



LONE STAR  
COLLEGE  
MONTGOMERY

[www.LoneStar.edu/all-Montgomery](http://www.LoneStar.edu/all-Montgomery)

Class Schedule Fall 2009

# ACADEMY FOR LIFELONG LEARNING



**ALL**

*"A learning organization  
for active, older adults"*



**Academy for  
Lifelong Learning**

**A LEARNING ORGANIZATION  
FOR AGE 50+ ADULTS**

## WELCOME TO THE ACADEMY FOR LIFELONG LEARNING

Our world changes so quickly that it has become increasingly difficult to keep up with new developments and to meet new people in the community. One of the ways you can understand and capitalize on the changes shaping the world of tomorrow is to belong to and participate in the Academy for Lifelong Learning (**ALL**).

### TABLE OF CONTENTS

<b>Membership .....</b>	<b>1</b>
<b>Arts .....</b>	<b>1</b>
<b>Biography Series .....</b>	<b>2</b>
<b>Computers &amp; Technology .....</b>	<b>3</b>
<b>Financial .....</b>	<b>3</b>
<b>Fun and Recreation.....</b>	<b>5</b>
<b>Health &amp; Fitness .....</b>	<b>6</b>
<b>History.....</b>	<b>7</b>
<b>Medical .....</b>	<b>8</b>
<b>Nature &amp; The Environment.....</b>	<b>8</b>
<b>Political Affairs.....</b>	<b>9</b>
<b>Spirituality, Religion &amp; Philosophy ..</b>	<b>9</b>
<b>Leisure Learning Classes .....</b>	<b>10</b>
<b>General Information .....</b>	<b>11</b>
<b>Index .....</b>	<b>12</b>
<b>Registration Form .....</b>	<b>13</b>

**ALL classes feature:  
NO TESTS! NO TEXTBOOKS!**

## Ways to Register

- Call the CE office and register by phone, 936.273.7446
- Visit the Continuing Education/ALL Office, Lone Star College-Montgomery, Bldg. C, Room 228  
Monday-Thursday, 8 a.m. - 6 p.m.  
Friday, 8 a.m. - 3:30 p.m.
- Attend the ALL Open House, Saturday, August 29, 11 a.m. - 1 p.m.
- Fax your Registration Form, 936.273.7262

You may begin registering for ALL fall classes NOW! Credit cards, checks or cash accepted for classes that require an additional fee.

## OPEN HOUSE

**Saturday, August 29, 2009  
11 a.m. - 1 p.m.**

**Lone Star College-Montgomery  
Bldg. A, Commons**

*Meet the Instructors and the ALL Board  
Membership Information • Drawing  
Class Registration • Volunteer*

## SCHEDULE MEMBERSHIP

### Academy for Lifelong Learning

The Academy for Lifelong Learning (ALL) at LSC-Montgomery is an organization for older adults. It offers non-credit classes and social activities for continued intellectual and personal growth. A \$35 membership fee entitles you to take more than 75 percent of the courses free of charge and to utilize the services of LSC-Montgomery, such as the library, Internet access, and theatre activities. Join ALL and participate in social activities with older active adults and share a joy of learning with people who will broaden your life. Study under the guidance of individuals who represent a wide range of expertise and life experience including professors, subject matter experts, guest lecturers, hobbyists and fellow members.

Join ALL and develop friendships within a diverse group of people and be a part of a collective voice of active adults in the community. One academic year membership fee (September 1 - August 31) \$35.

#### Lone Star College-Montgomery

91000

### New Member Orientation

Find out more about the Academy for Lifelong Learning during this orientation and tour. You will have an opportunity to meet other ALL members and hear about the program at Lone Star College – Montgomery. Bring your walking shoes and we will take you on a brief tour of the Montgomery campus.

