossunthorn, a graduate of the Culinary Academy of Las Vegas. Materials required: small carving knife, paring knife, vegetable peeler, food scissors, plastic container and lid, small cutting board, medium plastic bowl, plate, melon baller, and these firm, fresh, fruits: a cantaloupe and one medium apple. If available, and optional, bring one small personal watermelon.

15958 M 2/3 10:30 a.m.-12:30 p.m. EMCID 110 Yossunthorn

**DOCUMENTARIES**

**Mona Lisa is Missing (2014)**
This charming and funny documentary is the untold story of Vincenzo Peruggia, the Italian immigrant who committed the greatest little-known art theft in history. For more than 30 years, writer/director Joe Medeiros was obsessed with finding out Peruggia’s true motive. With the help of researchers, art experts and Celestine Peruggia’s children, Medeiros and his team embarked on an epic journey leading them to the Louvre museum, to Peruggia’s hiding place in Paris, to Florence where he returned the painting, to thousands of documents in French and Italian archives and ultimately to the truth.

15984 Th 2/20 1-3 p.m. EMCID 109 Lively

**Linda Ronstadt: The Sound of My Voice (2019)**
This documentary celebrates an American music icon whose extraordinary vocal range and ambition created unforgettable songs across rock, pop, country, folk ballads, light opera, classic Mexican music and soul. The film follows her through her early years of singing Mexican canciones with her family, her folk days with the Stone Poneys, and her reign as the “rock queen” of the 70’s and early 80’s. Sadly, her incredible voice was ultimately lost to Parkinson’s disease. The film includes moving performance footage and appearances by former collaborators including Dolly Parton, Emmylou Harris, Bonnie Raitt and Jackson Brown.

15974 Th 3/19 1-3 p.m. EMCID 109 Lively
In the Footsteps of Marco Polo (2012)
Denis Belliveau and Francis O’Donnell took a wild idea – retrace Marco Polo’s entire 25,000-mile, land-and-sea route from Venice to China and back, spending two incredible years of their lives making their dreams reality. Equal parts travelogue, adventure story, history trek and buddy movie, this film weaves footage from the duo’s often perilous voyage with Marco Polo’s journals describing his experiences.

Take Care of Your Pet!
Join Dr. Jennifer Rodriguez, DVM and Tamara Hensarling Paul, Attorney at Law. They will discuss the importance of taking care of your pets during your lifetime and even upon your death. Dr. Rodriguez will detail the benefits of having Pet Health Insurance and Tamara Paul will explain Pet Trusts that can ensure your pets are properly cared for after your death.

Bridge, Beginning
Learn the fundamentals of the exciting card game of bridge with Richard Shepherd. You will learn the methods and reasoning of bidding, as well as card play. Whether you are a beginner or just want to refresh your play, come join us for a great time.

BINGO for ALL!
Join your LSC-ALL friends for BINGO! Winning is always fun and prizes are a delightful bonus, but renewing acquaintances and meeting new friends are guaranteed. Each participant should bring a new item (something you have around the house you want to get rid of) to be on the Prize Table. Winners will be able to select prizes from the table. Remember! Someone’s trash could be another person’s treasure! Join Helen Michelini who will be the caller as we play the game on the first Wednesday of each month.

Bridge, Intermediate
We will cover the methods and reasoning of bidding, as well as card play. This more advanced class is for those wanting to understand deeper play. Students should have a basic knowledge and understanding of Contract Bridge. Your instructor, Myra Bell, has been playing bridge for 40 years and is an American Contract Bridge League (ACBL) Bronze Life Master. Join us for a great time.

FINANCIAL & LEGAL

You Won’t Believe What Happened to Me!
We all have had some “interesting” events that occurred in our lives. Jot down a few notes about one of yours. Join us as we share these funny, sad, interesting and memorable personal life events with our classmates. We will award prizes for the funniest, “worst” and overall best presentations, all for fun! Arlene Holmes will “emcee” the class.

Find Out What It’s Like to be on Jeopardy!
Do you find yourself phrasing answers in the form of a question, shouting Daily Double answers at the TV, or dreaming of meeting Alex Trebek? Join librarian Jane Stimpson as she discusses her personal experience of competing for a spot and appearing as a contestant on the Jeopardy! game show in 2011.

GENEALOGY

Genealogy
Are you new to Family History research? Do you want to know more about “who you are”? Are you looking for a way to share photos and what you know about your family with your children and relatives? This three-day genealogy lab will give you the tools and one-on-one help to do just that. You must be able to access your personal or LSC email in the computer lab. Join Harriet Kartchner as she guides you through this interesting course.
HEALTH, FITNESS & NUTRITION

Fitness Center at LSC-Kingwood
Join the LSC-Kingwood Fitness Center located in the FTC Building on campus! You must bring your LSC-Kingwood ALL ID Card with you to use the center. Go to LoneStar.edu/24771 for more information including hours of operation. It is best not to arrive before 8 a.m.

Snap Fitness
Working out is a snap at Snap Fitness! Enjoy free membership during February at any of the three Snap Fitness locations: Kingwood, New Caney or Splendora. LSC-ALL members can work out during the hours noted below. The facilities have a wide variety of state-of-the-art cardio and strength-training equipment. You will be required to present your LSC-ALL membership card and sign a Guest Waiver Form during your first visit.

Snap Fitness Kingwood
2510 Mills Branch Drive
281.360.2198

Snap Fitness New Caney
20851 FM 1485 W (Next to Food Fair)
281.761.6101

Snap Fitness Splendora
13841 US Hwy 59 (Next to Splendora Cafe)
281.689.9555

Building Healthy Bones
Participants will use assorted light weights to increase muscle strength and build healthier bones. The first class will provide information on how participants can purchase the proper sized weights. Please bring bottled water and a large towel to cover your chair. Students should also wear comfortable clothing and closed-toe shoes.

Yoga
Improve your well-being through yoga. Yoga focuses on stretching, balance, breathing, and meditation (concentration). Please bring a floor mat and wear comfortable clothing.

Check Out Our Website!
LoneStar.edu/All
A Non-Medical Approach to Better Sleep
New research shows that after diet and exercise sleep is the third component of a healthy and long life. Deep, restful sleep affects your immunity, your appetite, your energy levels, and your memory. Come and learn a wide range of helpful hints to refresh body and mind through a blissful sleep.

The following three classes will be hosted by Nick Weiler, a missionary to over 30 countries and devoted hospice worker in the Houston area. Nick’s mission work, both home and abroad, has inspired a tireless work ethic focused on providing compassion and understanding that each life is unique, and dignity is sacred.

Basics of Hospice
Hospice offers caring, personalized medical, social and spiritual support for patients and their families. Learn about this important service that provides compassionate end-of-life care.

Your Body Under Stress
What happens to our organs and biochemistry when we’re stressed out? Many people believe that chronic stress is only psychological with no impact on physical health. Experts across medical disciplines agree that this is a dangerous misperception. This class will explain how stress affects multiple organs and provide ways to achieve a stress resilient body and mind.

Nutritional Health and Wellness
How does the bacteria on your food enhance your body’s functions? This and other interesting research about nutrition will be discussed in this lecture.

Should you Believe Medical Information Reported by the Media?
Join Dr. Harry Adams as he explores the medical information presented by the media. What is myth and what is accurate? How can you tell the difference? A variety of topics will be discussed—cure for the common cold, disease screening, weight loss programs, medical marijuana, new drugs, alternative medicine, drug prices, etc.

What Are Modern Day Chemicals Doing to Us?
Have you ever wondered if the chemicals you use to clean your home are safe? Do you wonder if your children could be affected? Come learn exactly what’s in those products as well as some safe alternatives.

Health Hacks: Simple Ideas for Healthy Living & Aging
Eat right, exercise, sleep and manage your stress! Hear some “health hacks” or techniques for healthy living and aging gracefully. Join Moritza Day.

HISTORY

The Persian Empire
The Persian Empire rose rapidly to become the greatest empire of its time. It also faded quickly. How did all this happen? How was the empire organized? What lessons can we learn from it? Specifically, how did the Persians influence subsequent Western Civilization? Join Michael Condit for this lecture.

Spacecraft Systems Evolution
Frank will discuss spacecraft systems from past programs and how they are evolving into new systems which will be used for future flights to the Moon and to Mars. Multiple examples from the Apollo and Space Shuttle aircrafts will be used to show the improvements and modifications being made for future flights.

First Man
Frank will entertain you with inside views from his support to the Neil Armstrong biopic, First Man, which opened last October in area theatres. The movie is based on the authorized biography First Man: A Life of Neil A. Armstrong, by James Hansen. As a Technical Adviser, Frank was able to assist in making some of the most interesting and exciting scenes in the movie. Find out what the director, the cast and the movie people were thinking compared to what the astronauts were thinking during those scenes in the making of this historic movie. Frank presented this program at our Lone Star College System Office last fall, but many of our LSC-Kingwood ALL members were not able to attend, so he is repeating the program for us this semester.

Comanches, Lords of the Southern Plains
The Comanche Indians ruled a large part of Texas for over a hundred years, were responsible for the formation of the Texas Rangers and arguably, the Texas Revolution. Join Ed Tarver for this discussion of why the Comanche Indians ruled Texas.
Join LSC-Kingwood History Professor, Steve Davis, as he presents the below three below classes:

Woodstock 50 Years Later
This will be a presentation on the origins and outcome of the famous Woodstock rock festival which occurred fifty years ago this past August. It will feature clips and recordings of iconic performances by Jimi Hendrix, Santana, the Who and others.
16171 W 2/12 9-10:30 a.m. EMCID 109 Davis

Highway 59 Revisited: The East Texas Blues
Steve will present the great blues men (and women!) from Texas. Most of them hailed from the Highway 59 corridor that spans from Sugarland to Texarkana. Featured artists will include Lightnin’ Hopkins, T-Bone Walker, Leadbelly, Big Mama Thornton, and the late, great Johnny Ace!
16163 W 2/19 9-10:30 a.m. EMCID 109 Davis

The Beatles and the Manson Murders
In August 1969 Charles Manson and his followers shocked the nation with a series of brutal murders in Los Angeles. Fifty years later, this presentation will make the connection between the Manson murders and the music of the Beatles.
16167 W 2/26 9-10:30 a.m. EMCID 109 Davis

History Professor Sandra D. Harvey, LSC-CyFair, will explore the events leading up to the 1916 Jesse Washington lynching in Waco, Texas as well as race relations and mob violence in this small town. This little-known murder took place in the Waco city square with over 10,000 spectators, including the mayor and the police chief. Dr. Harvey has a Ph.D. in history with an area of concentration on race, class and gender in the 20th century U.S.
15756 Th 2/13 10 a.m.-12 p.m. EMCID 109 Harvey

Mark your calendars! Popular history professor Tracy Derks will teach the following three classes:

The Lost Cause
At the end of the Civil War some Southerners conjured a myth about their defeat, explaining away the war as unnecessary; a fight over states’ rights, or as a David and Goliath struggle, doomed to lose yet fought gallantly, to win. All in an effort to invent a noble reason for all the death and destruction of the war.
15736 T 2/25 2-4 p.m. EMCID 109 Derks

The Wizard of Oz
It’s not just a story for children. Could the beloved classic really be an allegory of Gilded Age politics and the riotous discontent of the American farmer? This lecture explores symbolism in the movie (and book) related to characters and incidents in it to the historical events and figures of the 1890s. Scenes of the movie will be viewed to explain this symbolism.
15742 T 3/31 2-4 p.m. EMCID 109 Derks
Irish Immigration
In the 1840s thousands of desperate people fled Ireland and crossed the Atlantic ocean to the promised land of America. An exploration of why immigrants left their homeland and what they found when they reached America.

15732  T  4/7  2-4 p.m.  EMCID 109  Derks

Prehistory of the U.S. Gulf Coast Region
Follow Mary LeBlanc as she discusses the history of the Gulf Coast region of the U.S. in three sessions. The class covers population of this area from the first ice age Paleoindians and the marks that they left along the San Jacinto River where their artifacts are sometimes found. Early hunters hunted mastodon and other big game in this area 10,000 or more years ago. Some of them lived along the San Jacinto River on top of the salt domes like Moonshine Hill. It covers the Paleoindian period to the time just before the arrival of Europeans. It covers an assortment of cultures which affected this area such as Tchefuncte; a people whose pottery is sometimes found along Galveston Bay. Tchefuncte culture was more than 2,000 years ago. There is a Tchefuncte mound in Porter. This presentation is a slide show with photos of artifacts and places important to this history.

15782  T  3/17-3/31  1:30-2:30 p.m.  EMCID 109  LeBlanc

Cuneiform to Computers: The History of Libraries
Librarian Jane Stimpson will introduce you to the millenial-long history and cultural significance of libraries, from ancient Sumerians to Andrew Carnegie, and rare books to the Library of Congress Twitter archive. We’ll cover the transformation of libraries from institutions that once served only society’s elite to the unique role they play today in helping users navigate the information age, as well as local library treasures in the Houston area.

15790  M  5/4  3-4:30 p.m.  EMCID 109  Stimpson

LANGUAGES

Conquer with Knowledge
Saints Cyril and Methodius were two brothers (born 827 and 815), who were Byzantine Christian missionaries and influenced the cultural development of Slavs by inventing the Cyrillic alphabet. By the end of the course, you will know how to write your name in Cyrillic. Born in Sofia, Bulgaria, Elly Hard worked in different industries and countries. The Cyrillic alphabet is still her favorite, and you will learn why!

15748  Th  3/26  2-3:30 p.m.  EMCID 109  Hard

MOVIES, MUSIC & THEATER

Mountain Dulcimer
Join Jo Ellen Winslow to learn the basics, from tuning to strumming. Discover how easy it is to play the dulcimer using tablature. You do not have to know how to read music. Bring your dulcimer, a tuner if you have one, and a binder to hold music. Come and enjoy your instrument.

16183  W  2/5-5/6  9:30-11 a.m.  EMCID 110  Winslow

The Magnificent Seven
Looking to mine for gold, greedy industrialist Bartholomew Bogue seizes control of the Old West town of Rose Creek. With their lives in jeopardy, Emma Cullen and other desperate residents turn to bounty hunter Sam Chisolm (Denzel Washington) for help. Chisolm recruits an eclectic group of gunfighters to take on Bogue and his ruthless henchmen. With a deadly showdown on the horizon, the seven mercenaries soon find themselves fighting for more than just money once the bullets start to fly. Join Judy Averill for fun entertainment and popcorn!

16195  W  3/4  12:30-2:30 p.m.  EMCID 109  Averill

Themes in Country Music
Ken Burns has produced another one of his classic documentaries, this time about country music. This presentation is an extension of that program. A 30-minute lecture will be followed by a live performance of a number of tunes demonstrating the various themes in country music. Your presenter is Tony Foster, Professor of Sociology/Psychology at LSC-Kingwood, who has also been a professional musician for 40+ years focused primarily on folk, bluegrass, and country. He will be joined for the live performance by his wife, Monica.

16173  F  3/20  2-3 p.m.  EMCID 110  Foster

Music Theory
Join Meredith Garrou and learn the basics of music theory from someone who has been teaching music theory for over 25 years. Bring a pencil and eraser to class.

16175  M  3/23  12:30-2 p.m.  EMCID 109  Garrou

The Green Book (2019 Academy Award: Best Picture)
Academy Award nominee, Viggo Mortensen and Academy Award winner, Mahir Shala Ali, star in The Green Book, a film inspired by a true friendship that transcended race, class, and the 1962 Mason-Dixon line. When “Tony Lip” (Mortensen), a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley (Ali), an African American world-class pianist, on a concert tour from Manhattan to the Deep South, they must rely on “The Green Book” to guide them to the few establishments that were then safe for African Americans. Confronted with racism, danger as well as unexpected humanity and humor, they are forced to set aside differences to survive and thrive on the journey of a lifetime. Join Betty Newton for a relaxed time of movie and popcorn!

16181  T  4/28  1-4 p.m.  EMCID 109  Newton
**POLITICAL & COMMUNITY AFFAIRS**

**No Holds Barred**
What do you think about the controversial issues of our times: the state of our democracy; immigration policies; fake news; strengths and weaknesses of diversity; international trade and tariffs; the competency of the president; can the military defend America in the 21st Century; and what’s happening to the middle class. Join Steve Little to discuss your opinions, arguments, observations, and passions with others like yourselves in an atmosphere of vigorous and respectful debate. Your opinions are more important than ever. Speak and be heard!

16192 T 2/4-3/31 2-4 p.m. EMCID 110 Little

**Flooding in Harris County: What’s Happening & Why**
Join Cycreekstoptheflooding.com spokesman, Paul Eschenfelder, for a look at local flooding issues and what we can do about it.

16188 Th 4/30 1-2 p.m. EMCID 109 Eschenfelder

**READING & WRITING**

**Writing is Exciting**
This interactive writing workshop now enters its third year. We welcome those who want to achieve clarity in all forms of their writing, from correspondence, essays, fiction, non-fiction, and autobiographical projects. More than teaching a specific style of writing, this class encourages and nurtures each person to find his or her own voice and unique style. All assignments are read out loud in class to elicit positive critique from other class members in an environment of support and encouragement. At the end of the semester, the best of each writer’s efforts will be bound into a booklet, something to keep and remember about the experience. Writers are encouraged to enter their work in some of the many writing competitions held annually, locally, and around the country. Writing is a cornerstone of our daily lives; we can and should continue to improve written communication. Come join us and add your skills, talents, and aspirations to this fine effort. The class is taught by Steve Little.

16203 Th 2/6-4/2 2-4 p.m. R.B. Tullis Library Little

**EMCID Book Club**
Join the EMCID Book Club that meets on the third Tuesday of every month to discuss books of common interest covering topics such as fiction, history, biography, travel, politics, science, etc. The following books will be discussed: *Unsheltered* by Barbara Kingsolver, Feb. 18; *The Great Alone*, by Kristin Hanna, March 17; *The Dressmakers Gift* by Fiona Valpy, April 21. Diane Moore is the group facilitator.

16211 T 2/18 1-3 p.m. R.B. Tullis Library Moore
16208 T 3/17 1-3 p.m. R.B. Tullis Library Moore
16206 T 4/21 1-3 p.m. R.B. Tullis Library Moore

**SAFETY**

**ID Fraud**
Sgt. Slack will discuss ID fraud and crimes that are being perpetrated on our citizens today. Learn what to watch out for and how to avoid being scammed. You should always be aware of your surroundings.

16218 T 4/7 9:30-11 a.m. EMCID 109 Slack
Facebook Safety 101
Whether you are now on Facebook or want to join, come learn the basics and how to set up a home page as well as how to create posts and add pictures. Sgt. Slack will also instruct us on the privacy settings he recommends protecting personal information that you may not want to broadcast on the Web.
16216 T 4/14 9:30-11 a.m. EMCID 109 Slack

Facebook Safety 201
This class is a continuation of Facebook Safety 101. Sgt. Slack will provide a more comprehensive lesson about Facebook use and safety.
16217 T 4/28 9:30-11 a.m. EMCID 109 Slack

AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing, and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation, and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license. Bill Power will be your AARP instructor. Note: Participants do not need to be ALL members to register for this class.
16220 W 4/22 9 a.m.-1 p.m. EMCID 109 Power

SCIENCE & NATURE

Your Wild Neighbors
Urban sprawl continues to impact the survival of our native wildlife. Cathie Coudert, Friends of Texas Wildlife, will discuss how to recognize when an animal is truly orphaned and when assistance is not necessary. She will also share what a wildlife rehabber in our area does and the common injuries that we see at our wildlife center daily. Join Cathie Coudert, Education Coordinator for Friends of Texas Wildlife, Giving Wildlife a Second Chance.
16230 M 2/3 10 a.m.-12 p.m. EMCID 109 Coudert

Airplanes
Jim Gummelt teaches this course on how an airplane works. What’s that bump and squeak we hear as we travel through air? Students will learn the general mechanics of aircraft, theory of flight, and other fascinating aviation tidbits.
16236 W 3/4 1-3 p.m. EMCID 109 Gummelt

Small and Swift, Big and Beautiful: An Introduction to Raptors
A beginner’s introduction to the wonderful world of birds of prey, also called raptors. From the majestic Bald Eagle to the diminutive, blue jay sized American Kestrel, raptors are fascinating to watch and appreciate. Where do you find them? How do you identify them? What books or apps are available to enhance our understanding of them? These and other questions will be answered in our class. Photographs of some local raptors will be shown.
16234 F 2/7 1-3 p.m. JHJP Gregg

A World of Color
Participants will take a short walk to Redbud Hill Homestead and learn how to use plant materials as a natural dye for wool and cotton. Plants will include Mexican mint marigold, black walnuts, and pokeweed berries. Learn how Mexican and Anglo settler women brought rich color to their lives in early Texas.
16242 F 4/3 1-3 p.m. JHJP Yordy

Fish of Spring Creek
Come to Jesse Jones Park and learn about the diversity of freshwater fish that live in Spring Creek with a secondary focus on adaptations and strategies for survival.
16241 F 5/1 1-3 p.m. JHJP Naivar

The Complex Language of Birds
Birds have a complex way of communicating through songs and chirps. In this course, we will first hike with a list of potential birds that we might find in the park and try to “bird by ear”. Then we will go back to the classroom to learn about the meaning of certain calls, tips of how to remember the songs and test our knowledge with a game of identification.
16238 F 2/21 9-11 a.m. LHWP Hollenbeck
Basic Wilderness Survival Skills
Dive into the basics of wilderness survival within the Piney Woods ecosystem. We will discuss edible plants, dangers to look out for, and survival essentials. On our hike, we will look for edible plants and collect firewood to try out our fire building skills.
16245 T 3/3 2-3:30 p.m. EMCID 109 Shmaefsky

Native Gardening and Its Impacts on the Ecosystem
Native Gardening is something that everyone can do, and it helps the ecosystem. In this course, you will learn how to make a difference in your own yard, as well as attracting beautiful pollinators. We will talk about the benefits of native plants and identify how to keep invasive species out of your backyard. Then we will take a short walk through our native garden and look for pollinators.
16240 F 4/17 9-11 a.m. LHWP Hollenbeck

SENIOR ISSUES

Healthcare Resources for Seniors
On the below dates and times classes will be presented that will address healthcare topics to provide support and education for seniors. The specific topics will be sent in the Weekly Email. They will be presented by Donna Alpers, Account Executive for Angels Care Home Health, whose passion is community education for senior adults and being a healthcare resource for the community:
16331 T 2/4 2-3 p.m. EMCID 108 Alpers
16333 T 3/3 2-3 p.m. EMCID 108 Alpers
16335 T 4/7 2-3 p.m. EMCID 108 Alpers
16336 T 5/5 2-3 p.m. EMCID 108 Alpers

Nature or Nurture: The Latest About the Science of Aging Senior Issues
There are many myths about the aging process in humans. Aging is a natural process that involves complex changes to the body. This presentation will provide information about the latest research on human aging and the roles of genetics and environmental factors. The reality of anti-aging strategies will be discussed. Dr. Shmaefsky is a professor of Environmental Science at LSC-Kingwood. He volunteers internationally as an environmental policy consultant on water quality and environmental remediation.
16245 T 3/3 2-3:30 p.m. EMCID 109 Shmaefsky

The following two classes will be taught by Dr. Elizabeth Saxon:

Improving Brain Function as We Age
How to understand your brain as we age. Would you like to create strategies to keep your brain active and memory healthy? Know how your brain works and why neuroplasticity can improve the quality of your life in middle age and beyond. “The journey of a thousand miles begins with a single step,” Lao Tzu.
16406 Th 3/5 2-3:30 p.m. EMCID 109 Saxon

Understanding How Your Brain Affects Your Life
Success and happiness are what most of us seek as part of our work/life balance, which changes during our life span. Learn about neuropsychology and how to achieve our maximum potential. Learn techniques to maximize interpersonal relationships at home and work. Lao Tzu said, “Watch your thoughts, they become actions. Watch your actions, they become habits. Watch your habits, they become your character. Watch your character, it becomes your destiny.”
16409 W 4/1 2-3:30 p.m. EMCID 109 Saxon

TRAVEL & CULTURE

Join Captain Mike Jacobs, a drilling rig captain and offshore marine consultant, as he teaches the two below classes:

How do Mega Ships Load and Transport Mega Objects?
Have you ever wondered how a 60,000-ton offshore drilling platform that has been constructed in South Korea is then transported to the Gulf of Mexico aboard a heavy-lift, self-propelled vessel or how about transporting the damaged USNS “Cole” from the Yemen to Norfolk, Virginia? Captain Jacobs will explain the process using his collection of photos, videos and many first-hand experiences, exactly what is involved with these activities, and how technical problems are overcome.
15999 Th-Th 3/3, 3/5 10 a.m.-12 p.m. EMCID 109 Jacobs

Mega Ships Documentaries
As a follow-up to the above classes about Mega Ships, Captain Jacobs will present two documentaries: Na Kika regarding loading and transporting a huge offshore production platform from South Korea to Texas. The second film is Transporting the $220 Million Dollar Oil Rig Laurus from Singapore to Mexico.
15705 Th-Th 3/3, 3/5 10 a.m.-12 p.m. EMCID 109 Jacobs

Travel with Steve
Planning to leave the U.S. on a vacation trip this year? Join Steve Wright, a seasoned world traveler, who takes two or more international trips each year. Steve will share his knowledge and experience with you, explaining how to plan a great trip, what Internet sites can assist you, and what to pack in your bags.
16008 T 4/21 1:30-3:30 p.m. EMCID 108 Wright

Montgomery County Memorial Library System

Information, Ideas, and Interactions
Thank you to the R. B. Tullis branch of the Montgomery County Memorial Library System for hosting many of our Academy for Lifelong Learning classes.
TRIPS & TOURS

Each member must complete a Participant Release and Indemnification Agreement Form before being added to the trip list. This form is on the website at LoneStar.edu/ALL-Kingwood. All trips require that members bring money for their own lunch. Most tours require an entrance fee payment.