#### Lone Star College-Montgomery F160

Reg. #	Day	Date	Time	Instructor
17147	F	9/4	11 a.m. - Noon	Ambassador
17148	F	10/2	11 a.m. - Noon	Ambassador
17149	F	11/6	11 a.m. - Noon	Ambassador

## ARTS

### Acrylic/Oil Painting I

Learn the basics of painting in either medium by completing a landscape or a simple still life. 9 Sessions. Fee \$81

#### Lone Star College-Montgomery T103

Reg. #	Day	Date	Time	Instructor
11091	Th	9/3 - 10/29	10 a.m. - 1 p.m.	Adams

### Portraits

Learn to draw portraits in black and white, and then, if comfortable, with color. Discussion and practice with varying mediums to achieve likenesses will follow. 9 Sessions. Fee \$54

#### Lone Star College-Montgomery T103

Reg. #	Day	Date	Time	Instructor
11179	T	9/1 - 10/27	11 a.m. - 1 p.m.	Adams

### Watercolor for Beginners

Learn basic skills of color theory and techniques for applying paint in order to make simple watercolor paintings successfully. 9 Sessions. Fee \$54

#### Lone Star College-Montgomery T103

Reg. #	Day	Date	Time	Instructor
10984	Th	9/3 - 10/29	1 p.m. - 3 p.m.	Adams

### Basic Drawing

Little or no experience in drawing is needed. Exercises will enable the student to learn to draw what he or she sees. The student will gain skills to draw with more confidence. 9 Sessions. Fee \$54

#### Lone Star College-Montgomery T103

Reg. #	Day	Date	Time	Instructor
10983	T	9/01 - 10/27	9 a.m. - 11 a.m.	Adams

### Dulcimer-Beginning Mountain Dulcimer

A workshop for those who want to learn to play the Appalachian Mountain Dulcimer. Basic instruction for the beginner includes: how to tune, fretting technique, strum patterns, understanding Tablature, simple harmony and introduction to chords. It is not necessary to read music. A variety of old time traditional folk and gospel tunes are presented to implement individual and group playing. Bring instrument to first Session. 5 Sessions. Fee \$7

#### Lone Star College-University Center

Reg. #	Day	Date	Time	Price
10892	T	9/1 - 9/29	1:30 p.m. - 4 p.m.	

### Basic Beading

Learn how to make beaded necklaces, bracelets, and earrings using simple beading techniques that do not require soldering. You will learn how to use flex wire, eye pins, headpins, and beads to create beautiful jewelry. First project will be a bracelet; a \$15 supply fee will be paid to the instructor at the first meeting. Tools will be provided for class. 4 Sessions. Fee \$24

#### Lone Star College- University Center

Reg. #	Day	Date	Time	Instructor
16912	W	9/2 - 9/23	9 a.m. - 11 a.m.	D'Souza

### Pyrography and Wood Burning

Wood burning and pyrography is a novel art form in the USA, but widely practiced in England and South America, and also in parts of Africa. The method is applied to heat an instrument to pre-selected temperatures, approach wooden, leather, gourd, board or paper surface, and leave imprinted a permanent inlaid design. Come try your hand at this art form and produce a one of a kind personalized project. (Students provide own supplies, approximately \$20). 6 Sessions. Fee \$36

#### Lone Star College-Montgomery A116

Reg. #	Day	Date	Time	Instructor
16915	S	9/12 - 10/17	11 a.m. - 1 p.m.	Murad

### Knitting is Neat!/Knitting 101

This class is for the person who has never knitted or not knitted in a long time! Learn the basic stitches for knitting, how to read simple patterns and then start a simple project like a scarf, afghan or lap blanket. Students will be required to purchase yarn and needles for their projects. 4 Sessions. Fee \$36

#### Lone Star College-University Center

Reg. #	Day	Date	Time	Instructor
16916	T	9/8 - 9/29	11 a.m. - 1 p.m.	Reed

### Rubber Stamping

Learn a fun craft using beautiful rubber stamps. Create your own unique cards, gift bags, scrapings and more. Complete 4 projects. Supply fee of \$35 collected at first class to cover materials. Bring your own mono adhesive. Class meets first and third Tuesday. No fee. 8 Sessions.

#### Windsor Hills

Reg. #	Day	Date	Time	Instructor
11189	T	9/1 - 12/15	11 a.m. - 1 p.m.	Mills

### Readers Theatre

If you have acting in your blood or would like to try something new, join us on stage. If you have a desire to have a part in a play that does not require a lot of rehearsal preparation and memorization of lines, this fun six week course will help you gain confidence in reading and performing in front of a small audience. Fee for this class includes a copy of the script that you can mark up and use as your own. Final class session is an opportunity to perform for friends and family. 7 Sessions. Fee \$15

#### Windsor Hills

Reg. #	Day	Date	Time	Instructor
16917	M	10/5 - 11/16	6:30 p.m. - 7:30 p.m.	Sanders

## Dulcimer II

A workshop for those who have completed the beginner class or who have a basic understanding of playing in Ionian. Explore and enjoy the many voices of the dulcimer. Build on techniques such as rhythm strum, harmony and chord patterns, and add new techniques including left hand embellishments, flat picking and finger picking. From plaintive ballads to toe tapping fiddle tunes, a variety of traditional musical styles are included. Bring instrument to first Session. Instruction material and music are provided. 5 Sessions Fee \$7

Lone Star College-University Center

10893	T	10/20 - 11/17	1:30 p.m. - 4 p.m.	Price
-------	---	---------------	--------------------	-------

## Acrylic/Oil Painting II

Further enhance your knowledge and technique with acrylics and oils. Prerequisite: Acrylic/Oil Painting I suggested (No class 11/26) 5 Sessions. Fee \$45

Lone Star College-Montgomery T103

11458	Th	11/5 - 12/19	10 a.m. - 1 p.m.	Adams
-------	----	--------------	------------------	-------

## Drawing II

Continue practicing drawing skills learned in Drawing 1. Set up and draw a still life composition, enhancing knowledge of proportion and perspective. If time permits, we will also begin figure drawing. 6 Sessions. Fee \$36.

Lone Star College-Montgomery T103

11462	T	11/3 - 12/8	9 a.m. - 11 a.m.	Adams
-------	---	-------------	------------------	-------

## Watercolor II

This is a continuation of the basic Watercolor 1 class. Learn glazing of color layers and more color theory as well as practicing techniques in texturing. Ways to achieve more creativity will be explored. Prerequisite: Watercolor for Beginners suggested. (No class 11/26) 5 Sessions. Fee \$30

Lone Star College-Montgomery T103

11454	Th	11/5 - 12/10	1 p.m. - 3 p.m.	Adams
-------	----	--------------	-----------------	-------

## FILM

### Film Series - Politics and Film

Obtain a greater appreciation of film and develop a greater insight into film production techniques by attending this film series. ALL films are shown in **Room B102 at LSC-Montgomery**. Each film is hosted by a professor and then followed by a discussion after the movie. The room has a large screen, new audio system and theatre-style seating. Film reviews of each title are available at RottenTomatoes.com. Films are shown on Mondays for members of the Academy for Lifelong Learning. Films are subject to change. For more information, call Gary Brown at 936.273.7324. **No fee for ALL Members on Mondays.**

## IMPORTANT DATES

**COLLEGE CLOSED**  
ON THE FOLLOWING DATES

9/7 Labor Day  
11/26 - 11/29 Thanksgiving  
12/19 Holiday Break

## September Series

<b>Citizen Ruth</b>		<b>Sept. 14</b>
<b>Duck Soup</b>		<b>Sept. 21</b>
<b>Bob Roberts</b>		<b>Sept. 28</b>
11199 M	1 p.m. - 4 p.m.	Brown

## October Series

<b>The Conformist</b>		<b>Oct. 5</b>
<b>The Last Picture Show</b>		<b>Oct. 12</b>
<b>Lions for Lambs</b>		<b>Oct. 19</b>
<b>In the Shadow of the Moon</b>		<b>Oct. 26</b>
11213 M	1 p.m. - 4 p.m.	Brown

## November Series

<b>S.O.B.</b>		<b>Nov. 2</b>
<b>State of the Union</b>		<b>Nov. 9</b>
<b>O' Lucky Man</b>		<b>Nov. 16</b>
11215 M	1 p.m. - 4 p.m.	Brown

## ARTS EDUCATION & APPRECIATION

### Let's Go to the Opera

A series of lectures to explore the opera "Lohengrin" which is a romantic opera in three acts composed and written by Richard Wagner. The first production was in Weimar, Germany on 28 August 1850 under the direction of Franz Liszt, a close friend and early supporter of Wagner. It will be madly interesting! 5 Sessions. Fee \$5

Lone Star College- University Center

11202	Th	10/1 - 10/29	11 a.m. - 1 p.m.	Thompson
-------	----	--------------	------------------	----------

### Art Appreciation: Art Museums

In two sessions, a trained museum docent will discuss the works of art you might find in any art museum. Each month will include a different theme. Learn to appreciate sculpture and painting from early history as we study production techniques and artists' efforts to communicate their ideas. The lectures will be held in B102 on the third Friday of the month. Class meets 9/18, & 11/20. 2 Sessions. No fee.