Unless you have a METRO senior discount card, bring the following:
- $8 (one dollar bills)
- $2 (quarters) for METRO Bus Fare
- $5 for METRORail Fare

Participants that are confirmed to go on the trip will receive a phone call from the volunteer trip coordinator to discuss details. IF YOU DID NOT RECEIVE A PHONE CALL YOU DID NOT MAKE THE TRIP. If you need to cancel, please call 281.312.1756.

Trinity Episcopal Church
A church docent will lead this tour of the second oldest Episcopal church in Houston, founded in 1893 in what is now Midtown. There are many beautiful windows in both the main sanctuary and in the modern chapel. There is no charge for the tour. Lunch will be at your own expense at a to-be-determined restaurant. Please bring cash for bus and rail fares. Exact change is required: $3.50 for the METRO bus each way and $1.25 for the METRORail each way.

16276  Th  2/6 9 a.m.-3 p.m.  Offsite  Lively

Meet You There: Tour the LSC-Kingwood Campus
Join Lone Star College-Kingwood Outreach & Recruitment staff member, Jasmine James, for a tour of the Kingwood campus. Many renovations have been made since the damage from Hurricane Harvey. There will be a College 101 presentation, some prize giveaways, a brief chat with campus services, and a 45-minute walking tour with frequent rest breaks. In addition, participants will be able to see the “Harvey Water Lines” in each of the flooded buildings! Meet in the lobby of the SCC Building, LSC-Kingwood, 20000 Kingwood Drive. Park in Parking Lot A. A campus map is available at LoneStar.edu/maps-Kingwood.

16250  F  3/27 10-11:30 a.m.  SCC Building  James

20th Century Main Street Architecture
This tour with Preservation Houston’s Jim Parsons traces Main Street’s role as the center of activity of much of Houston’s history. We will visit early businesses and skyscrapers, retail stores, banks and sites of movie palaces. There is a $15 charge for the tour. Lunch will be at your own expense at a to-be-determined restaurant. Please bring cash for bus and rail fares. Exact change is required: $3.50 for the METRO bus each way and $1.25 for the METRORail each way.

16274  Th  3/26 9 a.m.-3 p.m.  Offsite  Parsons

“I have been a member of the Academy of Lifelong Learning almost from the beginning and it has been a wonderful thing in my retirement. I’ve learned a lot and made friends along the way. It has enriched my life.”

Sylvia Fulton, LSC-Kingwood Campus ALL Member

University of Houston
Join Jim Parsons of Preservation Houston for a tour of the University of Houston’s public art collection followed by lunch at the Hilton School of Hotel Management’s restaurant. There is a charge of $15 per person for the tour. Lunch will be at your own expense. Note! There will be extensive walking on this tour. Please bring cash for bus and rail fares. Exact change is required: $3.50 for the METRO bus each way and $1.25 for the METRORail each way.

16275  W  4/22 8 a.m.-4 p.m.  Offsite  Parsons

METRORail and METRO Using Your New METRO Card
Ride the METRO bus downtown and continue the METRORail to the end of the line before returning to the museum district. We will stop at the Museum of Fine Arts for a short visit. While there, you can tour the permanent exhibits at the museum free and/or have lunch at your own expense. Steve Wright will be your tour guide. PARTICIPANTS MUST HAVE RECEIVED THEIR Discount METRO Q® Fare Card or METRO Day Pass BEFORE TAKING THIS TRIP. Travel expenses using the card via METRO are reduced for those aged 65-69 and free for those 70 and over. When you register for the class, you will be given the form to complete to obtain your pass. You must allow at least two weeks to receive your card in the mail. It’s easy and we will help you, just bring your driver’s license!

16525  Th  4/23  9 a.m.-3 p.m.  Houston  Wright
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How to Register

Attend our Open House:
  Tuesday, January 14, 2020
  1-3 p.m.
  LSC-Atascocita Center

Come by the Continuing Education office at the LSC-EMCID Center any time after Open House to register for ALL membership and classes:

East Montgomery County Improvement District (EMCID) Center
21575 Highway 59 N
New Caney, TX 77357
Monday–Friday, 8 a.m.–5 p.m.

LSC-Kingwood
Technology Instructional Building (TIB)
20000 Kingwood Drive
Monday–Friday, 8 a.m.–5 p.m.

Important Information:

Get Your Student ID Card

The student ID card becomes your library card for Lone Star College Libraries.

Parking Permits

Lone Star College campuses do not require parking permits to park on campus.

Important Contact Numbers

Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.312.1600

LSC does not endorse the opinions, services or products offered by the instructors.

Contact Us

LSC-KINGWOOD
Continuing Education (CE)
LSCKCE@LoneStar.edu
281.312.1660

LSC-ATASCOCITA CENTER
KWALL@LoneStar.edu
832.775.0842

LSC-EMCID CENTER
281.312.1750

Mail Registration Forms to:
LSC-EMCID Center/ALL
21575 Hwy 59N, Suite 111
New Caney, TX 77357

LSC-Atascocita Center
15903 West Lake Houston Parkway
Atascocita, Texas 77044
832.775.0842
MEMBERSHIP
Enjoy the membership benefits at all seven Lone Star College campuses and three offsite centers. The yearly membership fee of $25 is between September 1-August 31. You will be able to take courses and enjoy the membership benefits and selected services at LSC-CyFair, LSC-Houston North (including LSC-Houston North Victory), LSC-Kingwood (including LSC-EMCID and LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. If you joined in fall 2019, you do not pay again until fall 2020.

ARTS & CRAFTS

Scrapbooking 101
Join instructor Wanda Lamb for a fun day of scrapbooking. You will learn how to create books that preserve your pictures. You do not need previous knowledge of scrapbooking to enjoy and learn from this class. Students should bring the following materials, which can be purchased at any local crafts store: adhesive tape runner (Tombow/3-M/Recollections, small pair of scissors, and 6-10 pictures. Instructor will provide everything else, including a small book for your work.)

16326 T 3/24 9-11 a.m. AC156 Lamb

COMPUTER & TECHNOLOGY

Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:

• Go to LoneStar.edu
• Select myLoneStar near the top right on your screen.
• Select Get Username and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

If you are unable to complete the above, call 832.813.6600 for assistance.

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.

The following three courses will be taught by Ying Shen:

iPhone and Apps
Learn iPhone basics and features. Become familiar with basic apps and learn how to use common apps. Get the information you need to get up and running with your iPhone and feel you are in control of your device.

15847 M 2/17 1:230 p.m. AC 156 Shen

Introduction to Windows 10
Learn about some of the new features available in Windows 10: the new Start Menu, where all of the old Windows features are found (Control Panel, Printers and Devices, etc.), how to customize the Start menu, and how to use the Taskbar for easy access to apps. You will also learn how to use Edge, the new web browser from Microsoft, and other magical features available in Windows 10. Prerequisite: Basic working knowledge of a computer

15844 Th 2/20 9-11 a.m. AC 153 Shen

Advanced Microsoft Excel
Students will learn Excel 2016 advanced features such as searching the workbook using the Find feature and modifying content using the Replace feature, organizing your data and finding what you need, using freezing panes and view options. Topics also include sorting and filtering, using groups and subtotals, working on tables and charts. Finally, students will learn how to use Pivot Tables. Prerequisites: Students must have LSC Username and password. Introduction to Microsoft Excel and equivalent knowledge.

15838 Th 2/27 9-11 a.m. AC 153 Shen

FUN, HOBBIES & RECREATION

Fun Stuff for Folks 50+
Are you recently retired? Perhaps, new to area? Maybe you’re 50+, looking for fun stuff to do? We are just like you! We found card games, yoga, Pilates, bus trips, pickle ball & more. This class will discuss locations and describe pickle ball, the fastest growing sport for women & men over 50. Are you Interested? See you in class! Presented by Barbara Murdock with the assistance of Ying Shen and C. Padillo.

17240 W 3/26 9-11 a.m. AC 156 Murdock
# HEALTH, FITNESS & NUTRITION

## Fitness Center at LSC-Kingwood

Join the LSC-Kingwood Fitness Center located in the FTC Building on campus! You must bring your LSC-Kingwood ALL ID Card with you to use the center. Go to LoneStar.edu/24771 for more information including hours of operation. It is best not to arrive before 8 a.m.

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<td>16572</td>
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<td>1/2-5/8</td>
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Join Jay Werner of Trusted Benefits Group as he provides the below classes:

### Medicare Basics

This will be an overview that provides an understanding of all parts of Medicare including Parts A, B, C, D and supplemental coverage. Included in the seminar will be key dates and new period to change coverage. Also, how to apply, when and being prepared for Medicare. Classes will be held on 2/5, 3/18, and 4/29.

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<td>16247</td>
<td>W</td>
<td>2/5-4/29</td>
<td>11 a.m.-12:30 p.m.</td>
<td>AC 156 Werner</td>
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### Medicare Supplements

We will cover the basics, what plans are available, coverage, what a supplement will do for you, what’s not covered, and other benefits. Classes will be held on 2/19 and 4/1.

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<td>AC 156 Werner</td>
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### Medicare PDP

We will cover the basics, how drug coverage works, getting extra help, coverage choices, how to choose a drug plan and tips for using your coverage. Classes will be held on 3/4 and 4/15.

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## Snap Fitness

Working out is a snap at Snap Fitness! Enjoy free membership on Mondays-Thursdays during February at any of the three Snap Fitness locations: Kingwood, New Caney or Splendora. ALL members can work out during the hours noted below. The facilities have a wide variety of state-of-the-art cardio and strength-training equipment. You will be required to present your ALL membership card and sign a Guest Waiver Form during your first visit.

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<td>16149</td>
<td>M-Th</td>
<td>2/3-2/27</td>
<td>10 a.m.-1 p.m.</td>
<td>Snap Fitness</td>
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### Snap Fitness Kingwood

2510 Mills Branch Drive  
281.360.2198

### Snap Fitness New Caney

20851 FM 1485 W (Next to Food Fair)  
281.761.6101

### Snap Fitness Splendora

13841 US Hwy 59 (Next to Splendora Cafe)  
281.689.9555

Carol Deeb will teach the following two fitness classes at Friendship United Methodist Church, 22388 Ford Road in Porter. Members interested in signing up should check with their health care providers to determine whether the class is suitable for them:

### Building Healthy Bones

Participants will use assorted light weights to increase muscle strength and build healthier bones. The first class will provide information on how participants can purchase the proper-sized weights. Please bring bottled water and a large towel to cover your chair. Students should also wear comfortable clothing and closed-toe shoes.

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<td>Friendship UMC Deeb</td>
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### Yoga

Improve your well-being through yoga. Yoga focuses on stretching, balance, breathing, and meditation (concentration). Please bring a floor mat and wear comfortable clothing.

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<td>Friendship UMC Deeb</td>
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### You Make Me So MAD!

This course is based on the book Nonviolent Communication (NVC) by Marshall Rosenberg, PhD. Learn skills to create inner and outer peace by applying a simple, four-part process. Respond effectively when emotional buttons are pushed. Uncover what is behind hurtful messages. Transform blame, anger, and criticism into compassion. Dissolve enemy images. Create more connection, joy, and clarity internally and with others. Your instructor will be Joal McDonald, a moderator, peace coach, and Nonviolent Communication certification candidate.

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**JOIN US FOR OUR SPRING OPEN HOUSE**

ACADEMY FOR LIFELONG LEARNING

**LSC-Atascocita Center**

Tuesday, January 14, 2020  
1-3 p.m.  
15903 West Lake Houston Parkway  
Houston, TX  77044

For more information, call 281.312.1750
How CBD Works with the Endocannabinoid System
We will discuss the system in the body which allows us to respond to CBD. Also, safety precautions when taking CBD oil will be covered including, but not limited to prescription drug interactions. Additionally, we will discuss how to safely use CBD products with your existing prescriptions, legal precautions, product contamination and more.
16086 W 2/12 1-2:30 p.m. AC TBA Ekpema

How to Achieve Hormonal Balance Naturally
This is a great opportunity for women to learn about natural ways to achieve hormone balance. You will learn about everything from diet to lifestyle tips to Bio-Identical Hormone Replacement Therapy. Men who want to learn how to help the women in their lives are also welcome.
16090 W 2/26 10-11:30 a.m. AC 156 Ekpema

Do We Really Need to Drink Milk?
You may be healthier without dairy in our diet. During this class, you will have the opportunity to learn about how the body reacts to dairy after infancy and re-think some long held beliefs most of us have surrounding dairy products.
16077 W 3/18 1-2:30 p.m. AC TBA Ekpema

Effectively Speaking to your Physician or Pharmacist about Natural or Alternative Treatment Therapies
Many people struggle with taking prescription medications and wonder whether a supplement or herb could serve the same purpose but have fewer side effects. They also struggle with how to communicate this with their health care providers. In this class, you will learn when and how to effectively communicate your needs with your medical team and get positive results. You will also learn how to be a part of the decisions being made in your healthcare and give valuable input.
16094 W 4/22 1-2:30 p.m. AC TBA Ekpema

Languages

Spanish, Conversational for Beginners
Join Xio Bussio as she teaches you the basics of Spanish. Please note that the class will meet on 2/3, 2/24, 3/16, 3/30, 4/13, 4/27 and 5/4.
16450 M 2/3-5/4 2-4 p.m. AC 156 Bussio

Reading & Writing

Atascocita Book Club
Come out for great socialization and discuss the following books by Sue Miller: While I was Gone (Feb. 24), The Good Mother (April 23). Mattie Sharp will facilitate the group.
16214 M 2/24 2-4:00 p.m. AC 156 Sharp
16212 Th 4/23 2-4:00 p.m. AC 156 Sharp

Safet

AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver's license. Bill Power will present the class. Note: Lone Star College students do not need to be LSC-ALL members to register for this class.
16225 T 4/28 9 a.m.-1 p.m. AC 156 Power

Science & Nature

Increasing Pollinator Populations
Learn how to create a beautiful “mini garden” using plants/soil to attract butterflies, dragonflies, humming birds, and other pollinators best for our climate and environment. Join Dr. Renae Lister who is a Texas Master Gardner with a passion for healthy living. She knows firsthand the benefits gardening has on joint relief and pain management.
16277 Th 3/26 2-4 p.m. AC 156 Lister

Your Wild Neighbors
Urban sprawl continues to impact the survival of our native wildlife. Cathie Coudert, Friends of Texas Wildlife, will discuss how to recognize when an animal is truly orphaned and when assistance is not necessary. She will also share what a wildlife rehabber in our area does and the common injuries that we see at our wildlife center daily. Join Cathie Coudert, Education Coordinator for Friends of Texas Wildlife, Giving Wildlife a Second Chance.
16227 Th 4/16 10 a.m.-12 p.m. AC 156 Coudert

Lone Star College HELPDESK is available 24/7
832.813.6600
The following classes will be at Jesse H. Jones Park & Nature Center (JHJP), a 333-acre nature park located approximately 1.25 miles west of US 59 off FM 1960. Turn right at Kenswick Drive and drive north until it dead-ends into the park. Call 281.446.8588 if you get lost and need directions. The park preserves Native American and pioneer lifestyles that were commonly found along the banks of Cypress and Spring Creeks during the late 1700s and early 1800s. Classes will begin in the Visitors Nature Center at the entrance to the park. All classes include walking tours after the indoor presentations, as weather permits. Be sure to bring water, sunscreen, and bug spray.

Small and Swift, Big and Beautiful: an Introduction to Raptors
A beginner’s introduction to the wonderful world of birds of prey, also called raptors. From the majestic Bald Eagle to the diminutive, blue jay sized American Kestrel, raptors are fascinating to watch and appreciate. Where do you find them? How do you identify them? What books or apps are available to enhance our understanding of them? These and other questions will be answered in our class. Photographs of some local raptors will be shown.

A World of Color
Participants will take a short walk to Redbud Hill Homestead and learn how to use plant materials as a natural dye for wool and cotton. Plants will include Mexican mint marigold, black walnuts, and pokeweed berries. Learn how Mexican and Anglo settler women brought rich color to their lives in early Texas.

Fish of Spring Creek
Come to Jesse Jones Park and learn about the diversity of freshwater fish that live in Spring Creek with a secondary focus on adaptations and strategies for survival.

The following three classes will be held at Lake Houston Wilderness Park (LHWP). There is a park entrance fee of $3 for those aged 64 or under. Entrance is FREE for adults aged 65 and older and for retired and active military personnel. The park entrance is at 25840 FM 1485 in New Caney, 2.5 miles east of Loop 494. Call 832.395.7690 for information. Be sure to bring water, sunscreen, and bug spray. A Park Naturalist will be your instructor. Classes provide a presentation and hiking segments. Please wear comfortable shoes when hiking. Before and after class, the park is available for picnicking, hiking, or just relaxing and watching nature.

The Complex Language of Birds
Birds have a complex way of communicating through songs and chirps. In this course, we will first hike with a list of potential birds that we might find in the park and try to “bird by ear”. Then we will go back to the classroom to learn about the meaning of certain calls, tips of how to remember the songs and test our knowledge with a game of identification.

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On the below dates and times classes will be presented that will address healthcare topics to provide support and education for seniors. The specific topics will be sent in the Weekly Email. They will be presented by Donna Alpers, Account Executive for Angels Care Home Health, whose passion is community education for senior adults and being a healthcare resource for the community:

Improving Brain Function as We Age
Join Elizabeth Saxon and find out how to understand your brain as we age. Would you like to create strategies to keep your brain active and memory healthy? Know how your brain works and why neuroplasticity can improve the quality of your life in middle age and beyond. “The journey of a thousand miles begins with a simple step,” Lao Tzu.
TRAVEL & CULTURE

Hey, Let’s Travel!
Join Certified Cruise Counselor, Pam Holland, a professional travel specialist and owner of Traveling Grace Vacations who specializes in accessible travel. Learn how to plan that exciting vacation that has been on your bucket list for years. Learn how to set up accommodations for accessibility needs; the most popular “must see” vacation destinations, why you need travel insurance, travel tips & tricks, and how to pack what you need and leave what you don’t.

15990 W 2/12 11 a.m.-12:30 p.m. AC 156 Holland

TRIPS & TOURS

Participants MUST complete a Participant Release and Indemnification Agreement form for each trip. Please note that registration forms are NOT used for trips, members are placed on the trip list by the date/time the fully executed Participant Release and Indemnification Agreement is received. Forms can be found on the Academy for Lifelong Learning LSC-Kingwood website: LoneStar.edu/ALL-Kingwood.

Most tours require an entry fee payment and participants are responsible for lunch at their own expense. Participants that are confirmed to go on the trip will receive a phone call from the volunteer trip coordinator to discuss details. IF YOU DID NOT RECEIVE A PHONE CALL YOU DID NOT MAKE THE TRIP. If you need to cancel, please phone 281.312.1756.

Unless you have a METRO senior discount card, bring the following:
$8 (one dollar bills)
$2 (quarters) for METRO Bus Fare
$5 for METRORail Fare

Trinity Episcopal Church
A church docent will lead this tour of the second oldest Episcopal church in Houston, founded in 1893 in what is now Midtown. There are many beautiful windows in both the main sanctuary and in the modern chapel. There is no charge for the tour. Lunch will be at your own expense at a to-be-determined restaurant. Please bring cash for bus and rail fares. Exact change is required: $3.50 for the METRO bus each way and $1.25 for the METRORail each way.

16276 Th 2/6 9 a.m.-3 p.m. Offsite Lively

Snap Fitness
“Results for Every. Body.”
Thank you to Snap Fitness for hosting many of our Academy for Lifelong Learning fitness classes.

Meet You There: Tour the Lone Star College-Kingwood Campus
Join Lone Star College-Kingwood Outreach & Recruitment staff member, Jasmine James, for a tour of the Kingwood campus. Many renovations have been made since the damage from Hurricane Harvey. There will be a College 101 presentation, some prize giveaways, a brief chat with campus services, and a 45-minute walking tour with frequent rest breaks. In addition, participants will be able to see the “Harvey Water Lines” in each of the flooded buildings! Meet in the lobby of the SCC Building, LSC-Kingwood, 20000 Kingwood Drive. Park in Parking Lot A. A campus map is available at LoneStar.edu/maps-Kingwood.

16250 F 3/27 10-11:30 a.m. SCC Building James

20th Century Main Street Architecture
This tour with Preservation Houston’s Jim Parsons traces Main Street’s role as the center of activity of much of Houston’s history. We will visit early businesses and skyscrapers, retail stores, banks and sites of movie palaces. There is a $15 charge for the tour. Lunch will be at your own expense at a to-be-determined restaurant. Please bring cash for bus and rail fares. Exact change is required: $3.50 for the METRO bus each way and $1.25 for the METRORail each way.

16274 Th 3/26 9 a.m.-3 p.m. Offsite Parsons

University of Houston
Join Jim Parsons of Preservation Houston for a tour of the University of Houston’s public art collection followed by lunch at the Hilton School of Hotel Management’s restaurant.
Note! There will be extensive walking on this tour. There is a charge of $15 per person for the tour. Lunch will be at your own expense. Please bring cash for bus and rail fares. Exact change is required: $3.50 for the METRO bus each way and $1.25 for the METRORail each way.

16275 W 4/22 8 a.m.-4 p.m. Offsite Parsons

METRORail and METRO Using Your New METRO Card
Ride the METRO bus downtown and continue the METRORail to the end of the line before returning to the museum district. We will stop at the Museum of Fine Arts for a short visit. While there, you can tour the permanent exhibits at the museum free and/or have lunch at your own expense. Steve Wright will be your tour guide. PARTICIPANTS MUST HAVE RECEIVED THEIR Discount METRO Q® Fare Card or METRO Day Pass BEFORE TAKING THIS TRIP. Travel expenses using the card via METRO are reduced for those aged 65-69 and free for those 70 and over. When you register for the class, you will be given the form to complete to obtain your pass. You must allow at least two weeks to receive your card in the mail. It’s easy and we will help you, just bring your driver’s license!

16525 Th 4/23 9 a.m.-3 p.m. Houston Wright
ALL membership for the 2019-2020 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Friday, January 10, 2020
1-3 p.m.
LSC-System Office STAR Ballroom
5000 Research Forest Drive
The Woodlands, TX 77381

Come by the Continuing Education office any time after Open House to register for ALL membership and classes:

Lone Star College-Montgomery
Building E, Room 205,
3200 College Park Dr.
Conroe TX 77384
Monday-Thursday, 8 a.m.-5:30 p.m.
Friday, 8 a.m.-4:30 p.m.

Contact Us
LSC-MONTGOMERY
Continuing Education (CE)
LSCMCE@LoneStar.edu
936.273.7446
MCALL@LoneStar.edu

Mail Registration Forms to:
LSC- Montgomery/Academy for Lifelong Learning
3200 College Park Dr., E205
Conroe TX 77384

Get Your Student ID Card
The student ID card becomes your library card for Lone Star College Libraries.

Parking Permits
Lone Star College campuses do not require parking permits to park on campus.

Important Contact Numbers
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 936.273.7385
Main Switchboard: 936.273.7000

Important Information:
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LSC does not endorse the opinions, services or products offered by the instructors.
Reg. # Day Date Time Location Instructor

Register Online!
Go to LoneStar.edu/ALL. On the right side of the screen under “Quick Links” click on “Register Now.” If you have not registered online in the past, complete the information needed under “New Students” or “Returning Students” if you have registered online.

ALL MEMBERSHIP
Enjoy the membership benefits at all seven Lone Star College campuses and three Offsite centers. The yearly membership fee of $25 is between September 1-August 31. You will be able to take courses and enjoy the membership benefits and selected services at LSC-CyFair, LSC-Houston North (including LSC-Houston North Victory), LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. If you joined in fall 2019, you do not pay again until fall 2020.

Hidden Benefits of ALL Membership
Kick off your semester with the benefits of the ALL membership: free Microsoft Office 365 and cloud space, campus facilities, discounts and freebies with your student card or student email, which are yours as an ALL Member. Plus access to wonderful plays, concerts, exhibitions and more to entertain and educate. Angie Carns shares her knowledge of all things ALL.