**History of Still Life** – In September you will discover still lifes weren't even considered an acceptable subject until the Baroque period, but from that time on they have filled many museums, homes and public buildings. We will survey works of artists and their paintings, both past and current, in this session.

**Architecture as Art** – In November this survey will begin in antiquity; continue through the cathedrals of the Renaissance and into contemporary structures.

Lone Star College-Montgomery B102

11183	F	9/18 & 11/20	1 p.m. - 3 p.m.	Christoffel
-------	---	--------------	-----------------	-------------

## BIOGRAPHY SERIES

A series of lectures taught by a combination of college professors and Academy for Lifelong Learning members and history buffs. Instructors may use video clips of films to enhance their lectures. Lectures will be approximately one hour in length allowing time for Q&A. Join us on Tuesdays from 3 - 5 p.m.

Lone Star College-University Center

### Truly Texans

Meet some of the Texans who made a difference. Find out more about Mirabeau Bonaparte Lamar, Susanna Dickenson, the Moody family and many others who made Texas what it is today. 4 Sessions. No fee.

14985	T	9/8-9/29	3 p.m. - 5 p.m.
-------	---	----------	-----------------

### American Revolution: Men and Women of Influence

Meet some famous and infamous politicians, writers and scientists and others who had an influence on the American Revolution. 4 Sessions. No fee.

14986 T 11/3-11/24 3 p.m. - 5 p.m.

## COMPUTERS & TECHNOLOGY

### Computer Boot Camp

In one month we will have you in basic shape with a working knowledge of computers. Each class is taught by an instructor and coach, and will build on the previous class experience. Studies show repetition and practical application will help students become comfortable in a technical world. Classes are small in order to provide more personal attention. Practice time is available each week under the guidance of a coach. Fee includes a jump drive to save your work. 6 Sessions over three weeks. Fee \$46

#### Week One: ABCs of Computers-Basic Skills

This training is for students who have limited knowledge of computers. It will prepare students to work effectively within the Windows environment and will place an emphasis on developing basic skills with the keyboard and mouse while explaining computer hardware and software. You will learn how to access and navigate the internet. As part of your introduction to the Internet you will learn to set up and log on to an internet-based e-mail service.

#### Week Two: PC101 - Basic Word Processing and File Management

This course will use Microsoft WORD 2007 to teach the basic skills needed for word processing. You will learn basic computer file management techniques so that you will be able to store and find things on your computer. You will learn to save items to a jump drive so you can take your work "on the road". You will learn how to send a WORD file as part of an e-mail message and as an attachment.

#### Week Three: PC102 - Basic Spreadsheets, Internet and E-mail

This course will use Microsoft EXCEL 2007 to teach the basic skills needed to develop spreadsheets and useful ways to use them for everything from home budgets to keeping track of your address book or book library. You will learn how to send an EXCEL file as an email attachment, retrieve and download attachments, and send pictures. You will learn more about navigating the Internet. 6 Sessions \$46

#### Lone Star College-University Center

11430	MW	9/14 - 9/30	1 p.m. - 3 p.m.	Technology Team
11436	MW	10/5 - 10/21	1 p.m. - 3 p.m.	Technology Team
11448	MW	11/2 - 11/18	3 p.m. - 5 p.m.	Technology Team

### Computer Lab

Come and practice under the supervision of the Technology Team on the Fridays. Practice basic computer skills, such as Word, Excel and PowerPoint. Practice how to Google for information, look for Web sites, use MapQuest and Yahoo Maps. In a comfortable environment feel free to practice and have some of your frequently-asked-questions answered. 4 Sessions. No fee.