16228 Th 1/23 1-3 p.m. UC 310 Carns

ARTS & CRAFTS

Beginner Crochet 2
Class is for beginners who know how to crochet the 4 basic stitches: single crochet, half-double crochet, double crochet and triple crochet. Class project: afghan using 6 different square patterns. Learn to read patterns and diagrams.
15839 T 1/14-2/25 10 a.m.-12 p.m. UC 306 Howerton

Crochet Bags
Learn how to crochet a purse, tote and utility bag. Projects will be lined and a zipper will be added to one of the projects.
15843 W 1/15-2/26 12:30-2:30 p.m. UC 306 Howerton

Flower Power Club: Morning
Come join us each month in a relaxed and fun atmosphere. Create beautiful flowers and seasonal projects using fabrics like cotton, felt, and more. Challenge yourself with new ideas and make new friends. Supplies will be provided but you are welcome to bring your own. Fabric donations are gratefully accepted. Meets in the morning on the 1st Tuesday of the month: 2/4, 3/3, 4/7 and 5/5.
15846 T 2/4-5/5 10 a.m.-12 p.m. UC 301A Halphen/Pfeiffer

Flower Power Club: Afternoon
Come join us each month in a relaxed and fun atmosphere. Create beautiful flowers and seasonal projects using fabrics like cotton, felt, and more. Challenge yourself with new ideas and make new friends. Supplies will be provided but you are welcome to bring your own. Fabric donations are gratefully accepted. Meets in the afternoon on the 1st Tuesday of the month: 2/4, 3/3, 4/7, and 5/5.
15852 T 2/4-5/5 1-3 p.m. UC 301A Halphen/Pfeiffer

Origami Cranes
Learn to make paper origami cranes with colorful Japanese paper! Here’s your chance to join Miyuki Eubanks as she carefully guides you in the technique. There will be lots of practice so everyone can learn to make the perfect crane! Enjoy homemade Japanese sweets with fine Japanese green tea while chatting about Japanese culture. Supplies provided. The class will be limited to seven participants.
16453 W 2/26 1-3 p.m. UC 306 Eubanks

Beaded Bird Nest and Bookmarks
Come join Janet and Becky to create your own beaded bookmark and to learn how to accessorize with beaded bird nests. The class will be limited to 15 participants.
15856 T 3/24 1-3 p.m. UC 301A Halphen/Cottingham

Beaded Necklace
Join Janet in making your own beaded necklace. Supplies will be provided. If you have jewelry tools, please bring. The class will be limited to 15 participants.
15861 Th 4/2 1-3 p.m. UC 306 Halphen

Thrift Store Shopping
Learn how to approach thrift store shopping so that you stay organized, get great deals, and walk away with pieces you can add to your closet. This information will transform the way you think about buying secondhand and help you navigate the thrift stores like a serious expert.
16962 Th 4/23 1-3 p.m. UC 310 Abbs

JOIN US FOR OUR SPRING OPEN HOUSE
ACADEMY FOR LIFELONG LEARNING
LSC-Montgomery
Friday, January 10, 2020
1-3 p.m.
LSC-System Office, The Woodlands
Lone Star Community Building
STAR Ballroom
5000 Research Forest Drive
The Woodlands, TX 77381

For more information, call 936.273.7446
## COMPUTER & TECHNOLOGY

Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:

- Go to LoneStar.edu
- Select myLoneStar near the top right on your screen.
- Select Get Username and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

If you are unable to complete the above, call 832.813.6600 for assistance.

### iPhone Basics
Whether you just got a new iPhone, are planning to buy one, or are having trouble doing basic tasks join Angie Carns to learn the tips and tricks of making your iPhone work for you. You’ll receive instructions you can follow in class with your phone and resources to continue learning at home. 

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### iPhone/iPad Tips for Intermediate Users
Review the settings and shortcuts of the iPhone/iPad. Learn how to download and organize apps. Learn how to keep your iPhone/iPad running smoothly and what to do if you have a question or problem.

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### Using Social Media to Build Your Own Platform
How can you best use Facebook and other social media? Want to build your own personal platform? This workshop will explore the social media/platforms and tools available, how you can use them, how to guide what your children implement, and help prepare your kids for a safer independence. This workshop is appropriate for parents, grandparents, professionals and caregivers.

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### Digital Scrapbooking: For Your Digital Photos
Have you ever wondered what to do with all your digital photos? Learn how to use digital photo programs to make scrapbooks, cards, and other things. Makes great gifts.

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### Retrieve and Organize Digital Photos
Come learn how to pull digital photos from phones and cameras and organize them by date or subject, or into albums using free software such as Google Photos or Apple Photos. Students are encouraged to bring laptops and phones or cameras with connection cables to be able to practice in class. However, you may also participate as an observer/note-taker.

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### Record Your Memoir
“... and that’s the rest of the story.” Inspired by the weekly radio show by Paul Harvey, this course offers an opportunity to record “your” story. The recording will be done by appointment. Each recording appointment will be limited to one individual and all the recording equipment provided. After final editing to polish the memoir, you will have access to the audio recording to share with your loved ones. Consider attending the Reading and Writing Course prior to the recording to help organize your story.

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### Digitize Your CD Collection Using iTunes
Would you like to digitize your CDs and access your music on your smartphone or tablet? Come learn the steps to digitize your CD collection in iTunes. For those who want to practice in class, bring your laptop (pre-loaded and connected to iTunes), connected CD player, and some CDs. Must have your Lone Star username and password to get on the internet.

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### All About Computers with Angie
Ten sessions covering computer basics to troubleshooting. 1) Get Your Lone Star College ID and Password, learn Ergonomics, Keyboarding and Mousing; 2) Windows Operating System; 3) Internet Browsing and Security; 4) Email; 5) Cloud Siting for ALL Members; 6) File Management; 7) Word Processing; 8) Spreadsheets and Databases; 9) Social Media; 10) Troubleshooting Your Own PC. Okay to bring laptop.

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### Navigating the Electronic Jungle
Make your iPhone and iPad tools for success by learning the ins and outs of Apple’s iOS.

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### 3D Printing Seminar
Join Jeff Badmington for an opportunity to learn the theory and concepts behind amazing 3D printing technology, understand the process “from art to part,” and set up the printing parameters for a 3D model. You’ll visit Jeff in his “out there” classroom at Woodlands College Park High School (across the street from LSC).

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3D Modeling
In a single class session you will learn the vocabulary, basic tools and skills of 3D modeling; build your own 3-dimensional model, and render an image of your model to print and take home to showcase on your fridge. You'll also take home a free 3D modeling program! Visit Jeff Badmington in his “out there” classroom at Woodlands College Park High School (across the street from the LSC-Montgomery campus).

Reg. #  Day  Date  Time  Location  Instructor
15777  M  4/6  4-6 p.m.  Offsite  Badmington

3D Animation
Visit Jeff Badmington in his “out there” classroom at Woodlands College Park High School, where in a single class session you will learn the vocabulary, basic tools and skills of 3D animation; animate your own 3D model; create a scene with your model interacting with other objects; and, render the scene as a video. You’ll also take home a free 3D modeling/animation program!

Reg. #  Day  Date  Time  Location  Instructor
15781  M  4/20  4-6 p.m.  Offsite  Badmington

CULINARY ARTS, FOOD & COOKING

Cooking with Essential Oils
Susan Goldsmith teaches the benefits and techniques of cooking with essential oils, as well as where they come from and when to use them.

Reg. #  Day  Date  Time  Location  Instructor
15808  W  2/5, 2/19  3-5 p.m.  UC 1st floor  Goldsmith

Gourmet Cooking Group 1
Hands on preparation of gourmet recipes on the 3rd Thursday of each month. Limit: 12 students.

Reg. #  Day  Date  Time  Location  Instructor
15815  Th  2/20-4/16  4:30-7:30 p.m.  Offsite  Howerton

Gourmet Cooking Group 2
Hands on preparation of gourmet recipes on the 4th Thursday of each month. Limit: 12 students.

Reg. #  Day  Date  Time  Location  Instructor
16958  Th  2/27-4/23  4:30-7:30 p.m.  Offsite  Howerton

Fruit Carving
Experience the art of fruit carving with Su Yossunthorn, a graduate of the Culinary Academy of Las Vegas. Materials required: small carving knife, paring knife, vegetable peeler, food scissors, plastic container and lid, small cutting board, medium plastic bowl, plate, melon baller, and these firm, fresh, fruits/vegetables: a smooth-skin cucumber, a watermelon, and a cantaloupe.

Reg. #  Day  Date  Time  Location  Instructor
15819  W  3/4  2-4 p.m.  UC 1st floor  Yossunthorn

Cooking for Keto Chaffles
Join Susan Goldsmith for a hands-on session in making Keto Chaffles that are tasty and low in net carbs.

Reg. #  Day  Date  Time  Location  Instructor
15824  W  3/18-3/25  3-5 p.m.  UC 1st floor  Goldsmith

Thai Cooking and Garnishing Class
Learn how to cook authentic, Thai home style recipes. Poultry and vegetarian dishes ranging from no spice to medium spice. Two groups limited to 12 students per group. Must be able to attend all three sessions in your group.

Reg. #  Day  Date  Time  Location  Instructor
16959  M  3/16-3/30  12:30-3 p.m.  Offsite  Yossunthorn
16961  M  4/13-4/27  12:30-3 p.m.  Offsite  Yossunthorn

DOCUENTARIES

Meaningful Movies and Conscious Conversation
We will watch a movie and follow up with conscious conversation about the movie subject. Movies will be: The Most Dangerous Man in America (Watergate’s Daniel Ellsberg), Dark Money (corruption in politics), and Lottery of Birth.

Reg. #  Day  Date  Time  Location  Instructor
15834  T  2/25-3/17  3-5 p.m.  UC 311  Warner/Marshall

Mega Ships Documentaries
As a follow-up to the above classes about Mega Ships, Captain Mike Jacobs will present two documentaries: Na Kika regarding loading and transporting a huge offshore production platform from South Korea to Texas. The second film is Transporting the $220 Million Dollar Oil Rig “Laurus” from Singapore to Mexico.

Reg. #  Day  Date  Time  Location  Instructor
15841  Th  3/5  10 a.m.-12 p.m.  UC 311  Jacobs

FINANCIAL & LEGAL

What Documents Do I Need to Have in Place Now?
This workshop is a discussion of various advance directives and testamentary documents (including a Will), their uses, which are time sensitive, and the repercussions of not having the documents in place.

Reg. #  Day  Date  Time  Location  Instructor
15872  T  1/21  10 a.m.-12 p.m.  UC 310  Bulgawicz

Investment Management
In this class, we will discuss various types of investment strategies and the importance of having a structured plan in place. We will also look at market volatility and how to take advantage of it. We will explore the distinctive characteristics of assets and allocations plus differences between Strategic/Tactical Management.

Reg. #  Day  Date  Time  Location  Instructor
15876  W  1/22  3-5 p.m.  UC 310  Sofia

Pitfalls and Problems of Marital Interests in Estate Planning
Estate planning should provide us with peace of mind by knowing that our loved ones are protected after we go. But, the rule is: you cannot give away what you do not own. Unknown pitfalls and problems may cause your plan to fail. You will learn what you really own and how to properly transfer it upon passing.

Reg. #  Day  Date  Time  Location  Instructor
15882  T  1/28  10 a.m.-12 p.m.  UC 311  Smith
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**Veteran and Survivor: VA and State Benefits**
Find out more about the Department of Veterans Affairs and benefits for veterans, their dependents, and surviving spouses. We will address the eligibility of veterans and survivors for monetary benefits, healthcare, burial, and state benefits. Services offered through the Montgomery County Veterans Service are detailed.

**Investing During Uncertain Times**
The last decade or so has shown us a new economic reality marked by dramatic highs and lows in the markets. If you are interested in what caused this chaotic market behavior and how to manage your risks - you are not alone. This workshop will cover the economic cycle and the importance of investing for all of its phases.

**Senior Fraud**
Scams are the crime of the century and seniors fall victim when they are uninformed. If you’ve ever received a suspicious e-mail or an unsolicited call about any money-related matters, you need to attend this class. Find out the top scams and what to do if you fall victim.

**How to Protect You and Your ‘Stuff’ In 3 Easy Steps**
To create an estate plan that provides you with financial protection and mental peace of mind, you need to know the RULES, your PREDATORS and your OPTIONS. Class will discuss how to protect you and your stuff from predators and creditors, long term care costs, judgments, that new in-law, etc.

**Medicare 101**
Confused about Medicare? This class will help beneficiaries understand Medicare, learn about misconceptions, and know when and how to apply. Learn what Parts A, B, C, and D cover and the costs associated with participation; understand your options.

**Outlook/Opportunities and Stocks-Nuts and Bolts**
This workshop discusses actions you may need to take to prepare for the all always changing markets due to the economy, inflation, interest rates, and international influences. Then, learn the differences between common/preferred stocks, the importance of dividends, and ways to craft your stock strategy.

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Lone Star College HELPDESK is available 24/7
832.813.6600

**Probating a Will in Texas**
We will cover the basics of the probate process in Texas and will discuss some common reasons why out-of-state wills may complicate the process. Explore various alternative probate proceedings available in Texas and also some practical ideas on how to simplify and reduce the need to probate a will.

**Basic Stock Valuation and Analysis**
A comprehensive course designed to provide conventional techniques in researching and valuing stocks. Learn how to read financial statements and calculate financial ratios, perform industrial comparisons, stock valuations, and conduct economic-industrial research. Taught in a manner that uses everyday language, simple yet insightful analogies, and a “just the facts” attitude.

**Medicaid Planning: A Mainstream Program for Seniors**
Learn how to preserve your life savings if nursing home care becomes a necessity. Protect your homestead from Medicaid Estate Recovery to preserve assets when a senior or their family are faced with long-term care issues.

**What Every Homeowner Should Know About Home Insurance**
As another hurricane season approaches, gain an overview of the Texas Homeowners policy to determine where the insured can locate information about coverages, exclusions, conditions applying to both parties, and limits of coverage. Each member is encouraged to bring their own policy to better understand their current coverage.

**Navigating Tax Appraisal Season**
Property tax appraisal time comes every Spring; hear more about how the system works in Montgomery County, the exemptions and freezes available, and how you may protest with the Appraisal Review Board.

**Making Your Money Last in Retirement**
Are you counting on cost of living increases with Social Security? Are you concerned about potential healthcare costs? This class will present various strategies to help you preserve your savings and investments, develop a structured plan, and not outlive you and your loved one’s money.

---

“Great ideas! Great presenters! Valuable info. Life changing! Worth not $25, but $25 million.”

Elaine West, LSC-Montgomery ALL Member
Medicare made easy: ABC
Workshop helps members understand how the different parts of Medicare work together and the various ways you can combine them to save money. Get a clear understanding of how Medicare works for you.
15947    W  4/15  3-5 p.m.  UC 310  Wihsoun-Day

Elder Abuse and the Criminal Justice System
Often we live long distances from extended family. Abusers sense isolation, loneliness, helplessness, and money. Abuse comes in many forms and once it begins, it may intersect the criminal justice system. Come hear a discussion by the Coordinator of Victim Services from the Montgomery County Sheriff’s Office. Preparation and knowledge of elder abuse can help rescue family and friends.
15951    T  4/21  10 a.m.-12 p.m.  UC 311  Young

ABCs of ETFs: Exchange Traded Funds
The most recent mainstream investment vehicles to hit Wall Street are Exchange Traded Funds (ETFs). There are now over 2,000 ETFs but, as with many new products, there are constant changes in the marketplace. This workshop will explore the structure, trading, and uses of these assets.
15959    T  4/28  10 a.m.-12 p.m.  UC 311  Chapman

FUN, HOBBIES & RECREATION

Bridge Club
Play Bridge with other players. This is an informal club. Sign up and then show up when you are available. Many who attend are novices.
15722    W  1/15-8/26  1-3 p.m.  UC 301A  Gorman

Daytrippers
Meets 1st Wednesday of each month: 2/5, 3/4, and 4/1. The 1st meeting is organizational. Bring your ideas, calendar, and checkbook (for $5 donation). We take short trips, up to 1.5 hours’ drive, in and around Houston; such as the Museum of Natural Science, NASA, Holocaust Museum, Brenham, Museum of Fine Arts Houston, Hindu Temple, Funeral Museum, and Houston Zoo. NO BUS. We carpool, so drivers are needed. It’s a great way to see new sights and form new friendships. We had one wedding from students meeting in this class. So all you singles, it is a great way to meet new people.
15799    W  2/5-4/1  1-3 p.m.  UC 310  Hancock

Mah Jongg for Beginners
Have you ever watched a movie where they were playing mahjong and wondered how they did it? Now’s your chance to learn. Join us for 4 weeks and learn the easier version to play, which is the British rules of mahjongg. (offered twice, take once)
15805    F  2/7-2/28  12-2 p.m.  UC 301A  Wright
15827    F  4/3-5/1  12-2 p.m.  UC 301A  Wright

Pro and Cons of On-Line Dating: Is it for You?
Build stronger relationships and better communication. Explore setting personal boundaries, healing, co-dependency, self-awareness, honesty, the mechanics of dating sites and brain research in this area.
15811    M  2/10  10 a.m.-12 p.m.  UC 306  Fisher

Trivial Pursuit
Answer general knowledge and popular culture questions as a team. Bring your lunch and enjoy the fun. Class will meet on the third Tuesday of the month: February 18, March 17, April 21, and May 19.
16454    T  2/18-5/19  12:30-2:30 p.m.  UC 301A  Stulting

What Do Standard Bridge Bids Mean?
Many Bridge bids have standard meanings in the Standard American system. It’s important to know the meanings so the partners will be on the same wave length. Forcing bids are just that. Of course, there is room for partnership agreements.
16455    T  3/24  1-3 p.m.  UC 310  Kroll

Common Bridge Mistakes
Learn about common mistakes that are made in Bridge. Learn which bids and plays lots of people get wrong because no one ever explained why they’re wrong.
16456    T  3/31  1-3 p.m.  UC 310  Kroll

GARDENING

Beneficial Insects to the Environment
Insects perform many beneficial functions in our environment. This class will look at some of the traditional beneficial insect roles along with some of the lesser functions. Topics include pest reduction in the garden, biological pest control, forensic entomology, and the role of insects in the ecological cycle. Some basic identification of beneficial insects will be presented.
15851    T-Th 1/14-1/16  1-3 p.m.  UC 310  Boytim

Make Thyme for Herbs
Come join us as we learn everything and anything you want to know about herbs - how to grow, use and enjoy herbs in your everyday life.
15857    F  4/17  1-3 p.m.  UC 310  O’Connor

GENEALOGY

Ancestry.com For Absolute Beginners
Come learn how easy it is to build your family tree using Ancestry.com. Bring your laptop if you want to get started in class.
15871    T-Th 1/14-1/16  1-3 p.m.  UC 310  Reed
Intermediate DNA for Genealogy
Have you taken a DNA test for Genealogy purposes? Not sure what to do next? Come take this Intermediate DNA for Genealogy class! This class will cover how to interpret DNA results and suggest the next steps to take to find cousin matches and analyze your DNA. Topics covered include tips on contacting DNA relatives, creating spreadsheets of matches and using tools like triangulation to determine relatedness. Join us to improve upon your DNA skills and take your DNA research to the next level.
15878 F 1/24 10 a.m.-12 p.m. UC 307 Smith

Discovering the Women in Your Family Tree
When doing genealogical research, it’s often harder to identify our female ancestors. This course will help explain why and provide you with suggestions and methodology you can use to find additional information on the women in your family tree.
15883 F 2/21 10 a.m.-12 p.m. UC 310 Smith

HEALTH, FITNESS & NUTRITION

The Big Fat Surprise
The Big Fat Surprise delivers on its title, exposing the shocking news that much of what ‘everybody knows’ about a healthy diet is in fact all wrong. This book documents how misunderstanding, misconduct and bad science caused generations to be misled about nutrition. Anyone interested in food and/or health will want to attend.
15967 M 1/13 10 a.m.-12 p.m. UC 306 Reynolds

Chronic Disease Self-Management
This workshop provides adults with education and tools to help them better manage chronic conditions such as diabetes, heart disease, arthritis, chronic pain, and depression. For an informative video: Vimeo.com/217700420
16480 M 1/27-3/2 10 a.m.-12 p.m. UC 311 Comer

Tai Chi Beginners I
Beginners learn Tai Chi Yang 8 Step, a form of mind and body exercise that helps students benefit in balance, stress relief and mental focus. Beginners must commit to 4 consecutive sessions of the curriculum. Go to Woodlandstaichi.com for more information and to register. Uniform is a WTC shirt.
16482 W 1/8-7/31 8-9 a.m. Offsite Saegusa

Tai Chi Beginners II
Beginners learn Tai Chi Yang 8 Step, a form of mind and body exercise that helps students benefit in balance, stress relief and mental focus. Beginners must commit to 4 consecutive sessions of the curriculum. Go to Woodlandstaichi.com for more information and to register. Uniform is a WTC shirt.
16483 W 1/8-7/31 4:30-5:30 p.m. Offsite Saegusa

Tai Chi Intermediate/Adv
Beginners who have completed Tai Chi Yang 8 Step, will advance to a form of mind and body exercise that helps students benefit in balance, stress relief and mental focus. Must register if not already registered on www.woodlandstaichi.com. Uniform is a WTC shirt and you will need a fan. Classes are held at Woodlands United Methodist Church - 1915 Lake Front Drive, Woodlands, TX.
16484 W 1/15-7/31 9-11 a.m. Offsite Saegusa

The Science of Resilience: Thriving, Not Just Surviving
Resilience is a powerful trait that can enhance our happiness and life in general, particularly as we age. The good news is you do not have to be born resilient. These skills can be learned. If we can learn to navigate the inevitable challenges that we face, we can thrive. This session will explore five very powerful resilience strategies.
15970 W 1/22 1-3 p.m. UC 310 Hollar

Heart Health
Join a discussion on anatomy and physiology of the heart followed by clinical manifestations and treatment of coronary artery disease – angina, myocardial infarction, and sudden death. This will be followed by discussion of prevention.
15976 M 1/27 3-5 p.m. UC 310 H. Adams

The Immune System
Many medical problems are the result of a malfunctioning immune system. This class will focus on the immune system—its roles, the signs of a malfunctioning system, and how it can be corrected with proper nutrition.
15981 T 2/4 1-3 p.m. UC 311 Kemper

Doc Talk Series: Memorial Hermann
Various health topics will be presented throughout the spring by an affiliated physician on the Hospital’s medical staff or other affiliated health care professional. Each session is an educational program with time for Q and A afterward. Presentations occur on Fridays on the campus of Memorial Hermann The Woodlands Medical Center in the Canopy Cancer Survivorship Center located within Medical Plaza 1 (MP1), 1120 Medical Plaza Drive in Suite 250. Email Amanda.Rech@memorialhermann.org for topic closer to the class date. Class will meet 2/7, 3/20, 4/17 and 5/8.
15992 F 2/7-5/8 1-3 p.m. Offsite Staff

See an interesting class but haven’t had a chance to register ahead of time? That’s OK! As long as there is space in the class, you are welcome to stop by University Center Room 315 ahead of class and let the desk volunteer know that you want to register for that class. So, come on over!
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**Grocery Stores and Your Health**

This class will explore some of the hidden toxins that make it into your home via the grocery store and how they impact your quality of life. What are they, what’s bad about them, and is there anything we can do to minimize the toxic load we are exposing ourselves to?

**Essential Oils**

Essential Oils 101 for People – How they work, where they come from, and how and when to use them.

**Over the Counter Meds: Helpful or Harmful?**

Learn about over-the-counter medications and their benefits and hazards.

**Chair Yoga for Everyone**

Go at your own pace as you improve your flexibility, strength and balance through a series of standing and seated yoga poses set to music. Join certified instructor, Regina Jingles, to experience the joy of movement. Wear comfortable clothing and bring bottled water.

**Are You a Parent or Grandparent of a Child with Learning Differences? Open Forum Q&A**

We can discuss Building a Positive ARD (Admittance, Review, Dismissal) Experience, Intrinsically Motivating Children of all Learning Styles, Behaviors and Childhood Learning. Bring any questions you have.

**Should You Believe Medical Information Presented by the Media?**

This class is an exploration of medical information presented by the media – which is myth, which is accurate, and how to tell the difference. We will discuss a variety of topics: cure for the common cold, disease screening, weight loss programs, medical marijuana, new drugs, alternative medicine, drug prices, etc.

**Take Healing into Your Own Hands**

This is a three-day course involving Introduction to Self-Healing modalities on Day 1, The Heal Documentary on Day 2, and the teaching of Self Reiki, Energy Medicine, and other Processes for emotional/spiritual healing on Day 3. Angelena Thomas is a Pharmacist, Reiki Master, and Spiritual Life Coach.

**Check Out Our Website!**

LoneStar.edu/All

**Medical Advances Relevant to Seniors**

Registered students will submit the medical or health topics they would like for the instructor to discuss. The topics will then be discussed in two separate sessions.

**Introduction to Edgar Cayce**

Edgar Cayce is the most documented psychic of the 20th century, giving psychic readings to diagnose illnesses with remarkable success. While unconscious, he contacted the universal consciousness and gained insight into reincarnation. Learn about his life as a devout Christian, truth seeker, and the father of holistic medicine.

**Getting Old Hurts! Why and What You Can Do About It!**

Getting Old Hurts! This course contains a comprehensive lesson and approach to the changes and common injuries/imbalances to our nervous, muscular and skeletal system as we age. The lesson will cover the effects of aging on our bodies and daily lives, as well as a balanced approach and education on how to slow the effects and damages of aging through a mobile, active, and preventative lifestyle.

**Reiki 1**

Reiki is an ancient hands-on healing method that helps the mind, body, and spirit. Begin a journey to learn the secrets of this holistic healing technique from a Reiki master. Reiki: The Healing Touch is the book used in this class, ISBN-13: 978-1886785052, available online.

**Edgar Cayce’s Insight into Reincarnation**

During a psychic reading for a man’s horoscope, Cayce received evidence of reincarnation. Later health-related readings pinpointed past-life occurrences as causes of illnesses in this life. This class deals with Cayce’s readings and supporting Biblical texts that give insight into how reincarnation and karma work, and how past lives can affect our present lives.

**EFT: Emotional Freedom Technique**

EFT is an energy system similar to acupuncture except that it does not require a needle. It has been shown to help people with emotional and physical issues. The course will explain the history of EFT and how to use it.
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**The Science of Recovery**
Dick and Denese show many ways that we can recover from injury, poor health, and cognitive decline. The science of the 21st century has learned more about your brain, mind and body than anyone might imagine. The information is presented so that a non-scientist can understand.

**Edgar Cayce’s Discoveries on Creation**
In this class, you will discover how creation happened as souls became spirits and then progressed as matter during the first through fifth root races, changing from spirit form to physical monstrosities, to androgynous beings, to humankind today. Learn how Lemuria, Atlantis, and Egypt influenced our world and our evolution.

**Keeping Our Pets Healthy Naturally**
Learn how you can use essential oils and supplements to keep your fur babies happy and healthy every day.

**Keto Diet**
What is Keto? Do you want to lose weight in a healthy fashion? Have you tried Keto? You will learn what it means to be Keto and how to live a healthy ketogetic lifestyle.

**Mindful Movement**
Mindful Movement uses body, breath, and awareness to release physical/emotional tensions and establish a strong body/mind connection. It consists of slow, focused movements that combine benefits of low strain exercise and moving meditation to increase vitality and relax the mind. Based on Qigong, meridian yoga, and clinical somatic exercise.

**HISTORY**

**History of Radio**
This covers the development of radio from its beginning to present day, exploring the changing cultural role played by radio. Its transition from the “Golden Age of Radio” to the television era and the re-invention of commercial radio thanks to rock ’n roll. Includes a discussion of the entry of FM radio, again altering radio listening, and a look at the current era of radio and its place among the many mediums available today. The intent is to make this presentation fun as well as informative including audio examples of the various eras. The presenter has a 38-year history in all aspects of radio, from disc jockey to ownership.

**Trinity and Brazos Valley Railway**
The Trinity and Brazos Valley (later Burlington-Rock Island) Railway started small in 1902 but expanded by linking Ft. Worth, Dallas, Houston and Galveston under the driving force of Benjamin Yoakum. The B-RI brought streamlining to 1930’s Texas. Today the line lives as an important part of the BNSF through our region.

**The Museum of Fine Arts, Houston (Your Museum)**
Immerse yourself in the history, collections, great benefactors, upcoming exhibitions and ongoing expansion of one of the largest and finest museums in the USA. This course will have 4 sessions and will be conducted by Mike Adams, Senior Docent at MFAH and long-time ALL instructor. Classes will cover an overview of the Museum, Egyptian and Mesopotamian Antiquities at MFAH, Arts of West Africa, and the development of Christian art from the early Renaissance to the Baroque periods (14th through 17th centuries).

**In Search of the Trojan War**
Homer’s epic poem, the Iliad, has fascinated and intrigued people for thousands of years. But is the tale myth or fact? The reality of the Bronze age tale will be explored in six lectures, featuring the 1985 Michael Wood, BBC archaeological documentary.

**WW II D-Days in the Pacific “The Island-Hopping Campaign” with Associated Naval Battles**
The course will cover WW II – Specific battles in the Pacific Theater of Operations following the capture of Guadalcanal in moving through the island chains to a position for the final battle to invade Japan.

**African American Contributions to the U. S. from Texas: 1528 to the Present**
This seminar will cover from 1528 to 1865: Non-enslaved Black Settlers, Free Negroes that Fought for Texas Independence; John Horse and the Black Seminole Scouts; From 1865 to 1920: Negro Political Leaders, the Freedmen’s Bureau, the 9th and 10th Calvary, Negro Higher Education in Texas, First Black U. S. Marshall, Sports Figures and Cowboys, From 1920 to 1965: Negro Political Leaders, Businessmen, Ranchers, Aviators ( Tuskegee Airmen; Bessie Coleman), Entertainers and Sports Figures; and From 1965 to Present: Political Leaders, Legislators, Military Leaders, Educators, Scientists, Sports Figures; Actors and Musicians, and Rodeo Stars.
### Basic Home Maintenance
Are you interested in learning basic household repairs and maintenance? Learn how to rewire an electrical socket, change an electric plug, replace a toilet flush or flapper valve, replace an air filter and other items.

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### Founding Fathers/Brothers
Travel back to Colonial America in 1700’s. Trace the history of the Revolution and creation of the US Constitution. Follow the stories of Washington, Adams, Jefferson, Franklin, Hamilton, and other patriots as they sought to guide our newly formed nation. History Channel videos and Great Courses Lectures help tell the story of the birth of USA.

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### Wild and Wooly: A History of Texas Elections
Texas history newspaper columnist and author Bartee Haile will discuss the no-holds-barred campaigns that made elections such a popular spectator sport from the Republic days to the mid-twentieth century.

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### Art Through the Artist’s Eyes
Don’t know much about art, but know what you like? Let Patti Hill show you how to view art to understand the creative process. Learn the basic elements of design plus techniques and materials artists use. Patti will have examples to see up close and provide tips and tricks to help you successfully navigate museums and maximize your experience.

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### History and Facts You Never Knew: Part 4
Many things that we have learned are not always correct. Some are distortions and others are untrue. There are also things that we never learned or that have been altered in American history.

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### Why History Books Feature John Muir not Madison Grant?
Why Do US History Books Tell Students About John Muir but fail to mention Madison Grant? History doesn’t happen in a vacuum, so one must be willing to connect the dots from 1792 to understand the issues of 2019. Come with an open mind and desire to learn why history publishers opt to publish only part of the story and leave the true history out of their books.

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### Ancient Egypt and Its Implications for the West
Ancient Egypt has always fascinated us. We will discuss its complex history, culture, religion, art and writing, and the context in which it existed in the ancient world. A focus will be placed on how those factors influenced later Western Civilization.

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### The Jewish Refugee Crisis and the World’s Response
Participants will examine Jewish life under the Nazi regime in the 1930s along with the obstacles and challenges of emigration. Participants will explore the international community’s response to the growing Jewish refugee crisis in Europe with a special focus on the United States’ response to the refugee crisis between 1933-1945.

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### LANGUAGES

#### Spanish 101
Learn the Spanish alphabet, pronunciation, learn common expressions and vocabulary.

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#### Basic German
Exercise your brain by learning the basics of German, a sister language of English! It’s never too late! No tests! No quizzes!

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### French 101
It’s never too late to learn French. Basic course for those who have always wanted to learn French or for those who have forgotten what French they learned years ago! No tests or quizzes!

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### MOVIES, MUSIC & THEATER

#### Dulcimer Beginner and Beyond
Repetition, reinforcement and review of beginner lessons, adding more sophisticated tablature, techniques, worksheets and musical themes.

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#### At the Movies with Gary Brown
Classic films will be shown each week. Bring your lunch (or popcorn) and a drink and enjoy great movies.

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**Second Act Senior Theatre**

Second Act Senior Theatre again presents acting classes and a performance especially designed with senior issues in mind. Have you ever thought of storytelling? Performing a monologue or learning how to act on stage? Come and join us! It will be a rewarding experience.

16148 Th 1/23-3/19 3-5 p.m. UC 301A Woods

**Monday Film Series**

Cultivate your appreciation for film and develop a greater insight into film production techniques. The films are shown in B-102 with large screen and theater-style seats. Bring your lunch at noon for movie discussion. Showing begins at 12:30.

16152 M 1/27-4/27 12-3 p.m. B 102 Durham

**Basics of Singing**

This class will cover the basic tenets of healthy singing. From correct posture and consistent airflow to balanced resonance and clear articulation, we will explore how to produce the most efficient, free, and beautiful tone you are able. Uncover the freedom of your voice by understanding how it functions. This class is open to everyone from experienced singers to novices. If you can speak, you can sing. Please join us to explore your own unique sound!

16154 Th 2/13 3-5 p.m. H 103 Walsh

**Blues Women, Blues Songs**

Women were and continue to be a big influence on blues music. This session will look at the women that influence this music from the beginning until now.

16157 W 3/18 10 a.m.-12 p.m. UC 310 Scott

**POLITICAL & COMMUNITY AFFAIRS**

**Current Events**

Serious and civil discussions focus on local, state, national and international topical issues, sorting through often conflicting opinions and “facts” in an attempt to establish some common ground. The atmosphere is collegial.

16074 M 1/13-6/29 10 a.m.-12 p.m. UC 310 Schroeder

**Third Saturday Seminar**

The first hour of the seminar is a review of current events often followed by a guest speaker on a noteworthy topic. The Third Saturday Seminar is about demystifying what is going on around us. Topics have included health care, internet safety, and providing medical care to civilians in Iraq. Meets the Third Saturday of the month: 1/18, 2/15, 3/21, 4/18 and 5/16.

16088 S 1/18-5/16 9:30 a.m.-12 p.m. B 102 Gibby

**Inside the Media: Libel and Ethics Explained**

With today’s focus on “fake news” and media bias, this is a great time to understand the basics of media law and ethics. First, an overview of major cases that add up to where we stand today on libel/defamation, privacy and open government. Second, we’ll discuss the Society of Professional Journalists’ Code of Ethics and use real-life scenarios to see how it applies today.

16092 W,F 2/5, 2/7 10 a.m.-12 p.m. UC 311 Jenkins

**What in the World Do They Mean?**

We hear words like liberal democracy, illiberal democracy, populism; ideology, patriotism, nationalism, fascism, communism, Nazism; riots, terrorism, guerrilla war, proxy war, and hybrid war, but do we really know deeper meanings hiding behind them? To understand today’s politics, both international and domestic, we need to understand their terminology. So, let’s talk about them.

16098 T 3/24 1-5 p.m. UC 311 Warner/Marshall

**Awaken the Dreamer, Changing the Dream**

Awakening the Dreamer is a dynamic, 4-hour, multimedia workshop using videos, personal reflection, and group activities to engage participants as the co-creators of an environmentally sustainable, socially just, and spiritually fulfilling world. Participants explore four key questions: Where are we? How did we get here? What is possible now? Where do we go from here?

16099 W 1/22-2/26 1-3 p.m. UC Lukaszewski

**Let’s Talk about Texas Government**

An interactive review of the workings of Texas Government.

16100 Th 4/9-4/30 10 a.m.-12 p.m. UC 311 Durham

**READING & WRITING**

**Book Club**

This is a continuation of the book group formed in September 2019. We have selected the books, which include fiction, non-fiction and some award winners. Select one of the two clubs.

15896 W 1/15-5/6 10 a.m.-12 p.m. UC 311 Fogg
17109 W 1/29-5/20 10 a.m.-12 p.m. UC 311 Fogg

**Tell Me a Story**

Everyone has stories and with an opportunity to write them they can get what’s on the inside out—a healthy and creative way to make life joyful. At this weekly meeting, stories will be discussed and receive constructive comments about other ways to tell the story, ways the writer may choose or reject entirely. Students will, perhaps, improve the way they express themselves and gain a greater appreciation for good writing.

16963 W 1/15-5/6 10 a.m.-12 p.m. UC 306 Hansen
### Memoirs for Media
“... and that’s the rest of the story.” Inspired by the weekly radio show by Paul Harvey, Sonja Miller will offer an opportunity to create a short personal memoir outline. We will listen to examples of short memoirs and spend class time crafting your own. After you complete these two classes you may want to produce an audio recording of your memoir. (see Record Your Memoir in Computer and Technology) You have lived an interesting life; now is the time to tell your story.

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### How to Self-Publish Your Book
Are you an aspiring author? If so, this class will teach you the steps to self-publish your fiction or nonfiction book as an eBook, paperback, and hardcover and make them available on popular websites like Amazon. You will also learn how much it costs to self-publish and common mistakes to avoid.

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### How to Sell Your Book
Writing a book is a big challenge, but selling it is much harder. Local author Mike Kowis will teach current and future authors practical ways to sell their book online and in person. Mike shares the tactics he used to sell his first 2,500 books.

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### SAFETY

#### Cop Talk
Join us each month as we hear from various law enforcement agencies. Speakers will give their perspective of enforcement in their specific area of expertise. Listen to the pros and ask the questions you always wanted to ask. Class meets the fourth Friday of the month: 2/28, 3/27, and 4/24.

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#### Self Defense
Personal defense. What to do when approached or attacked and how to react to a weapon or purse snatching. How to use your hands, feet, elbows and knees as a weapon. Meets the first Friday of each month: 2/7, 3/6, 4/3, and 5/1.

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#### FRIENDS OF ALL
We are looking for volunteers to help out. This involves interacting with instructors, sending out emails each week to students, and helping with catalogs twice a year. Most of these duties can be done at home.

Please contact the Program Coordinator at 936.273.7259 or email: MCALL@LoneStar.edu.

We are a volunteer-driven organization and only successful because of those who support us.

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### AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing, and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation, and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license. Note: Participants do not need to be ALL members to register for this class.

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### SCIENCE & NATURE

#### Small and Swift, Big and Beautiful: An Introduction to Raptors
A beginner’s introduction to the wonderful world of birds of prey, also called raptors. From the majestic Bald Eagle to the diminutive, blue jay sized American Kestrel, raptors are fascinating to watch and appreciate. Where do you find them? How do you identify them? What books or apps are available to enhance our understanding of them? These and other questions will be answered in our class. Photographs of some local raptors will be shown.

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#### A World of Color
Participants will take a short walk to Redbud Hill Homestead and learn how to use plant materials as a natural dye for wool and cotton. Plants will include Mexican mint marigold, black walnuts, and pokeweed berries. Learn how Mexican and Anglo settler women brought rich color to their lives in early Texas.

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#### Fish of Spring Creek
Come to Jesse Jones Park and learn about the diversity of freshwater fish that live in Spring Creek with a secondary focus on adaptations and strategies for survival.

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The following two classes will be held at Lake Houston Wilderness Park (LHWP). There is a park entrance fee of $3 for those aged 64 or under. Entrance is FREE for adults aged 65 and older and for retired and active military personnel. The park entrance is at 25840 FM 1485 in New Caney, 2.5 miles east of Loop 494. Call 832.395.7690 for information. Be sure to bring water, sunscreen, and bug spray. A Park Naturalist will be your instructor. Classes provide a presentation and hiking segments. Before and after class, the park is available for picnicking, hiking, or just relaxing and watching nature.

The Complex Language of Birds
Birds have a complex way of communicating through songs and chirps. In this course, we will first hike with a list of potential birds that we might find in the park and try to “bird by ear”. Then we will go back to the classroom to learn about the meaning of certain calls, tips of how to remember the songs and test our knowledge with a game of identification.
16930 F 2/21 9-11 a.m. LHWP Hollenbeck

Basic Wilderness Survival Skills
Dive into the basics of wilderness survival within the Piney Woods ecosystem. We will discuss edible plants, dangers to look out for and survival essentials. On our hike, we will look for edible plants and collect firewood to try out our fire building skills.
16931 F 3/20 9-11 a.m. LHWP Hollenbeck

Native Gardening and Its Impacts on the Ecosystem
Native Gardening is something that everyone can do, and it helps the ecosystem. In the course, you will learn how to make a difference in your own yard, as well as attracting beautiful pollinators. We will talk about the benefits of native plants and identify how to keep invasive species out of your backyard. Then we will take a short walk through our native garden and look for pollinators.
16476 F 4/17 9-11 a.m. LHWP Hollenbeck

Intro to Birding
Following a classroom presentation about backyard birding (equipment, birds to see and how to attract them) and basic bird identification skills, we will take two field trips to birding locations in the North Harris County and South Montgomery County. Students should sign up for the two field trips, on April 3, and April 17, 2020.
16491 F 3/6 10 a.m.-12 p.m. UC VerBerkmoes
16933 F 4/3 8:30-11 a.m. Offsite VerBerkmoes
16934 F 4/17 8:30-11 a.m. Offsite VerBerkmoes

Advanced Birding
This class will introduce you to advanced birding skills, including a discussion of various bird families, habitats and bird migrations. Students should sign up for the two birding field trips on April 3, and April 17, 2020.
17080 F 3/20 10 a.m.-12 p.m. UC VerBerkmoes
16933 F 4/3 8:30-11 a.m. Offsite VerBerkmoes
16934 F 4/17 8:30-11 a.m. Offsite VerBerkmoes

Climate Change: How Worried Should We Be?
This is a general overview of planetary climate principles including the impact of solar radiation, albedo and atmospheric composition. We will discuss the peer reviewed literature regarding climate change on earth including a review of paleoclimate history, current climate conditions and how they are changing and why, and finally, projections for the future. We will also look at some of the current proposals/ideas for dealing with climate change. This will include carbon pricing schemes currently being considered by Congress as well as a quick summary of climate proposals by current candidates for President.
16596 Tu 2/11 10 a.m.-12 p.m. UC D. Fogg

Introduction to Project Drawdown
Project Drawdown is a scientifically-based, comprehensive plan of the top 80 solutions to reverse global warming by 2050. Here are the solutions, math and economics of how we can do this. Participants will reflect on how we currently relate to global warming followed by group discussion on how we, as a group or individuals, may engage in solutions.
15963 T 3/31 1-3 p.m. UC 311 Warner/Marshall

SENIOR ISSUES

A Look at Senior Care Options
A Look at Senior Care Options will explore the various local resources available for care, when to consider additional care, costs associated with care and the importance of planning prior to a healthcare crisis.
16057 W 2/19 10 a.m.-12 p.m. UC 310 Britton

If I Don’t Laugh, I’ll Cry
Did you know that laughing burns calories? Can you chuckle at the trials of getting older? Learn the physical and mental benefits of using humor to combat aging. Spend an hour giggling or guffawing at jokes, quotes, poems and cartoons that’ll turn your wrinkles into twinkles.
16052 W 2/19 12-1 p.m. UC 311 Gault

The Order of The Sacred Earth
Order of the Sacred Earth is an inter-generational community of sacred activists who have vowed to be the best lovers and defenders of the Earth that we can be. Join us for a conversation of what participating in such a movement can mean in YOUR life and what this could mean for humanity, all sentient beings and our Mother Planet.
16957 T 4/7 1-3 p.m. UC 311 Warner/Marshall

Understanding and Responding to Dementia Related Behavior
Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease and dementia.
16067 Th 4/16 10 a.m.-12 p.m. UC 311 Strawn

LoneStar.edu/ALL-Montgomery
# TRAVEL & CULTURE

**How Do Mega Ships Load & Transport Mega Objects?**

Have you ever wondered how a 60,000-ton offshore drilling platform that has been constructed in South Korea is then transported to the Gulf of Mexico aboard a heavy-lift, self-propelled vessel or how about transporting the damaged USNS “Cole” from the Yemen to Norfolk, Virginia? Captain Mike Jacobs will explain the process using his collection of photos, videos and many first-hand experiences, exactly what is involved with these activities, and how technical problems are overcome.

16125 T,W 3/3-3/4 10 a.m.-12 p.m. UC 311 Jacobs

**Let’s Talk about Travel!**

A get together of anyone who has traveled anywhere interesting and would like to share info and tips. Moderated by Mike and Barb Durham

16130 T 3/24-4/14 10 a.m.-12 p.m. UC 310 Durham

**Day Trip to China**

Just 45 minutes from campus, take a guided tour with Su Yossunthorn for an adventure seeing replicas of historical and cultural sites in China. Over 3 acres of the ancient wonders. The Terracotta Warriors, Qin Shi Huang – first Chinese Emperor, sculptures, and more! Dress according to weather and wear comfortable shoes. Bring your camera!

15989 T 3/17 9:30 a.m.- 2 p.m. Offsite Yossunthorn

# WORLD RELIGIONS

**The Basics of Islam**

The media often paints a broad and stereotypical picture of Islam and Muslims. Join author and interfaith activist Saadia Faruqi as she explains the basic teachings of Islam and corrects various assumptions about her faith.

16000 Th 1/23-1/30 10 a.m.-12 p.m. UC 310 Faruqi

**A History of Modern Jewish Thoughts**

Great Jewish philosophers of the twentieth century will be explored, from Martin Buber to Abraham Joshua Heschel. Their ideas appeal to spiritual-minded people of all religions.

16007 F 3/6-4/17 10 a.m.-12 p.m. UC 311 Goldberg

**An Overview of World Religions**

This class will give an overview of a selection of the religions of the world. We will begin with Paleolithic religions and work our way up to the world’s major religions. We will also look at some lesser known religions, including those from more recent times.

16014 T 3/17-3/31 3-5 p.m. UC 310 Dewhurst

**Meditation in the Buddhist Tradition: Guidance and Practice**

This course will introduce two meditation practices in the Buddhist tradition: mindfulness and loving-kindness. Students will listen to a brief lecture each day, practice guided meditation, and then participate in a discussion session.

16022 Th 3/19-3/26 1-3 p.m. UC 311 Rahula

**Jehovah’s Witnesses: Who Are They?**

Jehovah’s Witnesses live in over 230 countries and come from many ethnic and cultural backgrounds. You may have read about them in news reports or heard things about them from others. But how much do you really know about Jehovah’s Witnesses? This course will give concise answers to several common questions people ask. The course will also highlight how Jehovah’s Witnesses help local communities in important ways.

16028 F 3/20 10 a.m.-12 p.m. UC 306 Gamble

**Dante’s Divine Comedy: A Lesson in Religious Imagery**

Dante’s Divine Comedy is one of the greatest works in Western literature. As well as being beautifully written, it depicts vivid images of the afterlife that defined much of Christianity, even today. Complex views concerning death, punishment, hopelessness, despair - as well as hope and reward - are all contained in this seminal work.

16032 W 3/25 10 a.m.-12 p.m. UC 310 Condit

**Unitarian Universalism**

This class will review the sixteenth century origin of this Protestant sect that made its way through Europe to North America in the 17th century; and its inclusion of all people and the earth with loving kindness-no exceptions.

16037 Th 3/26 1-3 p.m. UC 306 Paige

**Church of Jesus Christ LDS**

An overview and understanding of the history, origins, doctrines, beliefs and practices of The Church of Jesus Christ of Latter-day Saints and its members.

16492 M 4/6-4/27 10 a.m. -12 p.m. UC 306 Peterson

**Climate Change from an Engineering and Faith Perspective**

Roger’s professional background includes over 32 years of oil and gas projects worldwide including arctic and coastal engineering projects. He will share work and personal life experiences with a focus on arctic, coastal, and ocean changes. He’s given this presentation to church and Muslim groups and found a remarkable consistency across all faiths regarding how humanity needs to take better care of creation. Faith support of H.R. 763 (Energy Innovation and Carbon Dividend Act) will also be described.

16043 W 4/8 1-3 p.m. UC 310 Ingersoll
ALL membership for the 2019-2020 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Wednesday, January 29, 2020
1-3 p.m.
CMED Building

Come by the Continuing Education office any time after Open House to register for ALL membership and classes:

**LSC-North Harris**
Continuing Education Building (CMED)
2700 W.W. Thorne Drive
Houston, Texas 77073

Contact Us

LSC-NORTH HARRIS
Continuing Education (CE)
LSCNHCE@LoneStar.edu
281.618.5602

Mail Registration Forms to:
LSC-North Harris/ALL
2700 W.W. Thorne Drive
Houston, Texas 77073

**Important Information:**

**Get Your Student ID Card**
The student ID card becomes your library card for Lone Star College Libraries.

**Parking Permits**
Lone Star College campuses do not require parking permits to park on campus. However, LSC-North Harris has a few designated parking spaces for Academy for Lifelong Learning members. If you want to park in a designated space, you must have a parking permit which can be obtained in the Community Education Building room 102. One pass per registered member.

**Important Contact Numbers**

Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.618.5400

LSC does not endorse the opinions, services or products offered by the instructors.
ALL MEMBERSHIP
Enjoy the membership benefits at all seven Lone Star College campuses and three offsite centers. The yearly membership fee of $25 is between September 1-August 31. You will be able to take courses and enjoy the membership benefits and selected services at LSC-CyFair, LSC-Houston North (including LSC-Houston North Victory), LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. If you joined in fall 2019, you do not pay again until fall 2020.

Hidden Benefits of ALL Membership
Kick off your ALL semester by learning about the benefits of the Academy for Lifelong Learning membership: free Microsoft Office 365 software and cloud space, use of campus facilities, discounts and freebies you can get with your student card and/or student email that is yours as an ALL Member. All this plus access to wonderful plays, concerts, exhibitions and more to entertain and educate. Angie Carns shares her knowledge of all things ALL.

Register Online!
Go to LoneStar.edu/ALL. On the right side of the screen under “Quick Links” click on “Register Now.” If you have not registered online in the past, complete the information needed under “New Students” or “Returning Students” if you have registered online.

COMPUTER & TECHNOLOGY
Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:
- Go to LoneStar.edu
- Select myLoneStar near the top right on your screen.
- Select Get Username and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

If you are unable to complete the above, call 832.813.6600 for assistance.

Computer Basics to Computer Troubleshooting
Ten sessions covering computer basics to troubleshooting. (1) Get Your Lone Star College ID & Password and learn Ergonomics, Keyboarding and Mousing (2) Windows Operating System (3) Internet Browsing and Security (4) Email (5) Cloud Sitting for ALL Members (6) File Management (7) Word Processing (8) Spreadsheets and Databases (9) Social Media and (10) Troubleshooting Your Own PC. Okay to bring your laptop.