#### Lone Star College-Montgomery F160

11431	F	9/4 - 9/25	1 p.m. - 3 p.m.	Technology Team
11434	F	10/2 - 10/23	1 p.m. - 3 p.m.	Technology Team
11432	F	11/6 & 11/20	1 p.m. - 3 p.m.	Technology Team

### PowerPoint

PowerPoint is a great for personal or business use. Create a place to put your family album or a presentation for a lecture or workshop. Learn to bring in sounds, pictures and animation. Have fun designing something special. 2 Sessions. Fee \$18.

#### Lone Star College-University Center

16473 MW 10/26 & 10/28 1 p.m. - 3 p.m. Technology Team

### Privacy Survival-Don't Become a Victim of Identity Theft!

Curious about just how much of what you thought was your private information is now available thanks to the new technology? This "hands-on" class will help you "find yourself." No computer skills necessary. 2 Sessions. No fee.

#### Lone Star College-Montgomery F160

16918 W 9/2 & 9/9 3 p.m. - 5 p.m. Burns

### Becoming a Savvy Information Searcher

Learn to more effectively search for information in books, articles, and videos; and use the Google search engine to retrieve good, reliable, accurate, information. You will be given a brief overview of the librarians' role on campus, receive pertinent information of how to use the library and its resources, and be provided a brief walking tour of the library. 1 Session. No fee.

#### Lone Star College-Montgomery F114 (Library)

17436	F	9/18	1 p.m. - 3 p.m.	Stevens
17438	F	12/11	1 p.m. - 3 p.m.	Stevens

### Shopping On-Line

Going to the mall is more fun than ever! Try shopping on-line in a virtual mall for good deals. Find out how to make sure your credit card information is secure, find out about shipping and return policies. 1 Session. No fee.

#### Lone Star College-Montgomery F160

16919 W 10/28 3 p.m. - 5 p.m. TBA

## FINANCIAL

### The Truth About Money

Learn how to manage risks, get better investment return and lower fees just like the professionals do on Wall Street. See the right way to handle your retirement account. Yes, you can boost returns while lowering risk and you can control taxes and expenses too. Come and learn what you are doing wrong and see how easy it is to start doing it right. 1 Session. No fee.

#### Lone Star College-University Center

16407 W 8/26 1 p.m. - 3 p.m. Rhame/Gorrell

### Estate Planning

Everyone must plan for end-of-life issues. Come learn the basics of estate planning including wills, trusts, powers of attorney and Living Wills. Find out what documents every person needs and just how simple it can be. Learn about how to deal with unique circumstances such as step-children, special needs trusts, and charitable giving. 1 Session. No fee.

#### Lone Star College-University Center

16999 W 9/9 1 p.m. - 3 p.m. Medley

### Elder Law

Elder law includes a variety of issues including planning for incapacity and long term care, Medicaid/Medicare, guardianships, financial and physical abuse cases, estate planning and probate. Are you prepared to handle these tough issues for yourself or your parents? 1 Session. No Fee.

#### Lone Star College-University Center

17003 M 9/14 9 a.m. - 11 a.m. Bulgawicz

## So You've Been Named an Executor of an Estate

If you have been appointed or designated as an estate representative, executor, trustee, administrator, guardian or the like, come learn about your fiduciary duties and how to properly fulfill your role in the simplest, most effective way. Learn about the probate process and probate court system. Help avoid mismanagement and claims from heirs. 1 Session. No fee.

Lone Star College-University Center

17000 W 9/16 1 p.m. - 3 p.m. Medley

## Long-Term Health Care Planning

Learn how to prepare for long-term care needs for yourself or a family member. Seniors and their children often watch retirement nest eggs disappear due to poor or no planning for health care. During this lecture you will hear about what Medicare will and will not cover and become familiar with the various terminology and programs before you need it. 1 Session. No fee.

Lone Star College-University Center

17005 M 9/21 9 a.m. - 11 a.m. Bulgawicz

## Understanding Social Security Benefits

Many people ask about the future of Social Security and "will it be there for me"? This course is an overview of Social Security benefits and programs. Find out how benefits are calculated and when to start payments. Topics included in this presentation are taxation of benefits, returning to work and how that affects payments and Social Security's newly designed Website. Finally, learn how to file for benefits online. 1 Session. No fee.