FINANCIAL & LEGAL
Investing in Retirement
Are you concerned about the impact that inflation, taxation, and future medical costs may have on your retirement savings? Are you worried about volatility in the stock market? In this class, Mike Sofia will address these concerns by discussing different types of investment vehicles that can help you capture growth while managing and reducing risk.

Protect Yourself from Identity Theft
Covers Federal Trade Commission and the Kroll cyber security firm. You’ll learn how to prevent and resolve all kinds of ID theft issues. It isn’t just about credit cards and bank accounts, e.g. financial, medical, social security and tax, driver’s license and other official document identification; as well as character (criminal justice) identity. Information will be provided by the instructor and AARP.

When is a Good Time to Invest?
We all know the saying, “Buy Low and Sell High,” but without a crystal ball, how do we know when the market is about to go higher or lower? This class will discuss various types of risk factors that will help determine if we are headed toward a recession and different types of investment strategies that will help navigate through both good times and bad times.
**The Ultimate Greeting Card**
Join Linda Carroll and ALL friends and learn how to make a greeting card that will always be remembered. Technique used, envelope journaling and scrapbooking methodology.

16411 M 2/10 2-3 p.m. CMED Carroll

**Adult Coloring Project**
Coloring can be incredibly relaxing. Take a break and have some fun with printable coloring pages for adults. All the coloring pages are designed specifically for adults, with beautiful intricate designs that will make you smile while you take a few minutes just for you. Afterwards, you’ll likely feel refreshed and ready to get on with your tasks for the day.

16410 M 3/2 10:30 a.m.-12 p.m. CMED Mapps

**Lunch & Learn with Friends**
One Monday each month join Lunch & Learn organizer, Harriet Palmer, and meet with your ALL friends for getting to know one another and to hear an interesting speaker. Each person buys lunch individually. Watch your weekly ALL newsletter for details.

15901 M 2/10 11 a.m.-12:30 p.m. MYT Palmer
15916 M 3/2 11 a.m.-12:30 p.m. MYT Palmer
15945 M 4/13 11 a.m.-12:30 p.m. MYT Palmer
15955 M 5/4 11 a.m.-12:30 p.m. MYT Palmer

**Beaded Hatpins and Bookmarks**
Janet Halphen will be demonstrating her awesome technique of beautifully beaded hatpins and bookmarks! In this class you will learn how to make Beaded hatpins or bookmarks and the instructor will provide everything that you will need to create your own exquisite creation. You will be delightfully amazed with the beautiful items that Janet will have on display during the class.

15940 Th 3/26 1-3 p.m. CMED Halphen

**Jewelry Making 101 and More!**
Janet Halphen will be demonstrating her awesome technique of exquisite jewelry creations. You will be delightfully amazed with the many versatile items that you can learn to make in this class.

15953 W 4/29 1-3 p.m. CMED Halphen

**Fruit Carving**
Experience the art of fruit carving with Su Yossunthorn, a graduate of the Culinary Academy of Las Vegas. Materials required: small carving knife, paring knife, vegetable peeler, food scissors, plastic container and lid, small cutting board, medium plastic bowl, plate, melon baller, and these firm, fresh, fruits/vegetables: a smooth-skin cucumber, a watermelon, and a cantaloupe.

16407 M 2/17 1-3:30 p.m. CMED Yossunthorn

**ALL about Pie!**
Join Glenda Laney and ALL friends for a fun presentation in pie making and pie baking. Glenda shares her baking expertise and favorite recipes. She will lead the class in a stirring discussion and a delectable demonstration that will be sampled by the class participants.

16599 T 2/25 10:30 a.m.-12:30 p.m. CMED Laney

**Check Out Our Website!**
LoneStar.edu/All
GENEALOGY

Intermediate Genealogy
Come to the computer lab as Bill Williams works with us to learn about our ancestors. He will help us search for items on the computer and show us how to trace our ancestors. Must know computer basics. You need to know your Lone Star College username and password for this class. See the COMPUTER & TECHNOLOGY section for instructions. Having your personal email address will also be useful during this session. Prior knowledge of Genealogy required.

15708 W 2/19 1-3 p.m. DTEC 103 Williams

HEALTH, FITNESS & NUTRITION

Essential Oils for Physical and Emotional Wellness
Participants will learn how to blend essential oils and will make and take a sample sized essential oil product home from each class to start using right away!

15770 M 2/3 1-2:30 p.m. CMED Momberger

Essential Oils for Managing Pain & Inflammation
Participants will learn how to blend essential oils and will make and take a sample sized essential oil product home from each class to start using right away!

15778 M 2/10 1-2:30 p.m. CMED Momberger

Essential Oils for Improved Digestion & Sleep
Participants will learn how to blend essential oils and will make and take a sample sized essential oil product home from each class to start using right away!

15796 M 2/17 1-2:30 p.m. CMED Momberger

Essential Oils for Green Cleaning
Participants will learn how to blend essential oils and will make and take a sample sized essential oil product home from each class to start using right away!

15709 M 2/24 1-2:30 p.m. CMED Momberger

Rhythmic Walking
Class is held weekly on Mondays & Wednesdays from 2-3:00 pm and will be led by ALL members. Be sure to bring your student ID card and wear gym appropriate clothing.

15773 M,W 2/3-5/6 2-3 p.m. HPE 110 Staff

Chair Volley Ball
Come and join your ALL friends at LSC-North Harris and play Chair Volley Ball! You can’t imagine how much fun you will have and how much exercise you will get! Play for fun and/or play to compete with other community teams.

15776 F 2/7-5/8 12-2 p.m. HPE Segovia

Dancercise
Join Yvonne Savala as she choreographs and leads you through a diverse array of dances that are good for the soul and the body! Have fun and get healthy every Tuesday with ALL and friends.

15780 T 2/11-5/5 2-3 p.m. HPE Savala

Managing Diabetes for Yourself or Your Loved Ones
Join Latwonna Wilson as she shares her experience, expertise, resources and tools to live a healthier and better life as you manage your diabetes or care for a loved one. There will be an abundance of information in the area of nutritional and functional living and thriving with diabetes.

15785 W 2/12 1-2:30 p.m. CMED Wilson

The Health 3.0 Manifesto
We will take both a systems and humanistic approach to understanding exactly what is wrong with our health care system, and how to turn it over before it is too late. With this new understanding, you will be ready to take action to renew your health and the health of your entire community.

15803 Th 2/27 2-4 p.m. CMED Julapalli

How Full is Your Bucket?
Learn the power of positivity and the destructive power of negativity. Identify the bucket fillers and bucket dippers in your daily routine. Walk away with tools to deliver candid feedback to others.

15801 Th 2/20 1-2:30 p.m. CMED Sandles

Love, Money & Success: Pheromones & Terpenes!
In this class you will receive basic; vital information that will enable you to make wise choices in receiving and understanding love as it relates to money as it relates to success. There will be a question and answer session midway through the class. Join instructor, Diana Diamond who is not only Metaphysic but also Christ based.

15863 M 4/6 10:30-12 p.m. CMED Diamond

Chinese Medicine: Food Therapy
How is your current diet working for you? In this Chinese Medicine class, licensed acupuncturist, Hung Van Doan, will teach you about food therapy. Food therapy is considered the first line of treatment and self-care for everyday health, as well as prevention of serious illnesses. Prepare to be surprised! A demo will be provided.

15863 M 4/6 10:30-12 p.m. CMED Diamond

Favorite Food Makers: Fun for Healthy Weight Loss
This class will be a continuation of the class on counting net carbs, losing weight (or maintaining) using a moderate approach by remaking some of your favorite foods. We’ll have recipes! Feel free to bring some of your own treats and share some of your recipes.

15906 W 2/12 12:30-2 p.m. CMED Cloud
Rejuvenate Your Hormones
In less than 14 days with a simple proven process that anyone can implement, rejuvenate your hormones, reveal weight loss tips and experience refreshing energy.

15830 W 4/29 1-2 p.m. CMED L. Fisher
15837 W 5/6 2-3 p.m. CMED L. Fisher

Healing, Nutrition and the Science of Family Wellness
Join Gayle Fisher for an interesting discussion on healing, nutrition and the science of family wellness.

15825 M 3/23 10:30 a.m.-12 p.m. CMED G. Fisher

Working With & Understanding the Four Basic Personality Types
Join Jerry Adams in this “personality type” discussion and get an overview of the four basic personality types in your everyday activities. Learn how to deal effectively with everyone you know. These techniques are a great stress reliever!

15810 M 3/4-4/29 8-9 a.m. Offsite Saegusa

Work/Life Balance
This workshop will provide participants with the knowledge that work/life balance does not mean an equal balance, but a balance that enables you to work and live life to its fullest. Learn to live with the least amount of stress and gain the skills to achieve that balance.

16416 M 3/2 2-3:30 p.m. CMED Sandles

The Happiness Advantage
Based on Shawn Achor’s bestseller, The Happiness Advantage, the class will review the seven principles of happiness and success; the concept of Positive Psychology and learn to capitalize on it.

15821 Th 3/19 1-2:30 p.m. CMED Sandles

Tai Chi for Health of Your Mind and Body: Beginners
Beginners learn Tai Chi Yang 8 Step, a form of mind and body exercise that helps students benefit in balance, stress relief and mental focus. Beginners must commit to 4 consecutive sessions of the 11-session curriculum. Must register at Saegusa.com/taichi. Must register with ALL to be placed on NH class roster.

15812 W 3/4-4/29 8-9 a.m. Offsite Saegusa

Stronger Relationships & Better Communication in Life
Join Gayle fisher to discuss stronger relationships and better communication in life for seniors.

15818 Th 3/5 10:30 a.m.-12 p.m. CMED G. Fisher

CHI School of Cosmetology Spa Day for ALL!
Join other ALL members as they receive complimentary services from gifted Lone Star College students enrolled in the CHI School of Cosmetology. Appointments are required. Check the ALL Newsletter for updates.

16414 W 3/25 9:30 a.m.-3:30 p.m. Offsite Hill

HISTORY
Cape Canaveral
Join Jerry Adams as he shares his professional and personal experiences at Cape Canaveral on the Titan I, Titan II, Gemini, Titan III and Saturn V Apollo programs at NASA.

16025 M 3/16 1:20 p.m. CMED Adams

LANGUAGES
Beginning French
This is an introduction to basic conversational French skills for beginners. We will be using the book Say it Right in French, 2nd or 3rd edition by Clyde Peters, ISBN #978-0-07-176771-2, available in the college bookstore or Amazon. Class meets every other Tuesday 3/03, 3/17, 3/31, 4/07, 4/21, 5/05 (make-up date).

Spanish
This is a basic Spanish class. Stella Priest will help us talk to our Spanish speaking neighbors, order food, and ask directions in order to learn to feel comfortable speaking Spanish. Class meets every other Thursday.

MOVIES, MUSIC & THEATER
Movie Day for ALL
Join your ALL friends to watch and critique (all in fun) classic movies that have premiered throughout the ages. Student recommendations are always welcomed.

POLITICAL & COMMUNITY AFFAIRS
Men’s Coffee Chat
A coffee get-together and chat for men meets every Wednesday morning at 11 a.m. Come join the fun. The coffee is on us!

2nd Thursday Women’s Coffee Klatch
The women want time to talk, also. Join Cari Herbert, Wendy Harris and ALL friends at the Women’s Coffee Klatch to discuss current events of the day, week, month or year!

*Likes: Taquerias Arandas, 25598 I-45 A, Spring, TX.

15720 Th 2/13-5/14 10:30 a.m.-12 p.m. CMED Priest
READING & WRITING

Book Club
If you are a reader and don’t have anyone with whom to discuss your most recent book selection, you won’t want to miss this class. Join ALL members in selecting, reading, and discussing books from many different genres. We meet monthly to discuss our most current read.

Older Women’s Legacy Stories: Writing Circle for OWLS
OWLS is a women’s writing class designed to help women recall and write stories from their lives. Writing prompts will be given to the women each week, and while sharing is encouraged, it is not required. Topics include everything from favorite family stories to the choices we made that shape our lives. We would love to have you join us!

Writing a Legacy Letter or Ethical Will
Legacy letters or ethical wills are “a way of passing values, blessings, beliefs and moral philosophies from one generation to the next”. This class will be held in two sessions, how to write a legacy letter (sometimes called an ethical will) to those who want to share a summary of their values and beliefs as a legacy to their family and friends.

SCIENCE & NATURE

Mercer Botanic Gardens
Visit Mercer Botanic Gardens in the fall and you will enjoy an array of beautiful specimens from “Mother Nature’s Gardens.” Jennifer Garrison will lead the ALL group on an inspirational tour of the Gardens.

Small and Swift, Big and Beautiful: Introduction to Raptors
A beginner’s introduction to the wonderful world of birds of prey, also called raptors. From the majestic Bald Eagle to the diminutive, blue jay sized American Kestrel, raptors are fascinating to watch and appreciate. Where do you find them? How do you identify them? What books or apps are available to enhance our understanding of them? These and other questions will be answered in our class. Photographs of some local raptors will be shown.

Fish of Spring Creek
Come to Jesse Jones Park and learn about the diversity of freshwater fish that live in Spring Creek with a secondary focus on adaptations and strategies for survival.

The Complex Language of Birds
Birds have a complex way of communicating through songs and chirps. In this course, we will first hike with a list of potential birds that we might find in the park and try to “bird by ear”. Then we will go back to the classroom to learn about the meaning of certain calls, tips of how to remember the songs and test our knowledge with a game of identification.

JOIN US FOR OUR SPRING OPEN HOUSE
ACADEMY FOR LIFELONG LEARNING
LSC-North Harris
Wednesday, January 29, 2020
1-3 p.m.
Community Education Building CMED 101
2700 W.W. Thorne Drive
Houston, TX  77073
For more information, call 281.765.7947
Basic Wilderness Survival Skills
Dive into the basics of wilderness survival within the Piney Woods ecosystem. We will discuss edible plants, dangers to look out for and survival essentials. On our hike, we will look for edible plants and collect firewood to try out our fire building skills.
16422  F  3/20  9-11 a.m. LHWHP Hollenbeck

Native Gardening and Its Impacts on the Ecosystem
Native Gardening is something that everyone can do, and it helps the ecosystem. In the course, you will learn how to make a difference in your own yard, as well as attracting beautiful pollinators. We will talk about the benefits of native plants and identify how to keep invasive species out of your backyard. Then we will take a short walk through our native garden and look for pollinators.
16423  F  4/17  9-11 a.m. LHWHP Hollenbeck

SENIOR ISSUES

AARP Benefits for Seniors
Join Monty Patch, AARP Specialists in a discussion of benefits and services available for Seniors 50+. Lecture includes an intro to AARP; history, services conducted for local/state/national, communications and volunteer activities and benefits.
15842  M  2/3  10:30-11:30 a.m. CMED Patch

Road Scholars Program
A course for individuals that like to travel in groups. Road Scholar is a nonprofit organization that has thousands of trips each year. Trips are designed for those of us over the age of 50.
16413  T  2/11  11:30 a.m.-12:30 p.m. CMED Monroe

Planning for Your Long-Term Care Needs
In this course we will discuss the importance of long-term care planning and various solutions for the long-term care crisis. The pros and cons of different types of long-term care solutions will be discussed. You will also learn the roles of Medicare and Medicaid in elder care.
15860  Th  4/2  1-2:30 p.m. CMED Qing-Xu

World Religions

Old Testament Prophets
Join Deacon Nick Thompson for a historical bible study and an overview of the first five books of the Old Testament.
15739  F  2/14-5-8 10 a.m.-12 p.m. CMED Thompson

“I have been in the ALL program for 17 year. It provided me with activity which was educational, informing, entertaining and helpful to fill my retirement time for self-improvement. I have learned how to play a musical instrument, keep up with current events and attend available concerts.”

Dale Woodruff, Montgomery ALL member and Advisory Council Member

Never Worry About Market Risk & Outliving Your Retirement Money
You have lived with risk, don’t retire with it. In this course you will learn how to protect and grow your income. We will discuss some strategies that give you only upward potential but without the market risk, while offering monthly income for the rest of your life.
15734  Th  4/16  1-2:30 p.m. CMED Qing-Xu

Avoiding the Funeral Trap
Dealing with the funeral industry without Ken Lambert’s advice is like going to court without an attorney! Avoid costly mistakes that are regrettable for a lifetime. Learn about various options for funerals with a better understanding of funeral industry pricing and sales tactics. Ken Lambert is not a funeral director, nor does he buy or sell funeral related merchandise or services. Instead, Ken is a highly recommended educator and negotiator who works with hospitals, hospices, and churches, as well as individual families for whom he has saved thousands of dollars.
15854  M  3/23  1-3 p.m. CMED Lambert
ALL membership for the 2019-2020 Membership Year is required to register for classes.

How to Register
Attend our Open House:
Thursday, January 16, 2020
10 a.m.-noon
Beckendorf Conference Center

Come by the Continuing Education office any time after Open House to register for ALL membership and classes:

LSC-Tomball
Room E166
30555 Tomball Parkway
Tomball, TX 77375

LSC-Creekside Center
8747 West New Harmony Trail
The Woodlands, TX 77375

Contact Us:
LSC-TOMBALL
Continuing Education (CE)
LSCTBCE@LoneStar.edu
281.357.3676

LSC-CREEKSFIDE CENTER
281.357.3676

Mail Registration Forms to:
LSC-Tomball/ALL
30555 Tomball Parkway
Tomball, TX 77375

Important Information:
Get Your Student ID Card
The student ID card becomes your library card for Lone Star College Libraries.

Parking Permits
Lone Star College campuses do not require parking permits to park on campus.

Important Contact Numbers
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.351.3300

LSC does not endorse the opinions, services or products offered by the instructors.
Register Online!

Go to LoneStar.edu/ALL. On the right side of the screen under “Quick Links” click on “Register Now”. If you have not registered online in the past, complete the information needed under “New Students” or “Returning Students” if you have registered online.

ALL MEMBERSHIP

Enjoy the membership benefits at all seven Lone Star College campuses and three offsite centers. The yearly membership fee of $25 is between September 1-August 31. You will be able to take courses and enjoy the membership benefits and selected services at LSC-CyFair, LSC-Houston North (including LSC-Houston North Victory), LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. If you joined in fall 2019, you do not pay again until fall 2020.

Note: All classes at LSC-Tomball will meet in the east wing, unless otherwise noted. Please check in at the Continuing Education office for class location.

Tips and Tricks for Future ALL Instructors

If you currently teach an ALL class, or are thinking about it, and need some support in planning and delivering your content, join former national and international speaker and current ALL instructor Betty Hollas as she shares tips and tricks to create and deliver lively and memorable instruction. Leave with confidence and enthusiasm for sharing your topic with others.

Creative Quilting

This class taught by Becky Surber consists of learning the basics of quilting. We will make a small quilt and bind it. You will learn how to measure, cut out designs, choose a pattern and co-ordinate colors, and finally how to bind the quilt and give it a finished look. We will then make a reversible table runner. You will need to have basic sewing knowledge on a sewing machine. You will also learn free motion quilting. Other items and tools will be suggested in the first class. The items made will be your creation. This class will not meet on 3/13.

Ultimate Greeting Card

Linda Carroll shows you how to create a greeting card that will long be remembered based on envelope journaling and scrapbooking. We will be making a thank-you card, and you will learn the basics for creating cards for all occasions.

Google Apps: Do Your Work “In the Cloud”

What does it mean to work “in the cloud?” Learn about cloud computing and how to use Google applications. If you have a Google Gmail account (you can get one for free), you already have access to 15 GB of free online storage with Google My Drive and the free web applications such as Google Docs, Google Sheets, and Google Slides. Jerry Matson will show you how to access My Drive and create, edit, & share documents using only your browser. There are no applications to download and you never have to back up your files. Another learning objective is to define just what “the cloud” is! Jerry will show you what it means and why every company and service is racing to the cloud as fast as they can. He will discuss how it is different from your local computer and the advantages and disadvantages of keeping your stuff in the cloud.

If you are unable to complete the above, call 832.813.6600 for assistance.

Craft Workshop

Bring that craft you want to finish or start. Work with your host Linda Carroll and other crafters to get it done! Class meets four times on successive Thursdays.

The Art of Making Your Photos into a Video

Carma Tate previously taught Making a Shutterfly Book using your photos and now will introduce another creative way of sharing your memories. Learn to create a fun, exciting or moving and poignant video for your next celebration, birthday, anniversary or memorial using your photos. Class meets three times on successive Thursdays.

The Art of Pysanky

Pysanky are eggs decorated with a wax-resistant dye. A technique that Ukrainians have used for thousands of years. Instructor Marilyn Henderson will explain the history and legends, and demonstrate this technique.

Craft Workshop

Bring that craft you want to finish or start. Work with your host Linda Carroll and other crafters to get it done! Class meets four times on successive Thursdays.

Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:

- Go to LoneStar.edu
- Select myLoneStar near the top right on your screen.
- Select Get Username and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

If you are unable to complete the above, call 832.813.6600 for assistance.

LONE STAR COLLEGE-TOMBALL ACADEMY FOR LIFELONG LEARNING

LoneStar.edu/ALL-Tomball
Google Photos
Do you use your phone or tablet to take your pictures? Are you running out of space on your device? Do you want an easy way to share your favorite pictures? Google Photos is the answer for all these questions. Google Photos is a place for unlimited free storage for all your pictures and has small editing capabilities as well. Instructor Richard Gillespie will address using Google Photos from your smart phone and tablet. You must have (and know) a User Name and Password for Google/Gmail account and the Lone Star College Wi-Fi before class starts.
16231 M 2/3 10 a.m.-12 p.m. Gillespie

Organizing Your Digital Life
Learn about the tools, methods, and applications to manage all kinds of information in our lives. This is an overview of the kinds of digital things people collect and the various ways to manage them. This includes documents, music, pictures, websites, passwords, email and more. How do you collect these things, organize, catalog them, and search them? The class will cover specific examples of strategies, applications, references, and personal advice in a full, fast-paced class. Jerry Matson will email you his presentation after the class.
16039 F 2/21 1-4 p.m. Matson

Personal Internet Security: Password Management
More and more you manage your life online: email, banking, social media, hobbies, shopping, and many others. In most places you have to create an account which means numerous usernames and passwords. You either have too many passwords to remember or use the same ones in too many places. Does this sound like you? Do you write your passwords down? Are they easy to remember? That means they are easy for someone else to guess! Come learn from Jerry Matson how to create better, stronger passwords and manage them with applications designed for just that purpose.
16036 W 2/19 1-4 p.m. Matson

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.

Episode 1 & Episode 2
Episode 1: This is the story of how stars were made by the universe and how stars went on to engineer everything else in that very universe. They change the universe by spawning further generations of stars, then planets and eventually the building blocks of life. Episode 2: Black holes are the most powerful destroyers in the universe, the most mysterious phenomena in the heavens. For years black holes were only speculation. Now modern astronomy is proving them frighteningly real and showing that they may well define the destiny of the universe.
16161 F 2/14 1-2:30 p.m. Schloz

Episode 3 & Episode 4
Episode 3: Big Bang is the greatest story ever told, the creation of everything. This episode investigates how the universe came into existence out of nothing and how it grew from a minuscule point, smaller than an atomic particle, to the vast cosmos we see today. Episode 4: Galaxies are homes to stars, planets, and us. They come in all shapes and sizes. Witness the evolution of galaxies, from clouds of cold gas floating in the voids of space 13 billion years ago, to the magnificent spirals that fill our night sky.
16166 F 2/28 1-2:30 p.m. Schloz

Episode 5 & Episode 6
Episode 5: Is our solar system unique? Since the first discovery of a planet orbiting another star, some 280 alien solar systems have been identified. Only by looking at solar systems far beyond our own can we understand how remarkable our universe is. Episode 6: There are only eight planets in our solar system, but there could be a hundred billion planets in our Milky Way galaxy alone. This episode follows the journey of planets as they grow from grains of dust to the magnificently diverse worlds we see today.
16169 F 3/20 1-2:30 p.m. Schloz

Episode 7 & Episode 8
Episode 7: Moons come in every possible shape and size. Home to incredible natural phenomena like gigantic geysers and colossal volcanoes, moons offer perhaps the best chance of finding alien life in the universe. Episode 8: Stars are not eternal. They die in unimaginably large explosions called supernovas. Second only to the Big Bang, these explosions are where creation and destruction meet. Only now have we begun to understand how these wonders of the sky work.
16554 F 3/27 1-2:30 p.m. Schloz
**FINANCIAL & LEGAL**

**Basic Stock Valuation and Analysis**
Presented by wealth advisor John Jablonski, this is a comprehensive course designed to provide you with conventional techniques in researching and valuing stocks. The course is taught in a manner that uses everyday language, simple, yet insightful analogies, and a “just the facts” attitude that you will understand and appreciate.

15840 W 4/1 1-3 p.m. Jablonski

**Estate Planning: What Documents Do I Need to Have in Place Now?**
Legal expert Susan Bulgawicz will discuss the various advanced directives and testamentary documents, including the Will and financial/medical powers of attorney, their uses, which are time sensitive, and the repercussions of not having the documents in place.

15813 Th 2/6 12-2 p.m. Bulgawicz

**Investing During Uncertain Times**
The last decade or so has shown us a new economic reality marked by dramatic highs and lows in the market. If you are interested in what caused this chaotic market behavior and how to manage your risks—you are not alone. Join John Jablonski as he covers the economic cycle and the importance of investing for all its phases.

15835 W 3/25 1-3 p.m. Jablonski

**Probate 101**
Susan Bulgawicz provides an introduction into the Texas probate process, the roles of the executor and of the probate attorney and tells how to avoid pitfalls.

15832 Th 3/5 12-2 p.m. Bulgawicz

**Standing Guard: Protect What You Worked For!**
Anita Bowman-McCormick will share strategies designed to help guard valuable assets and protect pre- and post-retirement income. Also discussed will be the impact of longevity, withdrawal strategies, anticipating rising costs, insurance/LTC protection and healthcare cost concerns.

15828 T 3/3 10 a.m.-12 p.m. Bowman-McCormick

**What Happens After the Paychecks Stop?**
Anita Bowman-McCormick examines how to budget for retirement expenses, potential sources of retirement income and potential risks such as LTC and health care costs.

15820 T 2/11 10 a.m.-12 p.m. Bowman-McCormick

**HARRIS COUNTY PRECINCT 4 ENCORE!**
Harris County Precinct 4 Encore! provides educational and recreational opportunities, day trips and volunteer outreach opportunities. Find out from Kathryn Perez, Special Event Planner for Precinct 4 Encore!, how this unique program operates and how you can participate in these life-enriching events and activities that will fill your calendar with fun.

15874 T 3/24 1-3 p.m. Perez

**Trivial Pursuit**
Trivial Pursuit is a classic American board game in which progress is determined by a player’s (in our rules, a team’s) ability to answer general knowledge and popular culture questions. Categories include People & Places, History, Science & Nature, Arts & Entertainment, Sports & Leisure & a Wild Card category. Bring your thinking caps and enjoy the fun of this famous and addictive game with your game host, Rick Taylor. This class meets seven times on Mondays every two weeks.

15848 M 2/3-4/27 10 a.m.-12 p.m. Taylor

**HEALTH, FITNESS & NUTRITION**

**Fitness Center at LSC-Tomball**
Join the LSC-Tomball Fitness Center! You must bring your ID Card with you to use the center.

16587 M-F 1/2-5/8

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.
Causes of and Cures for Cancer
LSC-Tomball biology Professor Bill Simcik leads an informal presentation and discussion of the cellular and genetic mechanisms of initiation cancer. The latest development of cures and a bit about success rates for cancer cures will also be part of the presentation. No prior knowledge is required, but any personal experiences are certainly welcomed to the discussion.

15721 M 2/3-5/4 10 a.m.-12 p.m. Vasireddy

Chinese Medicine: Good Habits and Bad Habits
In this final class in the Chinese Medicine Series, licensed acupuncturist Hung Van Doan will teach you about common habits, both good and bad, that are affecting your health. Be prepared to be surprised! Previous attendance of other classes is not required as it is made to be fun and easy to understand. A live demo will be conducted at the end of class.

15716 T 2/4 1:30-3:30 p.m. Van Doan

Heart Health
Dr. Harry Adams leads a discussion on anatomy and physiology of the heart followed by clinical manifestations and treatment of coronary artery disease - angina, myocardial infarction, and sudden death. This will be followed by discussion.

16177 Th 2/20 12-2 p.m. Adams

Holistic Health & Wellness
Psychotherapist Susan Taylor-Gol shows you how to get your metabolic fire burning and reduce stress. By implementing three simple steps into your daily routine you can increase your body’s metabolic process, have more energy, and increase longevity of wellness. Learn how to make better choices to improve your overall vitality. This class meets three times on separate days: Thursday & Friday, 4/2 & 4/3, at 10 a.m. Also, Monday, 4/6, at 1 p.m.

15738 M,Th,F 4/2-4/6 10 a.m.-3 p.m. Taylor-Gol

Nadi Yoga Meditation and Effects on Health
A growing body of research by Harvard, UCLA & Nobel Prize winning biologist Elizabeth Blackburn supports the benefits of meditation on the aging process. Though we cannot change our age, we can definitely slow down the pace at which we age through meditation. Join instructor Rani Vasireddy to learn about meditation, using our breath and body, chakras and mantra. By attending this class, we will learn how to practice Nadi Yoga or Energy Center meditation - for health, wealth, happiness and peace - the technique which is as old as the Indian civilization! This active group meditation session meets 13 times on successive Mondays and does not meet on 3/9.

15727 M 3/23 2-4 p.m. Simcik

Nadi Yoga Meditation
Practicing and passing down the knowledge of meditation is said to be the sacred duty of the guru as well as the students. In this weekly session, Rani Vasireddy will help us learn meditation, using our breath and body, chakras and mantra. By attending this class, we will learn how to practice Nadi Yoga or Energy Center meditation - for health, wealth, happiness and peace - the technique which is as old as the Indian civilization! This active group meditation session meets 13 times on successive Mondays and does not meet on 3/9.

15721 M 2/3-5/4 10 a.m.-12 p.m. Vasireddy

Neuropathy & How to Reverse It, Naturally
Therapist Jenna Glover will cover this description of neuropathy and the various natural treatment options. Nutritional deflaming, infrared diode light therapy, vibration therapy, nerve regeneration rebuilder and the balance of the nervous system will all be discussed.

16176 T 3/17 1-3 p.m. Glover

HISTORY

Dam Busters
On the moonlit night of May 16/17, 1943, the most remarkable, audacious and hazardous air raid of WW II was carried out by British Bomber Command. A hand-picked group of British and Canadian crews, who trained for six weeks in low level, night flying tactics, attacked three German hydroelectric dams in the heart of the Ruhr Valley with a unique weapon - a bouncing bomb. The lecture will present a documentary film and provide information on the preparations for the raid.

16056 W 3/4 10 a.m.-12 p.m. Schmidt

Le Grand Derangement
Join instructor Ron Richard for this presentation that deals with the history of Nova Scotia and the expulsion of the Acadians from Nova Scotia by the British.

16065 W 3/25 10 a.m.-12 p.m. Richard

Next to the Last Battle of the Revolutionary War
The Battle of Wabash in 1791 occurred on Nov. 4 in what is now western Ohio. The Indians using brilliant tactics and supported secretly by the British, defeated the first American Army with the death of 900 Americans, nearly four times the number of casualties sustained at the Battle of Little Bighorn. This stunning defeat would be the equivalent of 100,000 troops being killed today and threatened the very existence of our fragile Constitutional Republic. How did President Washington’s administration survive? Instructor Joe Beatty is a 7th generation descendant of combatants in this obscure but fascinating story of young America. Original family documents from 1791 are used to tell the story.

16070 Th 4/9 10 a.m.-12 p.m. Beatty
Texas Before and After Spindletop
Texas history columnist and author Bartee Haile examines the coming of oil to Texas and how it transformed a rural state of cotton and cattle into an urban petroleum powered giant. Special attention is paid to the early boomtowns of Beaumont, Mexia, Roarin’ Ranger and Bloody Borger. The presentation is based upon his book Texas Boomtowns: A History of Blood and Oil.
16047 M 2/17 10 a.m.-12 p.m. Haile

The Greatest Raid of All-Time
On the night of March 28, 1942, British Commandos mounted a seaborne raid on the St. Nazairs’s dry dock in occupied France. Using an old American lend/lease destroyer, the Commandos entered the heavily defended harbor, crashed the explosive-laden vessel into the dry dock’s sea gate and waited for an explosion. The lecture will present a documentary film and provide information on the preparations for the raid.
16060 T 3/17 10 a.m.-12 p.m. Schmidt

The Last Battle of the Revolutionary War, 1794
The Battle of Fallen Timbers 1794 occurred on August 20 in what is now northwestern Ohio. On Nov. 4, 1791, the Indians, supported secretly by the British, defeated the first American Army with the death of 900 Americans. Despite this tragic loss and political threat to our fragile Constitutional Republic, the people and administration held to the Constitution and quickly appointed Gen. Anthony Wayne to successfully train and organize a proper army to drive the British from American soil. All the while, the U.S. honored the ideals of the Northwest Ordinance and worked to negotiate treaties with the Indians. Original family documents from 1790s are used to tell the story. Instructor Joe Beatty is a 7th generation descendant of the 1790s combatants.
16076 Th 4/16 10 a.m.-12 p.m. Beatty

Westminster Politics: British History Since 1660
The Palace of Westminster became home to the English Parliament at its formation in the 13th century; home to the Great Britain Parliament in 1707, and home to the United Kingdom Parliament since 1801, as it remains today. The “Mother of Parliaments” has played the leading role in many events of great significance both to Britain itself, and to the wider world. This survey begins in 1660 with the Restoration of King Charles II after a failed experiment in republican government. Beyond the perennial parry-and-thrust of parties and elections, the course explores three themes: the constitutional developments leading to modern democracy; the making of Britain as the world’s first industrial economy, followed by the contemporary transformation of Britain into post-industrialism; and the rise and fall of the British Empire – ending in the possible breakup of the United Kingdom itself. Witness the cavalcade of power and folly from King Charles II’s Lord Chancellor, to Queen Elizabeth II’s 14th Prime Minister, Boris Johnson. Join longtime ALL Professor Clifton Fox for this fascinating examination of British history. This class meets six times on successive Thursdays and does not meet on 3/12.
16053 Th 2/20-4/2 1:30-3:30 p.m. Fox

MOVIES, MUSIC & THEATER

Friday Afternoon Movie Matinee
Join host Mike Schloz on the first Friday of each month to revisit some real favorites. Bring a snack, or get one at the snack bar, which will be open until show time. This semester we bring back the time when our moms would send us off on Saturday with a dime for a movie and a dime for popcorn. It was a fun time for us to meet with our friends and, probably more importantly, a time for mom to have an afternoon off. We got a cartoon, a serial, a newsreel, and a good ol’ cowboy movie. We hope you will enjoy them! (P.S.- Be sure to come early so you don’t miss the cartoon!)

Susanna Pass (1949)
A gang of villains tries to force a fish hatchery owner out of business so they can drill for underwater oil. But never fear, Roy Rogers, his beloved horse Trigger, and Dale Evans (playing a doctor) are on hand to foil all their attempts and bring the baddies to justice. Estelita Rodriguez co-stars as a flirtatious senorita who trills a few tunes with Roy, along with Foy Willing and the Riders of the Purple Sage. Cast includes Roy Rogers, Trigger, Dale Evans, Estelita Rodriguez, and Foy Willing. 64 Minutes
15887 F 2/7 1-2:30 p.m. Schloz

Bells of Capistrano (1942)
America’s favorite singing cowboy Gene Autry stars in this vintage tale as an up-and-coming rodeo singer caught in the middle of two rival companies, both angling to ride the talented crooner to riches. Featuring several memorable musical performances from Autry, including renditions of “Forgive Me” and “In Old Capistrano,” this rousing Western co-stars Smiley Burnette, Virginia Grey and Lucien Littlefield. Cast includes Gene Autry, Virginia Grey, and Smiley Burnette. 78 Minutes
15917 F 3/6 1-2:30 p.m. Schloz

Frontier Pony Express (1939)
While working in California, Pony Express rider Roy Rogers (played by Rogers) witnesses both Confederate and Union attempts to seize control of the state. Meanwhile, ruthless businessman Lassiter (Edward Keane) is preparing his own bid for power. After Roy refuses one of his bribes, Lassiter turns to an outlaw gang, and trouble soon follows. Along the way, Rogers finds time to croon “My Old Kentucky Home” and “Rusty Spurs.” Cast includes Roy Rogers, Lynne Roberts, and Raymond Hatton. 53 Minutes
15941 F 4/3 1-2:30 p.m. Schloz
**Reg. #** | **Day** | **Date** | **Time** | **Instructor**
--- | --- | --- | --- | ---
**Texans Never Cry (1951)**
When Texas Ranger Gene Autry, America’s favorite singing cowboy, saves a family on the brink of being evicted from their homestead, he discovers the existence of a scheme to counterfeit Mexican lottery tickets. There’s only one thing for Gene to do now: track down the despicable ring of criminals and bring them to justice, aided by his trusty sidekick, Pecos Bates (Pat Buttram). Cast includes Gene Autry, Mary Castle, Russell Hayden, Gail Davis, Tom Keene, and Pat Buttram. 67 Minutes.
15946  | F | 5/1 | 1:20 p.m. | Schloz

**Pop-Chord Piano**
The Pop-Chord style of piano playing uses chords in the left-hand making learning and playing songs 50% easier than traditional piano methods. No previous music experience necessary. The “How to Read Sheet Music” class would be helpful, though, if you have no experience. There is a practice book with CD needed for the class. The instructor, pianist Ed White, will contact you prior to the class with instructions for obtaining these items.
15910  | F | 2/26 | 9 a.m.-12 p.m. | White

**Political & Community Affairs**

**Edward Snowden: Traitor or Patriot?**
In 2013, Edward Snowden, who was working as an NSA (National Security Agency) subcontractor at the time, leaked highly classified material to the press concerning certain surveillance activities that were being carried out by the United States government. A federal warrant was issued for his arrest under the Espionage Act and Snowden subsequently fled, eventually being granted asylum in Russia where he remains to this day. Many consider Snowden to be a traitor; a spy who exposed sensitive governmental secrets without authorization. Others think he is a patriot; a whistleblower who exposed serious violations being committed against the Constitution on behalf of the US government. Join moderator Rick Taylor for an examination of the facts of the Edward Snowden incident and an open discussion on how he should be perceived by both historians and by the American people.
16026  | T | 4/8 | 1:30 p.m. | Taylor

**Flooding - A Harris County Problem**
Join cycreekstoptheflooding.com spokesman Paul Eschenfelder to explore how we became so flood prone, particularly in northwest Harris County, what the causes are, how it affects you and what we can do about it.
16013  | Th | 2/13 | 10 a.m.-12 p.m. | Eschenfelder

**Growing Up Tomball**
Back by popular demand, Greater Tomball Chamber of Commerce President Bruce Hillegeist presents new information and updates regarding development in Tomball and the region.
16237  | Th | 5/7 | 10 a.m.-12 p.m. | Hillegeist

**Portrait of the Electorate**
Join retired political science Professor Nancy Kral as we examine the 2016 electorate and take an early look at the 2020 voters. What voter groups exist in the US today? Who votes, who doesn’t and why?
16020  | W | 2/26 | 1-3 p.m. | Kral

**Safety**

**AARP Smart Driver Safety Program**
Certified Instructor David Graham presents the AARP Smart Driver Safety Program, a four-hour classroom refresher that is targeted toward individuals who are age 50-plus and who are interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license.
16134  | T | 4/7 | 9 a.m.-1:30 p.m. | Graham
**Auto Theft Trends & Prevention**

Why is auto theft such a big business and why is it growing? What are the current auto theft trends? How are cars being stolen and what are the most popular stolen vehicles? Understanding how car thieves operate and types of auto thieves will be examined. What can you do to make you and your vehicle a less desirable target? Anti-theft devices and VIN etching as well as burglary of a motor vehicle, BMV’s (car break-ins) and how not to become a target will be discussed. We’ll look at favorite targets for car break-in thieves, items and popular places for break-ins, juggers (being followed from the bank or mall), sliders (stealing purses while pumping gas or at the grocery store) and other theft methods. We will look at scams like Craigslist, Offer Up, Let Go, ID theft and more! Join veteran Houston Police Department Sgt. Tracy Hicks and learn how not to become a victim of this growing problem.

16127 T 4/14 10 a.m.-12 p.m. Hicks

**Being Prepared Isn’t Just for Boy Scouts**

What do these things have in common: family documents, sleeping bag, fire extinguisher, books, games, bleach, plastic bags, tape? All of these items are part of an emergency supply kit that will save your family heartache and see them safely through an upcoming disaster. Are you prepared? Join MaryAnn Kelley, Northern Harris County Project Coordinator for RSVP of Southeast Texas to learn how to safeguard your family during a man-made or a natural disaster.

16129 W 4/15 10 a.m.-12 p.m. Kelley

**SCIENCE & NATURE**

**Artemis to the Moon**

NASA has announced its 2024 goal of sending the first woman and the next man to the Moon. This return-to-the-Moon program has been named after the Greek goddess of the Moon, “Artemis,” who is also the twin sister of Apollo. But, unlike the Apollo missions, NASA’s administrator Jim Bridenstine says, “We will go to the Moon this time using modern technology and systems in ways that will allow us to return time and time again”. Come join Johnson Space Center volunteer Maria Culley to learn how NASA plans to send men and women repeatedly to the Moon, using the Gateway lunar space station as an outpost near the Moon.

16109 M 4/6 10 a.m.-12 p.m. Culley

**Asbestos: Miracle Fiber to Mesothelioma Legal Advertisements**

Longtime ALL instructor Frank Parker explores the history of the asbestos family of minerals from antiquity to modern times including Charlemagne’s table cloth, Franklin’s purse and its role in the industrial revolution. Also, explore the history of its cause of a variety of occupational diseases including mesothelioma and the litigation it has spawned.

16103 T 3/31 24 p.m. Parker

**Dragonfly on Titan**

NASA has begun preliminary planning to send a “dragonfly” probe to Saturn’s moon, Titan. With eight rotors, it will fly like a drone through Titan’s dense atmosphere, landing at multiple sites. As Thomas Zurbuchen (NASA’s associate administrator of science) says, “Dragonfly will visit a world filled with a variety of organic compounds which are the building blocks for life and could teach us about the origin of life itself”. ALL instructor and Johnson Space Center volunteer tour guide Maria Culley discusses the Dragonfly mission that launches in 2026 and arrives at Titan in 2034.

16097 M 3/23 10 a.m.-12 p.m. Culley

**eBird? iBird? What’s that Bird?**

Identifying birds is part of what makes bird watching enjoyable! Whether you use a field guide, the internet, an app on your phone or another method, identifying birds is a fun activity for all generations. Come join Wild Birds Unlimited’s Shelley Sury as she explores the various tools available that work together to improve our birding skills.

16099 F 3/27 10 a.m.-12 p.m. Sury

**Europa Clipper**

NASA plans to launch a spacecraft to one of Jupiter’s moons, Europa, in the mid-2020s. Europa is an icy “ocean world”, so-called because it has a vast ocean beneath its ice-encrusted surface. Europa also has plumes of water vapor erupting 100 miles up from the surface. The water vapor may contain amino acids and other organic compounds that can support microbial life. The Europa Clipper spacecraft will carry a package of nine instruments including imagers, spectrometers and a magnetometer which it will use during its planned 45 fly-bys, including some that will sample the water vapor plumes. Join Maria Culley to learn about why Europa is the “place to go for alien life”.

16084 M 2/24 10 a.m.-12 p.m. Culley

**Guess Who? Is That a Butterfly or a Moth?**

Can you tell the difference between a butterfly and a moth? What is the difference? How are they alike? We will share some tips and tricks and we will test your knowledge! Join Jordan Hamann of Wild Birds Unlimited for this fun and educational program.

16087 F 2/28 10 a.m.-12 p.m. Hamann

**Mars Geology**

Join Geologist John Rogers for a presentation of the geology of the planet Mars using spacecraft images and data. Both landers and orbiting spacecraft data are incorporated. This class meets twice on consecutive days.

16113 T,W 4/7,4/8 10 a.m.-12 p.m. Rogers

**Project Gemini: How NASA Learned to Fly in Space**

Project Gemini (the manned spacecraft program between Mercury and Apollo) is reviewed from the perspective of Astronaut Gus Grissom. John Rogers presents this class that meets twice on consecutive days.

16081 T,W 2/18,2/19 10 a.m.-12 p.m. Rogers
Robert Hooke and Isaac Newton: The Feud That Ushered in Modern Science

In this open discussion presented by LSC-Tomball biology Professor Bill Simcik, we will describe the conflicting characters of Robert Hooke and Isaac Newton and the clash of personalities that took place at the origins of modern science. Robert Hooke was clearly a polymath who has been referred to as “London’s Leonardo” and Isaac Newton, while also a polymath, tended toward the more esoteric, alchemical, and religious pursuits. Much if not most of modern science and mathematical understandings can be traced back to the first half of the 1600s and the Royal Society for the Advancement of Natural Philosophy at Cambridge University. The characters involved in this society and the ideas that were promoted laid the groundwork for virtually all modern science. We will be discussing this hodgepodge of often conflicting theories and the personalities that authored these theories.

Solar System: Gas Giants & Icy Bodies

John Rogers presents an introduction of the Solar System. The large Gas Giants (Jupiter and Saturn) plus the Icy Bodies (Uranus, Neptune, and Pluto) will be compared. This class meets twice on consecutive days.

Solar System: The Terrestrial Planets

Join John Rogers for an introduction to the terrestrial planets of the solar system. Mercury, Venus, Earth, and Mars will be compared. This class meets twice on consecutive days.

Your Wild Neighbors

Urban sprawl continues to impact the survival of our native wildlife. Join Friends of Texas Wildlife’s Cathie Coudert as she presents this lecture that covers how to recognize when an animal is truly orphaned and when assistance is necessary. Also discussed will be what a wildlife rehabber in our area does and the common injuries that are seen at our wildlife center daily.

Avoiding the Funeral Trap

Join industry professional Ken Lambert to increase your awareness of the funeral industry pricing and sales tactics. Learn how to find the best deals on cemetery property and funerals along with various burial and cremation options. Discuss veterans’ benefits and avoiding lifetime regrettable mistakes. Gain an understanding of the funeral sales game. Explore merchandise options and consider pre-planning vs pre-purchasing funerals and cemetery property.

How Do I Choose a Medigap Policy?

Longtime ALL instructor Peggy Mims will explain how to select from among 10 Medigap plans, determine which is best for you, and how to enroll.

How to Protect Your Medicare Dollars

Today, in Texas, hundreds of elderly Texans are receiving harassing phone calls and personal visits from scam artists seeking to make a fraudulent dollar off Medicare. Predators offer seniors “free” durable medical equipment (DME) such as knee braces, and more - items they neither want nor need - and taxpayers end up footing the bill. Experts say the price tag is staggering: up to $250 billion per year. Come and learn from Thomas Call how to detect and prevent Medicare and Health care fraud.

Check Out Our Website!

LoneStar.edu/ALL
If I Don’t Laugh, I’ll Cry
Did you know that laughing burns calories? Can you chuckle at the trials of getting older? Learn the physical and mental benefits of using humor to combat aging. Spend an hour with host Beth Gault giggling or guffawing at jokes, quotes, poems and cartoons that’ll turn your wrinkles into twinkles.
15986  W  3/4  1-3 p.m.  Gault

Thriving, Not Just Surviving
Experts know that happiness as you age is strongly connected to how you rebound from setbacks. Betty Hollas teaches this class that will look at resilience and how, with a little practice, anyone can develop resilience. You will leave with a toolkit of tips to train your brain to better withstand, and even embrace, the challenges of aging. Laughter and learning guaranteed in this session!
15991  W  3/18  1-3 p.m.  Hollas

Upgrade How You Communicate & Connect with Your Adult Children
Our children are some of the people we have known the longest in our lives and sacrificed the most for yet communicating well and connecting deeply seems to be a struggle for many of us. When we become aware of what we are saying, why we are saying it and what our adult children are hearing us say then we will deepen our connection with our kids and open up better lines of communication. All of this results in better phone and texting conversations, more joy in the holidays and you being the parent you want to be. Certified Life Coach Les Herron teaches this class that meets three times on consecutive days.
15977  T-Th  2/25-2/27  10 a.m.-12 p.m.  Herron

What is Medicare Advantage?
Peggy Mims will show you what the qualifications are, how to enroll, when to enroll, what the costs are, and how Medicare “C” actually works. As always, bring your questions for Peggy to answer! Learn if Part “C” is the best choice for you.
15998  T  3/24  10 a.m.-12 p.m.  Mims

TRAVEL & CULTURE
Cruising the British Isles
Join Roy and Linda Lazenby as they take you on a cruise to the British Isles. Beautiful scenery, castles, cathedrals and a visit to Omaha beach are all on tap.
16140  F  4/17  10 a.m.-12 p.m.  Lazenby
ALL membership for the 2019-2020 Membership Year is required to register for classes.

**How to Register**

Attend our Open House:
Thursday, January 9, 2019
10 a.m.-noon
2nd Floor of EMI Building
11521 Compaq Center West
EMI: From SH 249, west on Louetta to 1st light. Left on Compaq Center West Dr.

Come by the EMI building any time after Open House to register for ALL membership and classes, or go to:

**LSC-University Park**
CE Department, Building 13, 3rd floor
20515 SH 249 at Louetta Rd.
Houston, TX 77070

**LSC-Energy & Manufacturing Institute (EMI)**
11521 Compaq Center West Drive
Houston, TX 77070

EMI is 1/2 mile down on right, a gray 2-story building with plenty of easy parking.

Contact Us
LSC-UNIVERSITY PARK
Continuing Education (CE)
LSCUPCE@LoneStar.edu
281.290.1899

Mail Registration Forms to:
LSC-University Park
CE Department/ALL
Building 13, 3rd floor
20515 SH 249
Houston, TX 77070

**Important Information:**

**Get Your Student ID Card**
The student ID card becomes your library card for Lone Star College Libraries.

**Parking Permits**
Lone Star College campuses do not require parking permits to park on campus.

**Important Contact Numbers**
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.290.2600

LSC does not endorse the opinions, services or products offered by the instructors.
**Register Online!**

Go to LoneStar.edu/ALL. On the right side of the screen under “Quick Links” click on “Register Now.” If you have not registered online in the past, complete the information needed under “New Students” or “Returning Students” if you have registered online.