Lone Star College-University Center

17001 W 9/23 1 p.m. - 3 p.m. Stivers

## Navigating the Financial Services Industry

A frank discussion about the retirement and investment planning industry. The class will talk about the pros and cons of commonly offered financial and insurance products such as mutual funds, annuities, exchange traded funds, and others. We will also talk about the various types of advisors, planners, and representatives, etc. who offer services and products to retirees. 1 Session. No fee.

Lone Star College-University Center

17006 M 9/28 9 a.m. - 11 a.m. Dantche

## Tax-Free Investing

Tax time doesn't have to be something to dread. When you own tax-free investments, you get to keep more of what you earn instead of signing it over to the IRS. This class teaches how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. 1 Session. No fee.

Lone Star College-University Center

17002 W 9/30 1 p.m. - 3 p.m. Busby

## Which of the 10 Different Retirement Strategies is Best for You?

Most retirement strategies are focused either on selling assets or trying to generate sustainable interest. But selling assets in this market causes an accelerated reduction in the value of your investments. There are eight other strategies that may benefit you more. Learn various strategies that can be tailored to your personal situation to help your retirement income last and still keep up with inflation, medical costs and more. What's your strategy? 1 Session. No fee.

Lone Star College-University Center

17984 W 10/7 1 p.m. - 3 p.m. Gaug

## VA Benefits

Maneuvering in Veterans Affairs can often be a challenge. Join the Veterans Affairs person for the area to understand some of the changes that are happening which may impact you or your spouse. Attendant care, Tricare and burial information will be presented by local VA Representative. 1 Session. No fee.

Lone Star College-University Center

17985 W 10/14 1 p.m. - 3 p.m. Lee

## Becoming Familiar with Tax Information & Forms

It's almost Tax Time and Form 1040 from the IRS can be confusing and stressful. Learn what income and information forms you will need to successfully complete your Form 1040. Become acquainted with the various forms, what they look like, what information is on the forms and how to enter the information on the various federal forms and schedules. 1 Session. No fee.

Lone Star College-University Center

17986 W 10/21 1 p.m. - 3 p.m. Moore

## Special Taxation Issues for Seniors

This session will include Social Security taxation and allowed earnings, pension benefits, Roth conversions, IRA minimum distribution rules and the credit for the elderly and other relevant topics to age 55+ individuals. 1 Session. No fee.

Lone Star College-University Center

17987 W 10/28 1 p.m. - 3 p.m. Check

## Choosing a Retirement Community

If you are looking for a retirement community for yourself or your parents you will need to understand the language of retirement communities that run the gamut from club houses and patio homes to assisted living and unassisted living. 1 Session. No fee.

Lone Star College-University Center

17988 W 11/4 1 p.m. - 3 p.m. Kalmanoff

## Fraudacious!

Learn how to spot, report and protect yourself from Medicare and other scams that affect older adults. Presented by the Better Business Bureau Education Foundation, will share the latest information and trends in this area of crime. 1 Session. No fee.

Lone Star College-University Center

17989 W 11/11 1 p.m. - 3 p.m. Southwick

## Making Sense of Retirement

If you don't prepare for your retirement, no one else will. That's why it's important to take time now to discuss your retirement goals. In this class you will learn a) the five basic questions you should ask yourself to prepare for retirement, b) the options you can use now to save for retirement, and c) how time can help or hurt your retirement goals. 1 Session. No fee.

Lone Star College-University Center

17990 W 11/18 1 p.m. - 3 p.m. Busby

## Seniors Reverse Mortgage, The What & How?

This informational session will attempt to explain what Seniors Reverse Mortgage is and is not. It will shed light on the possible impact on the borrower, survivors, etc. After attending this session, participants will be armed with valuable information necessary to prevent financial abuse, scams and also know what governmental agencies oversee the industry. 1 session. No fee.

Lone Star College-University Center

16409 W 12/2 1 p.m. - 3 p.m. Eluyemi

## Using On-line Calculators for Budgeting and Projecting

Take a spin on-line and explore all of the various calculators available to help you manage your life. If you have wondered if you should lease or buy a car, take an auto loan or a home equity loan or if you are curious about your net worth, this class will help you see the numbers to make important planning decisions. Class will be taught in a computer lab. 1 Session. No fee.