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**COMPUTER & TECHNOLOGY**

Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:

- Go to LoneStar.edu
- Select myLoneStar near the top right on your screen.
- Select Get Username and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

If you are unable to complete the above, call 832.813.6600 for assistance.

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**Google Apps: Do Your Work “In the Cloud”**

What does it mean to work “in the cloud?” Learn about cloud computing and how to use Google applications. If you have a Google Gmail account (you can get one for free), you already have access to 15 GB of free online storage with Google My Drive, and free web applications such as Google Docs, Google Sheets, and Google Slides. Jerry Matson will show you how to access My Drive, create, edit, and share documents using only your browser. There are no applications to download and you never have to back up your files. Another learning objective is to define just what “the cloud” is! Jerry will show you what it means and why every company and service is racing to the cloud as fast as they can. He will discuss how it is different from your local computer and the advantages and disadvantages of keeping your stuff in the cloud. This class is presented two times.

16278  T       1/14 – 3/17 12:00 - 2:45 p.m.   EMI 212              Matson

**Advanced Google Apps**

Google Apps are Google’s equivalent to Microsoft Office. While they are not as powerful, they are free and have distinct advantages such as universal access, sharing, and collaboration. Jerry Matson will give detailed instructions on how to use Docs, Sheets, and Slides with examples. Students should have an existing Google or Gmail account. The previous class “Google Apps” would be useful but not required.

16279  W 1/15 12-2:45 p.m. EMI 212 Matson

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**ARTS & CRAFTS**

**Ultimate Greeting Card**

Learn to make a greeting card based on envelope journaling and scrapbooking. Join Linda Carroll in learning how to make these exquisite greeting cards.

15750     Th           2/6 9-10:15 a.m.         EMI 216 Carroll

**Craft Workshop**

Linda Carroll returns! Beginners to experienced crafters are invited to bring your projects for help, encouragement, and enjoy a crafter’s atmosphere. Whether it is knitting or crochet, cross-stitch or needlepoint, share your patterns and ideas with others.

15712     T           3/17- 4/7 9-11:45 a.m.    EMI 216               Carroll
### Advanced Excel: How to Manage Lists
For all its analytical power, it has been observed that 90% of all users of Microsoft Excel use it to keep simple lists. Microsoft has recognized that and has built in very useful functions specifically for lists, but a list in Excel has a special meaning and definition. Jerry Matson teaches what a list is and how to organize, sort, filter, and report on various lists of information using data filters, VLOOKUP, and pivot tables.

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### Personal Internet Security: Password Management
More and more of you manage your life online: email, banking, social media, hobbies, shopping, and many others. In most places you must create an account which means numerous usernames and passwords. You either have too many passwords to remember or use the same ones in too many places. Does this sound like you? Do you write your passwords down? Are they easy to remember? That means they are easy for someone else to guess! Come learn from Jerry Matson how to create better, stronger passwords and manage them with applications designed for just that purpose. This class is presented two times.

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### Gmail For Power Users
Many people use Google’s Gmail every day without realizing the amazing power built into it. You will learn how to customize its appearance, how to search, sort, and organize your email, filters, folders, forwarding, and much more. Jerry Matson will help you see why Gmail is the most popular and powerful web-based email system today. This class is presented two times.

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### Organizing Your Digital Life
Learn about the tools, methods, and applications to manage all kinds of information in our lives. This is an overview of the kinds of digital things people collect and the various ways to manage them. This includes documents, music, pictures, websites, passwords, email and more. How do you collect these things, organize, catalog them, and search them? The class will cover specific examples of strategies, applications, references, and personal advice in a full, fast-paced class. Jerry Matson will email you his presentation after the class.

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### How to Write A Blog?
Have you ever thought about sharing your travel experiences or hobbies with others? Lots of people do, and you have probably read many blogs without really thinking about how they do that. Blogs (short for “web logs”) are multiple articles, or posts, related to a single topic with text and pictures that tell a story or give advice or information. Usually they are public, but they can be limited, for example, to family and friends. Instructor Jerry Matson defines what a blog is, how they are different, give examples, talk about how to structure and write posts, and finally demonstrate how to create a blog and make your first post.

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<td>15982</td>
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<td>1/23</td>
<td>12:245 p.m.</td>
<td>EMI 212</td>
<td>Matson</td>
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### Get the most from your Apple Devices
Get the most from your Apple devices, including iPhone, iPad and Apple watch. Join Ed Tarver as we go over all the changes for the new iOS and learn new tips to get the most from your devices.

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### Getting the most from your Mac
Join Ed Tarver as we discuss the latest changes to the Mac computer, including the latest on the new operating system.

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### I, Robot
Lone Star College professor Philip Lee will be presenting in class the modern era revolution of the Robot. Demonstrating the marvelous invention, Lee will explore what the future holds for the advanced technology and debunk any fears held about them.

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**JOIN US FOR OUR SPRING OPEN HOUSE**

**ACADEMY FOR LIFELONG LEARNING**

**LSC-University Park**
Thursday, January 9, 2020
10 a.m. - 1 p.m.

**Energy & Manufacturing Institute**
11521 Compaq Center West Drive
Houston, TX 77070

For more information, call 281.290.1899
### CULINARY ARTS, FOOD & COOKING

#### Fruit Carving
Join Su Yossunthorn, a graduate of the Culinary Academy of Las Vegas who received professional training for carving in Bangkok, Thailand. Su worked at the Wynn, a five-star hotel in Las Vegas. This course will include lecture demonstration and hands-on practice. The carver will practice knife skills using simple tools and simple techniques by carving a variety of fruits and vegetables into the shapes of water lilies, wild yellow flowers and leaves. Students should bring the following materials: small carving knife, paring knife, vegetable peeler, food scissors, plastic container with lid, small cutting board, medium plastic bowl, plate, melon baller. Students should also bring the following fruit and vegetables: one firm smooth skin cucumber, one carrot medium or large, one apple any variety, and one firm cantaloupe.

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<td>Yossunthorn</td>
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#### Cooking for Keto
Join Susan Goldsmith as she explores the popular benefits of Cooking the Keto way!! This a three-session class meeting on 3/4, 3/18 & 3/25.

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<td>EMI 212</td>
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#### Cooking with Essential Oils
Join Susan Goldsmith and learn how to cook with essential oils. We will make a few meals, desserts, and something to drink with essential oils in them. You will learn what essential oils you can cook with and how to use them daily when you cook.

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### FUN, HOBBIES & RECREATION

#### Monday Games
Continuing this semester, join us each Monday afternoon for socializing and games. Games vary each week, including Canasta, Trivial Pursuit, Mexican Train Dominos, Rummikub, and Bingo. The group is always open for new games to be added to the mix! Very minimal (or no) skill needed, just a fun attitude, and a willingness to laugh and have a good time. We invite you to join the games any Monday. Even if you are not registered, you are welcome to show up and try it out. Beverly Santin coordinates this activity every Monday.

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#### Mah Jongg
If you have ever wanted to play Mah Jongg, here is your chance. Newcomers and experienced players are welcome! The instructor Donna Gibbons will help you obtain a National Mah Jongg League card and will help you be the master or mistress of all things Mah Jongg.

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<td>EMI 136</td>
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#### Euchre
Euchre is an excellent social card game, simple in concept but with a high degree of subtlety in the play. Randy Hall leads this group and welcomes both new and experienced players. The class meets every Monday.

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#### Bridge Series Continues
Join certified bridge instructor Debbie Jackson in this five-part class. This course is intended for beginners or if you played many years ago and need a refresher. The course will be a combination of lecture and play. The lecture will address the rules of bridge, the etiquette of play, scoring, and bidding. Once the background has been laid, you will use group practice play, followed by dividing into tables of four for actual play. The class meets every Thursday.

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#### Airplanes
Jim Gummelt teaches this course on how an airplane works. What’s that bump and squeak we hear as we travel through air? Students will learn the general mechanics of aircraft, theory of flight, and other fascinating aviation tidbits.

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#### Book Club
Please join us for Book Club. We read titles chosen by our participants and discuss them on the class date. Join us for one month or every month! Our goal is to read books of different genres and share our views. Book selections are: February 4, There by Tommy Orange; March 3, News of the World by Paulette Jiles; April 7, The Nickel Boys by Colson Whitehead; and May 5, Whisper Network by Chandler Baker. The Book Club meets four times—the first Tuesday of every month.

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#### Powerboating
Information about powerboating for those who enjoy it, are thinking about it, or just curious. Includes boating activities, types of boats and propulsion systems, boat selection criteria, boat terminology, boating safety, and navigation rules and aids.

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#### Writing Club
Writers of all levels and genres find creative growth hard to avoid in this fun, hands-on group. The inspiring, motivating program includes unusual writing exercises, topical discussions, and input from everyone in the room. Facilitated by Gail Plunkett, it continues for the fourth semester. It meets seven times: 1/30, 2/13, 2/27, 3/19, 4/2, 4/16, and 4/30.

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GARDENING

Spring & Summer Vegetable Gardening
Learn to grow tasty vegetables in the spring and summer season, both in the ground and in containers. Skip Richter will discuss the best vegetables and varieties to grow, and the best times to plant them in the greater Houston area.
15719  T  3/3  10:30-11:45 a.m.  EMI 216  Richter

Organic Gardening
Learn to prevent pest and disease problems utilizing organic techniques. Skip Richter will discuss beneficial insects, cultural practices to prevent problems, and organic products to use in your garden.
15771  T  4/14  10:30-11:45 a.m.  EMI 216  Richter

GENEALOGY

Genealogy and Family History
Class members will be instructed by Reed Farrar in genealogical principles, where and how to find information. The first two sessions will be instructional and setting up personal accounts. The third session will be spent finding and entering data with the assistance of experienced genealogy workers. This class meets 3/24, 3/26, and 3/31.
15784  T/Th  3/24–3/31  12-3 p.m.  EMI 214  Farrar

HEALTH, FITNESS & NUTRITION

Essential Oils in the Home
Essential oils are plant extracts that have the power to change lives! Learn how they can support body systems and brain health, uplift spirits, and can be used as an alternative to toxic-laden cleaners in the home. Come experience twelve, 100% pure, therapeutic grade essential oils and learn how to easily incorporate them into your daily lifestyle. Safety, usage and application methods will be taught. Optional: Bring a 2 oz. glass spritzer bottle and made an aromatic spray for your home.
16914  F  1/17  1:30-2:45 p.m.  EMI 212  Waskow
16848  F  2/7  1:30-2:45 p.m.  EMI 212  Waskow
16850  F  3/6  1:30-2:45 p.m.  EMI 212  Waskow
16852  F  4/17  1:30-2:45 p.m.  EMI 212  Waskow

Essential Oils
Come learn about essential oils. Why use one company over another company. The benefits of essential oils in your home, in your bodies and your yard. Join Susan Goldsmith in learning about using essential oils in your daily life.
16198  W  4/1-4/8  10:30-11:45 a.m.  EMI 212  Goldsmith

Essential Oils and Pets
Learn which essential oils are safe to use around pets. Instructor Susan Goldsmith will show how to diffuse, inhale, and administer to pets effectively and the benefits of using essential oils around pets.
16460  W  4/1-4/8  12:00-1:15 p.m.  EMI 212  Goldsmith

What is the Low FODMAP Diet?
A diet developed at Monash University in Australia is showing promising results for people with sensitive gut issues. It’s called “Low FODMAP.” FODMAPs are fermentable carbohydrates known to cause bloating, gas, and stomach pain. Because the diet is so complicated and restrictive, Diane Simmons will explain what it is, so you can see if it’s something you might like to ask your doctor about.
16466  F  3/27  10:30-11:45 a.m.  EMI 212  Simmons

Tai Chi/Qigong
Tai Chi & Qigong are ancient Chinese exercises done slowly and gracefully. NASM-Certified Personal Trainer Diane Simmons will teach a series of movements called Yi Jin Jing and Shibashi. Movements are gentle and easy, nevertheless, students with a chronic health condition are encouraged to get medical clearance.
16213  T, Th  1/14-1/30  10:30-11:45 a.m.  EMI 216  Simmons

Heart Health
Instructor Harry Adams will discuss anatomy and physiology of the heart followed by clinical manifestations and treatment of coronary artery disease – angina, myocardial infarction, and sudden death. This will be followed by a discussion of prevention.
16219  Th  1/30  10:30-11:45 a.m.  EMI 212  Adams, Harry

AcuColors: Color Healing on Acupoints of the Body
Learn how to promote health and healing using a simple penlight and colored filters placed on acupuncture points. Instructor Karen Johnson, RN, will teach students to use easy color-by-number acu treatment formulas.
16221  W  2/19-2/26  10:30-11:45 a.m.  EMI 212  Johnson

The Immune System
Many medical problems are the result of a malfunctioning immune system. This class will focus on the immune system—its roles, the signs of a malfunctioning system, and how it can be corrected with proper nutrition.
16232  W  2/12  9:00-10:15 a.m.  EMI 212  Kemper

Keto
Is Keto right for you? What is Keto? Learn about Keto, it is not a fad, but a way of eating for life. Join Susan Goldsmith and discover new and exciting ways to explore a Keto diet.
16222  W  2/19-2/26  10:30-11:45 a.m.  EMI 212  Goldsmith
Food and Mood
Does your energy level plummet mid-afternoon? Do you crave chocolate? Registered Dietitian and Certified Diabetes Educator, Michelle Ott explains why you eat what you eat and how to boost your energy level. Food & Mood is complex scientific information presented in practical tips and suggestions that are easy to incorporate into even the busiest lifestyles. Not only are you what you eat, but you also eat what you are.

16226  T  4/14  10:30-11:45 a.m.  EMI 21  Ott

How to Keep Your Pets Healthy Naturally
Instructor Susan Goldsmith will discuss our pet’s immune system, and how to keep them healthy naturally. Our pets deserve the best care possible so let’s get educated on natural pet health.

16224  W  4/15-4/22  1:30-2:45 p.m.  EMI 212  Goldsmith

Mindless Eating
Most of us don’t overeat because we’re hungry. We overeat because of family and friends, packages and plates, names and numbers, labels and lights, distractions and distances, cupboards and containers. Research has shown that the average person makes around 250 decisions about food every day — breakfast or no breakfast? Pop-Tart or bagel? Part of it or all of it? Kitchen or car? Yet most of these food decisions, we cannot really explain. Registered Dietitian, Certified Diabetes Educator, Michelle Ott shows what these decisions are and how to make them work for you rather than against you.

16229  T  4/21  10:30-11:45 a.m.  EMI 212  Ott

HISTORY

Annexation of Texas
The annexation of Texas was a controversial, partisan, and some would say “sectional” event that transformed American history. Instructor Bryan Henry will delve into the political details of how annexation was accomplished in D.C. and what the long-term ramifications of annexation were for national politics.

16485  F  4/3  9:00-10:15 a.m.  EMI 212  Henry

History of the Silver Dollar
Join Jim Jolly as he explores the amazing history of the Silver Dollar and how it is intertwined with our history.

15879  T/Th  1/21,1/23  10:30-11:45 a.m.  EMI 212  Jolly

Crisis of the 1850s
Today’s politics seems vicious and depressing, but believe it or not, things have been worse. In this class instructor Matt Keyworth examines the crisis of the 1850s, a turbulent moment in American history when partisanship reigned supreme and ultimately plunged the nation into civil war.

15884  W  1/29  1:30-4:15 p.m.  EMI 212  Keyworth
15886  W  2/5  1:30-4:15 p.m.  EMI 212  Keyworth

The Museum of Fine Arts, Houston: A Place for Everyone
Would you like to know more about The Museum of Fine Arts, Houston? Here’s your opportunity to immerse yourself in the history, collections, great benefactors, upcoming exhibitions and ongoing expansion of one of the largest and finest museums in the USA. This class will give you an overview coupled with a virtual tour of some of the collections in the Museum. Related classes with specific areas of focus will follow each week. This will be presented by Mike Adams, long-time ALL instructor and Senior Docent at MFAH.

15929  W  2/5  12:00-1:15 p.m.  EMI 212  Adams, Mike

Comanche Indians and the Formation of Texas
Instructor Ed Tarver will discuss the Comanche Indians, the fiercest of the Indian tribes in Texas. They were responsible for the formation of the Texas Rangers and arguably one of the reasons for the formation of Texas.

15891  Th  2/6  10:30-11:15 a.m.  EMI 212  Tarver

Lady in the Harbor: The History of the Statue of Liberty
“Gifted” to the people of the United States from the people of France, the Statue of Liberty stands tall in New York Harbor and has enlightened the world for over 133 years. This encore presentation by instructor Lyn Schuman will include the history, controversies, and symbolism of this national monument and universal icon.

16117  W  1/15  10:30-1:15 a.m.  EMI 216  Schuman

Migration and Early Cultures of Native Americans
Instructor David Haysley presents a 4-part class about our nation’s first citizens, the Native Americans. The first class will cover where they came from and their migration into North America. The following three classes will discuss the development of their cultural stages from 50,000 years ago until Columbus’ arrival.

15915  M  2/10-3/2  10:30-11:45 a.m.  EMI 212  Haysley

Egyptian and Mesopotamian Antiquities at The Museum of Fine Arts, Houston
Take a virtual tour of the antiquities of the Museum, led by long-time ALL instructor and Senior Docent Mike Adams. Focus will be on the art of Egypt and Mesopotamia, and the relationship between these cultures and later Greek and Roman cultures.

15936  W  2/12  12:00-1:15 p.m.  EMI 212  Adams Mike

Arts of West Africa: Akan Gold to Benin Bronze
Take a virtual tour of the collections of The Museum of Fine Arts, Houston, guided by long-time ALL instructor and Senior Docent Mike Adams, focusing on the arts of West Africa, of which the highlight is the Akan Gold donated by Alfred Glassell. This is a continuation in the series of classes related to the MFAH.

15948  W  2/26  12:00-1:15 p.m.  EMI 212  Adams, Mike
Development of Christian Art: Post-Byzantine to Baroque (14th-17th Century)

This virtual tour includes transition works of the early Italian Renaissance, marking the move from Byzantine-style icons to more naturalistic, humanistic art. It includes works from the Renaissance, the Reformation and Counter Reformation period up to the Baroque. Your guide is long-time ALL instructor and Senior Docent Mike Adams.

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Birth of the Western Saddle

Follow through the centuries as the saddle evolves from Asia to Texas! Join Instructor Martha Haydel on this exiting and informative journey!

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The History and Culture of Ancient Mesopotamia

Western Civilization largely began in ancient Mesopotamia. Instructor Michael Condit will address the reasons for the importance of that region, the development of cities and writing, the empires that arose and the external challenges they faced, and the major part that religion played in Mesopotamian life.

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Next to The Last Battle of the Revolutionary War: The Battle of Wabash

The Battle of Wabash 1791 occurred on Nov. 4, in what is now western Ohio. The Indians using brilliant tactics and, supported secretly by the British, defeated the first American Army with the death of 900 Americans; nearly four times the deaths of the Custer battle. This stunning defeat would be the equivalent of 100,000 troops being killed today and it threatened the very existence of our fragile Constitutional Republic. How did President Washington’s administration survive? Joe Beatty is a 7th generation descendant of combatants in this obscure but fascinating story of young America. Original family documents from 1791 are used to tell the story.

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Next to The Last Battles of the Revolutionary War: The Battle of Fallen Timbers

The Battle of Fallen Timbers 1794 occurred on August 20 in what is now northwestern Ohio. Despite this tragic loss and political threat to our fragile Constitutional Republic, the people and administration held to the Constitution, and quickly appointed General Anthony Wayne to successfully train and organize a proper army to drive the British from American soil. All the while, the U.S. honored the ideals of the Northwest Ordinance and worked to negotiate treaties with the Indians. Original family documents from 1790s are used to tell the story; Instructor Joe Beatty is 7th generation descendant of the 1790s combatants.

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**HOME & AUTO**

Auto Theft Crimes

Why is auto theft such a big business and why is it growing? What are the current auto theft trends? How are cars being stolen and what are the most popular stolen vehicles? Understand how car thieves operate and the types of auto thieves. What can you do to make you and your vehicle a less desirable target? Instructor Sgt. Tracy Hicks will cover topics including: anti-theft devices, alarms, trackers, burglary of a motor vehicle, BMV’s (car break-ins) and how not to become a target. Also discussed will be favorite targets for car break-in thieves, items and popular places for break-ins. Finally, we will discuss juggers (being followed from the bank or mall), sliders, (stealing purses while pumping gas, or at the grocery store), Craigslist, Offer Up, Let Go, scams and ID theft used in auto theft.

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<td>15795</td>
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<td>EMI 212</td>
<td>Hicks</td>
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**LANGUAGES**

Spanish Basics

Instructor Nolides Guzman presents this 3-part course which will give basic Spanish conversation skills. Daily used words and travel vocabulary will be included.

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<td>EMI 212</td>
<td>Guzman</td>
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Peek into Chinese Language and Culture

Is Eastern culture much different from the West? Let’s get to know each other. Join Sharon Chen as she explores the traditional Chinese language and culture.

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<td>15829</td>
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<td>9-10:15 a.m.</td>
<td>EMI 212</td>
<td>Chen</td>
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Basic Conversational Spanish

Jim Jolly returns with his fun Spanish class! Jim wants you to learn ways to better (and simply) communicate with our Spanish-speaking neighbors. He will cover the basics of conversational Spanish for a beginner with no prior ability in this eight-part class. This course is designed to provide a foundation for further study into the Spanish language.

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<td>10:30-11:45 a.m.</td>
<td>EMI 216</td>
<td>Jolly</td>
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Interpersonal and Communication Skills

Instructor Doug Hissong presents practical information on improving our interactions with others, including understanding others and having a positive impact on them, listening, asking questions, selecting the best communication mode, and being effective in meetings. Also covered are tips for preparing and giving talks including good visual aids, and writing clear, concise documents.

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<td>15833</td>
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<td>10:30-11:45 a.m.</td>
<td>EMI 216</td>
<td>Hissong</td>
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**MOVIES, MUSIC, & THEATER**

**Playhouse 1960**
Meet your ALL friends at Playhouse 1960 for excellent performances - right in the neighborhood. Playhouse 1960 is located at 6814 Grant Rd, #116, Houston, 77066 (off Cuten Road, south of FM 1960). We will meet there by 7:30 pm for the 8:00 pm opening night show for a performance and then attend an after-show reception. Instructions on purchasing tickets online, including discount code, will be sent to all registered students. More information can be found at www.ph1960.com. For questions and additional information contact cash.t.shipman@LoneStar.edu. Due to unforeseen circumstances, schedules may vary. We will attend the following performances:

**Show 1: 1/17, Steel Magnolias**
**Show 2: 3/6, Four Weddings and Elvis**
**Show 3: 4/10, Sordid Lives**

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**Rising Voices: Women & Music in the 1960s**
By the time the women’s liberation movement took hold in the late 1960’s, female artists had already been making music with messages that challenged societal norms and gender-based expectations. Join instructor Lyn Schuman as she returns to the tumultuous decade to explore varying genres of music performed by women who had something to say about their autonomy, equality, and individuality. Feel free to sing along with Janis Joplin, Loretta Lynn, Dionne Warwick, Buffy Sainte-Marie, and many more!

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<td>EMI 216</td>
<td>Schuman</td>
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**PHOTOGRAPHY**

**Google Photos**
Do you use your iPhone or tablet to take your pictures? Are you running out of space on your device? Want an easy way to share your favorite pictures? Google Photos is the answer for all these questions. Google Photos is a place for unlimited free storage for all your pictures. There are small editing capabilities here, too. Instructor Richard Gillespie will also address using Google Photos from your smart phone and tablets. You must have (and know a username and password for your Google/Gmail account and the Lone Star College WiFi before class starts.

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<td>Gillespie</td>
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**PHILOSOPHY**

**Metaphysics, Prophecies and how they affect us today**
Starting with the earliest prophecies to current secular events, Instructor Roy King will analyze how they affect us today and tomorrow. This class is scheduled to meet beginning on 1/14 and continues every Tuesday, except 3/10.

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<td>15735</td>
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<td>12:45-3 p.m.</td>
<td>EMI 136</td>
<td>King</td>
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**Age of Enlightenment**
During the Enlightenment Era, the roles of science and religion were completely revolutionized. John Haydel will present this class on the major figures and key ideas that developed then.

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<td>EMI 216</td>
<td>Haydel</td>
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**POLITICAL & COMMUNITY AFFAIRS**

**Free Will**
What is free will? John Haydel will discuss the moral and legal consequences of free will. What would happen if we abandoned the concept?

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**Courts & Ports: A Firsthand look at Immigration**
Are “Bad Hombres” storming the U. S. border? Is immigration a threat to our safety and economy? Nancy Kral and Adrian Shelley have participated in a program sponsored by the American Civil Liberties Union and Texas Impact. They will discuss what they observed in the proceedings in the U.S. District Courts, at the Texas-Mexico Border, at local south Texas charities and volunteer organizations, the bus station, etc. What is going on? Who is asking for asylum? How are the communities responding? What are the stories of the individuals involved?