Lone Star College-University Center

11429 M 12/7 9 a.m. - 11 a.m. Dantche

## Long-Term Health Care

People are living longer due to advances in modern medicine and life-style change. Unfortunately, as people age, they are more likely to suffer from chronic illnesses such as strokes or Alzheimer's. Long-Term Health care impacts families financially and emotionally. Learn how to prepare for long-term care needs for yourself or a family member. Useful financial and practical information will be offered. 1 Session. No fee.

Lone Star College-University Center

19094 W 12/9 1 p.m. - 3 p.m. Rhame/Gorrell

## FUN AND RECREATION

### Cookbook Workshop

Spend five Sessions gathering all of that floating paper and those family recipes and putting them into one special cookbook. Learn how to personalize your cookbook by adding family photos, drawings and clip art. You will finish a final spiral bound cookbook just in time for the holidays. Supplies included in cost of class for one complete cookbook. 5 Sessions. Fee \$12

Lone Star College-Montgomery F160

14990 W 9/2 - 9/30 9 a.m. - 11 a.m. Smith - Burns/Burwell

### The Value of First Editions and Signed Copies of Books

If you love to read and have a collection of books that are either first editions or signed copies, find out what the value of the book might be. Learn about the who's who of collectable authors and discover where to find their work. Learn how to sell those special books and how to preserve them. (address: 25915 Oak Ridge Drive 77380 281.298.2497 www.goodbooksinthewoods.com) 1 Session. No fee.

Good Books in The Woodlands

17134 W 9/2 9 a.m. - 11 a.m. Rohfritsch

### Day Trippers

This discussion group meets once a month to plan and go on day trips. The first meeting is organizational, so bring your ideas and calendars. Class meets on the first Wednesday of each month. Past trips have included the Presidential Library, Walden Yacht Club for Sunday Brunch, Martha's Bloomer's, Navasota Theater. Join this exciting group and make new friends! Class meets: (9/2,10/7,11/4,12/2) 4 Sessions. Fee \$5

Lone Star College-University Center

17014 W 9/2 - 12/2 2 p.m. - 4 p.m. Hancock/Humphries

### Let's Travel Gals

Group plans trips - usually 2 to 11 days duration. Meet new women and possible travel roommates. Plan on Dutch treat dinner after first meeting to better know each other. Upcoming tours include: New England Foliage with Mansions of Newport Rhode Is., Fredericksburg with Lost Maples State Park, Salado with inside Home Tour & Christmas Lights in San Antonio. Bring Calendar and checkbook. 2 times to plan for trips (Wednesday, 9/2 and 11/18) 2 Sessions. Fee \$5

Lone Star College-University Center

17012 W 9/2 & 11/18 1 p.m. - 3 p.m. Sayre

## The Armchair Traveler

If you are thinking about a trip and would like more information from a native or someone who has been there before, join us for this fun and informative series of lectures to find out more about the culture, people, sights, music, geography, political and economic make-up of a number of countries including Malaysia, Australia, New Zealand, Africa and The Galapagos. 5 Sessions No fee.

Lone Star College-University Center

11476 Th 10/1 - 10/29 1 p.m. - 3 p.m. Travel Team

## Get Published by Getting Self-Publishing

Everyone dreams of writing a book. In this class the student will learn how to do just that by self publishing and marketing their book. They will learn how the publishing process works, how the printing process works, and how to get books in stores locally, nationally and internationally. Basic computer skills (enough to search the Internet) helpful, but not required. 2 Sessions. No fee.

Lone Star College-University Center

17144 F 9/11 & 9/18 3 p.m. - 5 p.m. Kirk

## Genealogy for Beginners

Students will acquire basic genealogical research skills. They will be provided with basic skills to begin research in this two-day class. The second session will be at the Montgomery County Memorial Library. \$1 Fee to instructor for CD furnished first day of class. 2 Sessions. No fee.