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Need a great, unusual gift for a friend or relative? Is that friend or relative over 50? If so, consider buying an ALL membership as a gift! $25 and your recipient can attend any of our over 100 ALL classes at LSC-University Park this semester! (membership runs Sept. 1 to Aug. 31). For further information, see the front desk at EMI or email LauraLee.Maraj@LoneStar.edu.
### COURSE SCHEDULE

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<td>16201</td>
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<td>EMI 212</td>
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<td>16186</td>
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<td>15737</td>
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<td>10:30 a.m.-1:15 p.m.</td>
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<td>15995</td>
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<td>3/18</td>
<td>10:30-11:45 a.m.</td>
<td>EMI 212</td>
<td>Rendl</td>
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### READING & WRITING

**The US Constitution**

Want to learn a little about the US Constitution? Join retired Political Science Professor Nancy Kral as she goes over the basic principles of the Constitution and the USA, what the Constitution says, and how it is a dynamic document. You will be given a copy of your own pocket Constitution!

16212  T  2/11  1:30-2:45 p.m.  EMI 212  Kral

**Flooding A Harris County Problem**

Join Cycreekstoptheflooding.com spokesman Paul Eschenfelder to explore how we became so flood prone, particularly in northwest Harris County, what the causes are, how it affects you and what we can do about it.

16137  Th  2/13  10:30-11:45 a.m.  EMI 212  Eschenfelder

**2020 Texas Primary Election**

Tuesday, March 3, 2020, is the day of Texas’ primary. Join retired Political Science Professor Nancy Kral in reviewing how primaries work in Texas. Who’s on the ballot? Where do I vote? We will go over both parties’ ballots and learn where to find information on candidates. The best voter is an informed voter!

16122  T  2/18  1:30-2:45 p.m.  EMI 212  Kral

**All About the “ism”s**

You’ve heard people refer to capitalism, socialism, and communism. But, do you really understand what the heck they are? And what’s a mixed economy? Join retired political science professor, Nancy Kral, who will explain the differences and key components of each economic system, how each system fits with various types of government, as well as figure out what the United States is economically.

16461  T  3/24  1:30-2:45 p.m.  EMI 212  Kral

### SCIENCE & NATURE

**Energy and You**

This class provides information about the vital energy industry: where energy comes from, what it’s used for, and trends in energy sources and uses from the past through the year 2040. Instructor Doug Hissong will also cover the benefits of improved technology in increasing energy production and decreasing environmental impacts. Additionally, we’ll discuss the energy supply chain, including effects of ethanol in gasoline, hybrid vehicles, as well as the key relationship between energy consumption and the standard of living.

16223  W  2/12  12:00-1:15 p.m.  EMI 216  Hissong

**Climate Change: Engineering for Non-engineers**

What is going on? What can we expect? What can we do about it? And what will it cost? George Christensen is a retired chemical engineer (MSc). He has made a thorough study of climate change/global warming and done some simple calculations. He would like to share his findings, which add background on this controversial issue.

15737  T  2/25  10:30 a.m.-1:15 p.m.  EMI 212  Christensen

**Securing Water for Today and Tomorrow**

WATER. It’s simply indispensable! What the North Harris County Regional Water Authority (NHCRWA) is doing to secure a long-term supply for our community and how you can help. Join Alan Rendl (NHCRWA Board President) for an in-depth discussion of how the NHCRWA is securing a long-term supply for reliable, quality drinking water for our community. Alan, an informed and compelling presenter, has been actively engaged in regional water issues for more than two decades. He will address the difficult question, “Why will the cost of water continue to go up?”

15995  W  3/18  10:30-11:45 a.m.  EMI 212  Rendl

**Author Talk: How to Self-Publish Your First Book**

Are you an aspiring author? If so, this class will teach you the steps to self-publish your fiction or nonfiction book as an eBook, paperback, and hardcover and make them available on popular websites like Amazon. You will also learn how much it costs to self-publish and common mistakes to avoid. The class instructor, Mike Kowis, wrote 14 Steps to Self-Publishing a Book, (recommended, but not required).

16463  F  4/3  10:30 a.m.-1:15 p.m.  EMI 212  Kowis

**Author Talk: How to Sell Your Book**

Writing a book is a big challenge, but selling it is much harder. Local author Mike Kowis will teach current and future authors practical ways to sell their book online and in person. Mike shares the tactics he used to sell his first 2,500 books. He wrote Smart Marketing for Indie Authors, (recommended, but not required).

16464  F  4/10  10:30 a.m.-1:15 p.m.  EMI 212  Kowis

**Celebrate Poetry Month**

April is National Poetry Month. Bring an original or favorite poem to share in an informal group setting. Join Instructor Diane Simmons in celebrating Poetry at its best!

16201  W  4/15  12:00-1:15 p.m.  EMI 212  Simmons

**Book Club**

Please join us for Book Club. We read titles chosen by our participants and discuss them on the class date. Join us for one month or every month! Our goal is to read books of different genres and share our views. Book selections are: February 2/4, There by Tommy Orange; March 3/3, News of the World by Paulette Jiles; April 4/7, The Nickel Boys by Colson Whitehead; and May 5/5, Whisper Network by Chandler Baker.

16186  T  2/4-5/5  1:30-2:45 p.m.  EMI 212  Castro
Big Thicket National Preserve

The Big Thicket in southeast Texas encompasses over 3 million acres; its parameters have been disputed for decades. In 1974, President Gerald Ford designated almost 85,000 acres of Big Thicket as a national preserve to protect the land and its plethora of animals and plant species from exploitation. Explore the history, geography, and diverse ecosystems of the first national preserve with instructor Lyn Schuman.

16003  Th  1/16  12:1-1:15 p.m.  EMI 216  Schuman

CO2 (Carbon Dioxide): A Greenhouse Gas

The term ‘CO2’ has often been used in the media, in politicians’ speeches and in governmental agency recommendations during the past 20 years. CO2 is a naturally occurring molecule present everywhere in the environment and biosphere including animals, plants and humans. This class, taught by Doug Hissong and Joe Beatty, refreshes the basic K-12 understanding of CO2 and other greenhouse gases. With this refreshed understanding of CO2, we as citizens, can better understand and evaluate the political and environmental discussions. All information is from NOAA, NASA, EPA, and IPCC (UN’s Intergovernmental Panel on Climate Change).

15774  T  4/28  10:30-11:45 a.m.  EMI 216  Beatty & Hissong

SENIOR ISSUES

Thriving Not Just Surviving

Experts know that happiness as you age is strongly connected to how you rebound from setbacks. In this class, Instructor Betty Hollas will look at resilience and how, with a little practice, anyone can develop resilience. You will leave with a toolkit of tips to train your brain to better withstand, and even embrace, the challenges of aging. Laughter and learning guaranteed in this session!

16469  Th  4/2  12:1-1:15 p.m.  EMI 216  Hollas

Medical Advances Relevant to Seniors

Registered students will submit the topics they would like to discuss to Instructor Harry Adams.

16467  Th  3/26  10:30-11:45 a.m.  EMI 212  Adams
16470  Th  4/2  10:30-11:45 a.m.  EMI 212  Adams

Fuss & Discuss

“It’s always something…” Join us for our fourth semester for a casual, civil conversation about a class held that week, something in the news, or whatever you may want to discuss. Open mindedness required for a fun, lively conversation. Facilitated by ALL member Victor Ward.

16451  F  2/07-5/1  10:30-11:45 a.m.  EMI 212  Ward

Delivering Aging

Aging is caused by a decline in the body’s ability to heal, repair and maintain itself. There are numerous factors that can contribute to that decline, but this course, taught by Instructor Earl Kemper, will focus specifically on the decline in body processes that are associated with chronological age and how to delay that decline.

16145  T  1/28  9-10:15 a.m.  EMI 212  Kemper

Grief, Guilt, and Forgiveness

Join Deborah Shelley in exploring the key to forgiveness and freeing the soul from grieving, and survivor’s guilt. You will learn techniques on how to forgive that will lighten your life.

16151  Th  2/13  12-1:15 p.m.  EMI 212  Shelley

You Aren’t Who You Think You Are

Who are you? Have you ever really thought about whether you see yourself the same ways others see you? The way we develop our sense of self is a life-long process, influenced by many factors that determine not only how we see ourselves, but how we feel about ourselves. For example, why do we have such trouble accepting compliments? Why is it easier to believe negative things we hear about ourselves than positive? This class, taught by retired University of Houston Speech Professor Debbie Shelley, will explain how we develop a sense of self, the difference between self-concept and self-esteem, and how our sense of self can so easily become distorted. Are you who you think you are?

16156  T  1/28  10:30-11:45 a.m.  EMI 212  Shelley

Downsizing

If you are moving to smaller quarters, are tired of cleaning an empty house or just have too much stuff, you need to consider downsizing. Downsizing is a process. It takes at least one year to manage the event. Locating new homes for your treasures and trashing your junk requires daily attention. Instructor Victor Ward will discuss all areas in the home and garage and ways to keep only what you want and need. Once you start eliminating excess, you will feel freer.

16158  Th  2/20  10:30-11:45 a.m.  EMI 212  Ward, M

If I don’t laugh, I’ll cry

Did you know that laughing burns calories? Can you chuckle at the trials of getting older? Learn the physical and mental benefits of using humor to combat aging. Spend an hour with Instructor Beth Gault giggling or guffawing at jokes, quotes, poems and cartoons that’ll turn your wrinkles into twinkles.

16162  W  2/26  12-1:15 p.m.  EMI 216  Gault

See an interesting class for Spring 2020, but haven’t had a chance to register ahead of time? That’s OK! As long as there is space in the class, you are welcome to show up for any session. Pre-registered/enrolled students’ slots are released 10 minutes after the start of a session. So, come on over!
What medical information presented by the media should you believe?
An exploration of medical information presented by the media - which is myth, and which is accurate and how to tell the difference. Instructor Mike Adams will discuss a variety of topics - cure for the common cold, disease screening, weight loss programs, medical marijuana, new drugs, alternative medicine, drug prices, etc.

16165 Th 2/27 10:30-11:45 a.m. EMI 212 Adams

Aging Gracefully with a Great Attitude and a Positive Energy
Make your senior years the best years of your life. Leave your fears and uncertainty at the door and we will explore the magic recipe that can allow you to age gracefully, happily and with a positive attitude. Instructor Mary Moore will present ingredients for this recipe: a desire to listen and hear, your wishes and desires, self-assessment and personal inventory and goals that follow you when you leave. This class will be taught three times.

16168 F 2/7 1:30-2:45 p.m. EMI 212 Moore
16170 T 3/17 1:30-2:45 p.m. EMI 212 Moore
16172 W 4/8 1:30-2:45 p.m. EMI 212 Moore

Chronic Cardiovascular Problems
High blood pressure, the most common chronic cardiovascular problem, is typically associated with plaque buildup in the vascular system and/or reduced elasticity of the blood vessels. Instructor Earl Kemper will address the systemic causes of high blood pressure and how they can be addressed with proper nutrition.

16174 W 4/1 9-10:15 a.m. EMI 212 Kemper

Growing Whole, Not Old
Look at life in a new way as we age. Instructor Terry Seufert leads a discussion on the image of aging from our perspective and that of society. Learn how to explore living life more consciously, joyfully and compassionately.

16292 Th 3/19 1:30-2:45 p.m. EMI 216 Seufert

Upgrade How You Communicate and Connect with Your Adult Children
Our children are some of the people we have known the longest in our lives and sacrificed the most for, yet communicating well and connecting deeply, seems to be a struggle for many of us. When we become aware of what we are saying, why we are saying it, and what our Adult Children are hearing us say, then we will deepen our connection with our kids and open better lines of communication. All of this results in better phone and texting conversations, more joy in the holidays and you being the parent you want to be. This class, taught by Instructor Les Herron.

16293 Th 3/26-4/30 9-10:15 a.m. EMI 212 Herron

The Academy for Lifelong Learning is pleased to partner with Harris County Precinct 4 Senior Lunch Programs.
Save the dates!
Friday, February 7 and Friday, May 1.
Location: LSU West Dining at LSC-University Park.

Fee details at Open House or call 281.893.3726.

How Do I Choose a Medigap Policy?
What is a Medigap Policy? Learn the definition of terms used about Medigap, and when and how to choose what is right for you. Longtime, popular ALL instructor Peggy Mims presents this class.

16294 Th 4/16 9-10:15 a.m. EMI 216 Mims

What is Medicare Advantage?
Peggy Mims will help you learn what the qualifications of Medicare Advantage are: how to enroll; when to enroll, what the costs are, and how Medicare “C” works. As always, bring Peggy your questions! Learn if Part “C” is the best choice for you.

16298 T 4/21 9-10:15 a.m. EMI 212 Mims

Chronic Joint Problems
Chronic joint problems are commonly caused by an autoimmune disorder. Instructor Earl Kemper will focus on how the immune system can cause joint problems and how these problems may be corrected with proper nutrition.

16300 W 3/18 9-10:15 a.m. EMI 212 Kemper

TRAVEL & CULTURE

Islam - Facts versus Fiction
Islam may be the second largest religion in the world, but most Americans don’t know much about Muslims. Join author and interfaith activist Saadia Faruqi as she explains the basic beliefs of Muslims, their main practices, and what the media gets wrong about Islam. This class meets two times.

16471 W 4/1-4/8 10:30-11:45 a.m. EMI 216 Faruqi

How Do Mega Ships Load & Transport Mega Objects?
Have you ever wondered how a 60,000-ton drilling platform that was constructed in South Korea, is then transported to the Gulf of Mexico, or transported the damaged USS Cole from Yemen to Norfolk, Virginia? Captain Mike Jacobs, a former drilling rig captain and offshore marine consultant, will explain using his collection of photos, videos and many first-hand experiences. He will explain what is involved with these activities and how technical problems are overcome.
Kip’s Trek 4 Vets 3100: A Bicycle Ride Across America
What’s in Your Retirement? For Kip Othold it was a journey of a lifetime - a bicycle (yes, bicycle) ride across the USA... San Diego, CA to St. Augustine, FL. One week to the day after formally retiring, 67-year-old Kip climbs atop his bike and starts pedaling 3100 miles from Coast-to-Coast. But that’s only half the story; for 6 months prior, he’s training and baking cakes to generate over $60,000 to save Houston homeless dogs and military veterans suffering with PTSD. Enjoy Kip’s humor and storytelling as he shares his tale of seeking a Cause, baking Cakes, and experiencing the Beauty and subtle Heart Beat of America for 48 days.

16314 W 3/4 10:30-11:45 a.m. EMI 212 Othold
16315 W 4/22 10:30-11:45 a.m. EMI 212 Othold

Port of Houston & the Houston Ship Channel
The Port of Houston is a 25-mile-long complex of diversified public and private facilities. Learn how “cozy” the channel can feel and how pilots navigate it. Each year, the Houston Ship Channel, one of the world’s busiest, transports over 200 million tons of product. You will hear fascinating facts, interesting stories, and see amazing videos during this class. Instructor Mike Morris is a former President of the Houston Ship Channel Pilots and a former ExxonMobil ship captain.

16190 T 2/18 10:30-11:45 a.m. EMI 212 Morris

Mega Ships Documentaries
As a follow-up to the above classes about Mega Ships, Captain Mike Jacobs will present two documentaries: Na Kika regarding loading and transporting a huge offshore production platform from South Korea to Texas. The second film is Transporting the $220 Million Dollar Oil Rig “Laurus” from Singapore to Mexico.

16191 W 1/22 1:30-4:15 p.m. EMI 216 Jacobs

Visit the Beautiful Garden Route in South Africa, from Cape Town to Port Elizabeth.
Join Mary Moore on an adventure to visit the magnificent Garden Route in South Africa from Cape Town to Port Elizabeth. I invite you to travel with me through a presentation of pictures taken by my family over the years. You will get to see my daughter feed a baby lion, my family ride an elephant, take a cable car ride up the majestic Table Mountain, and much, much more. Be prepared to be thrilled and surprised by the beauty of one of my favorite parts of the country of my birth.

16193 F 4/24 3:00-4:15 p.m. EMI 212 Moore

“I love the ALL program for the diversity, and the content of the classes with some of the greatest instructors ever. Anyone interested in learning something new or just learning a little more about a treasured subject can find it in the ALL program at LSC-UP. I have loved every minute of every class.”

Sandi Wilson, LSC-University Park ALL Member

TRIPS & TOURS

Tour LSC-UP Campus
Randy Hall, board member of the Advisory Committee for ALL at University Park, will lead ALL members on a tour of University Park. People will be available to answer questions and help ALL students register for sessions. This walking tour will include a general overview of the University Park campus. The group will tour EMI, Buildings 12, 13, the Visitors Center, and Cafeteria. You will also get your photo ID in the SLRC (library).

16017 M 1/13 10:30 - 11:45 a.m. EMI Lobby Hall

MYT: Campioni’s
Consistently voted one of the best restaurants in our area, Campioni welcomes ALL to experience a taste of Italian wines and enjoy a delicious lunch. Manager Pam Aman will guide the group to a better understanding of wines, and what foods they complement. $25 charge payable to Campioni’s. Lunch, wines, beverage, tax, and gratuity are included. Meet at Campioni at 13850 Cuten Road. Phone: 281.893.2267

16316 F 3/6 11:15-1:30 p.m. MYT Aman

MYT: Total Wine
Join the staff at Total Wine & More for a fun afternoon of wine tasting. Learn about different types of wines - and even try a blindfolded taste test. Their address is 7640 Cypress Creek Parkway. Phone: 281.477.7507. There is a $20 charge payable to Total Wine & More.

16318 F 4/10 1:00-3:00 p.m. MYT Staff

MYT: HEB
Meet at HEB in The Vintage for an educational couple of hours with HEB employee Beverly LeDay. You will learn about the wine and cheese selections from HEB. Class size is limited to 25. The HEB is located at Vintage Park at 10919 Louetta.

16319 F 4/24 2:00-4:00 p.m. MYT LeDay

MYT: Find Yourself Outdoors
Getting lost outdoors is rarely planned, so best prepare yourself with some basic orienteering skills. We will learn the basics of how to read a map and use a compass; so, when there is no cell service all is not lost. Time permitting, we can practice our skills at KMP’s orienteering course.

16011 F 4/17 10:30-11:45 a.m. MYT Katun

MYT: Camping 101
Join me in learning the basics to exploring the great outdoors, starting with the essentials. We will go over the different types of camping and the supplies needed to be safe and have fun. Whether you want to primitive camp in the backcountry, or glamp with family nearby, this course will help you feel comfortable with your next adventure.

15755 F 4/24 10:30-11:45 a.m. MYT Katun
Academy for Lifelong Learning (ALL)
Membership Registration Form

*** PLEASE PRINT CLEARLY ***

Date __________

Year 20 ________  Term:  □ Fall  □ Spring  Membership status:  □ New ALL Member  □ Returning ALL Member

LSC Student ID# ____________________________

Name ____________________________________________  Relationship ____________________________

Previous last name ________________________________  E-mail address (please print) ____________________________

Home phone ____________________________  Cell phone ____________________________  Work phone ____________________________

Date of Birth (required) _______ / _______ / _______

Gender:  □ Male  □ Female

Current address:  Address change? Yes □ No □

Street ____________________________________________  Apt # ____________

City ____________________________________________  State _________  ZIP _________  County ___________________

Mailing address (if different):  Street ____________________________________________  Apt # ____________

City ____________________________________________  State _________  ZIP _________  County ___________________

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<th>Name of Campus</th>
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NOTE: Please list your course selections on the reverse side of this form. If you are a new member, you must register for at least one class for your Academy for Lifelong Learning membership to become active.

Emergency Contact Information:

Name ____________________________________________  Relationship ____________________________

Home Phone ____________________________  Alternate Phone ____________________________

Other:  □ I am interested in volunteering for ALL  □ I am interested in teaching a class for ALL

□ I agree to have ALL volunteers/staff contact me on my personal e-mail or telephone.

MODEL RELEASE:  I acknowledge and consent to the use of my image or voice by Lone Star College (LSC) as captured by photography, videotape or digital format in any and all publications including but not limited to print, Internet, video or digital publication, and waive any rights to compensation in any form. LSC is not required to obtain my permission to reuse or republish my image in the future. My image will remain the property of LSC and be used exclusively to promote LSC.  

Member Signature ____________________________  Date ____________

Payment is due at the time of registration. Make checks payable to  Lone Star College System.

Charge to my:  □ AMEX  □ Discover  □ Master Card  □ VISA  Card Expiration Date ____________  Transaction Date ____________

Card # ____________________________  Security Code _________  Name on Card ____________________________

Billing address ____________________________________________  ZIP ____________

Signature ____________________________________________

LoneStar.edu/ALL

Affirmative Action/EEO College  Revised November 2014
## Academy for Lifelong Learning (ALL)
### Class Registration Form

***PLEASE PRINT CLEARLY***

Date ___________

Campus:  
- LSC–CyFair  
- LSC–Houston North  
- LSC–Kingwood  
- LSC–Montgomery  
- LSC–North Harris  
- LSC–Tomball  
- LSC-UP  

Year 20 ________  
Term:  
- Fall  
- Spring  

Membership status:  
- New ALL Member  
- Returning ALL Member  

Name ____________________________________________  
LSC Student ID# __________________________

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Office Use Only

Registered by: ________________________________

Date: ________________________________

[Image of the form]
## Academy for Lifelong Learning (ALL)
### Membership Registration Form

***PLEASE PRINT CLEARLY***

Date __________

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- □ Yes
- □ No

Member Signature ___________________________ Date __________

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Payment is due at the time of registration. Make checks payable to Lone Star College System.

Charge to my:

- □ AMEX
- □ Discover
- □ Master Card
- □ VISA

Card # ___________________________ Security Code ___________ Name on Card ___________________________ Card Expiration Date ________

Billing address ___________________________ ZIP ___________________________

Signature ___________________________

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LoneStar.edu/ALL

Affirmative Action/EEO College Revised November 2014
# Academy for Lifelong Learning (ALL) Class Registration Form

*** PLEASE PRINT CLEARLY ***

**Date:**

**Campus:**
- LSC–CyFair
- LSC–Houston North
- LSC–Kingwood
- LSC–Montgomery
- LSC–North Harris
- LSC–Tomball
- LSC–UP

**Year:** 20___

**Term:**
- Fall
- Spring

**Membership status:**
- New ALL Member
- Returning ALL Member

**Name:**

**LSC Student ID#**

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Registered by:

Date:  

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80 LONE STAR COLLEGE: ACADEMY FOR LIFELONG LEARNING
Basic Principles of Oil and Gas

As the energy capital of the world, the Houston region leads the worldwide energy industry. Even if you don’t work directly in the energy industry, it impacts you if you live here. Learn the basics of the petroleum industry and how it impacts our economy and business environment.

Basics of Petroleum is a three-day course that teaches basics of the industry for investors, technicians, or anyone interested in understanding this huge economic force.

Students will:
- Learn the basics of the industry
- Learn how hydrocarbon deposits are formed, explored and produced
- Understand how raw products are converted, delivered and traded worldwide
- Experience the drilling industry firsthand on an actual drilling rig

Tuition $599

Don’t miss this opportunity to increase your understanding of this valuable market. For more information, including class scheduling, contact Herbert Garcia @ 832.519.2844.

Lone Star College Board of Trustees

District 1: Michael Stoma, Trustee; District 2: Ernestine M. Pierce, Trustee; District 3: Alton Smith, Ed.D., Chair;
District 4: Art Murillo, Secretary; District 5: David A. Vogt, Trustee; District 6: Myriam Saldívar, Vice Chair;
District 7: Linda S. Good, J.D., Assistant Secretary; District 8: Mike Sullivan, Trustee; District 9: Ken E. Lloyd, Trustee.

Stephen C. Head, Ph.D., Chancellor
SPRING 2020 OPEN HOUSES

**Thursday, January 9, 10 a.m.-1 p.m.**
LSC-University Park
2nd Floor of EMI Building
11521 Compaq Center West Drive, Houston, TX 77070
For more information, call 281.290.1899

**Friday, January 10, 10 a.m.-noon**
LSC-CyFair
Conference Center, CEN 151
9191 Barker Cypress Road, Cypress, TX 77433
For more information, call 281.290.3460

**Friday, January 10, 1-3 p.m.**
LSC-Montgomery
LSC-System Office, The Woodlands
Lone Star Community Building, STAR Ballroom
5000 Research Forest Drive, The Woodlands, TX 77381
For more information, call 936.273.7446

**Tuesday, January 14, 1-3 p.m.**
LSC-Atascocita Center
15903 West Lake Houston Parkway, Houston, TX 77044
For more information, call 281.312.1750

**Thursday, January 16, 10 a.m.-noon**
LSC-Tomball
Beckendorf Conference Center
30555 Tomball Parkway, Tomball, TX 77375
For more information, call 281.357.3676

**Thursday, January 23, 1-3 p.m.**
LSC-Kingwood
East Montgomery County Improvement District Off-site Center
EMCID, Suite 111
21575 Highway 59N, New Caney, TX 77357
For more information, call 281.312.1750

**Wednesday, January 29, 1-3 p.m.**
LSC-North Harris
Community Education Building (CMED 101)
2700 W.W. Thorne Drive, Houston, TX 77073
For more information, call 281.765.7947