Lone Star College-Montgomery F160

17095 TTh 9/15 & 9/17 1 p.m. - 4 p.m. Smoorenburg/Stehm

## Book Club

The club meets on the third Thursday of each month to select and discusses one or two books of common interest: fiction, history, biography, travel, political, science, etc. For September read March by Geraldine Brooks. (Class meets 9/17, 10/15, 11/19) 3 Sessions. No fee.

Lone Star College-University Center

11401 Th 9/17 - 11/19 1 p.m. - 3 p.m. Haydel

## Telling Your Life Story

This class will meet to practice writing life stories. At each meeting we will spend 15 minutes writing on a specific topic. After writing, we will share our stories with one another. 3 Sessions. No fee.

Lone Star College-University Center

17143 T 9/22 - 10/6 11 a.m. - Noon Cook

## Poetically Speaking

In these poetry workshops, discover sources of poetic inspiration; explore the power of the metaphor, myth, imagery, alliteration, and meter; and consider the pros and cons of traditional rhyme versus blank verse. Hear from this published poet who was featured on public radio's "Houston Living Arts" broadcast. 4 Sessions. No fee.

Lone Star College-University Center

17100 T 10/6 - 10/27 1 p.m. - 3 p.m. Portillo

## Readings

Come hear an advanced reading from local authors at work who will share their story even before publication. Find out what it takes to become published. Perhaps you too have a story to tell! (address: www.goodbooksinthewoods.com; 25915 Oak Ridge Drive 77380 281.298.2497) 1 Session. No fee.

Good Books in The Woodlands

17139 F 10/2 6 p.m. - 8 p.m. Rohfritsch

## Genealogy in the 21st Century

In this 3-day course students will learn the use of the Internet to effectively research their family history. The third class will be a hands-on lab. Students need a good working knowledge of Windows and the Internet and good keyboarding skills. \$1 Fee to instructor for CD furnished first day of class. (Class meets: 10/13, 10/15 and 10/20) 3 Sessions. No fee.

**Lone Star College-Montgomery F160**  
**17096** TTh 10/13 - 10/20 1 p.m. - 4 p.m. Smooreburg/Stehm

## Story Telling

Discover the art of storytelling. We will discuss the history of folk stories and fables and learn the "how-to" of storytelling. 4 Sessions. No fee.

**Lone Star College-University Center**  
**17141** MW 11/2 - 11/11 9 a.m. - 11 a.m. Castner

## Organization 101—Controlling Your Sanity and Your Stuff

You will receive basic information on home organization, office organization, and last-but-not-least, how to control your life will be offered as sanity maintenance. Techniques are provided from time saving to reducing stress to how to find "stuff" and how to get rid of clutter. Tips on organizing files and records will be provided. 1 Session. No fee.

**Lone Star College-University Center**  
**14991** W 11/4 11am - 1 p.m. Hinton

## Genealogy: Intro to Researching Across the Pond

Students will become familiar with use of census records, passenger lists, naturalization records, immigration routes, and other sources, and websites as an introduction to beginning their research in the British Isles and Western Europe with an emphasis on immigration and naturalization records after 1850. 2 Sessions. No fee

**Lone Star College-Montgomery F160**  
**17099** TTh 11/10 & 11/12 1 p.m. - 4 p.m. Smooreburg/Stehm

## HEALTH & FITNESS

### Strength Training—Do Your Heart a Favor

Incorporate an essential fitness element into your overall health plan. Under the supervision of a certified personal trainer in the college Wellness Center in Building A, you will learn about the various strength training equipment available for a great, age appropriate workout. Do your heart a favor and enjoy this fun class. Decide if the Wellness Center is just the thing you need to jump start your fitness program. 1 Session. No Fee.

**Lone Star College-Montgomery A116 Wellness Center**

<b>17106</b>	T	9/8	1 p.m. - 3 p.m.	Hankosky
<b>17107</b>	M	10/5	1 p.m. - 3 p.m.	Hankosky
<b>17108</b>	W	11/4	1 p.m. - 3 p.m.	Hankosky
<b>17109</b>	Th	12/10	1 p.m. - 3 p.m.	Hankosky

### Yoga-Wednesday

This mixed-level class offers basic yoga postures with modifications for those who prefer to deepen their practice. Students of all levels are welcome and encouraged to listen to their own bodies within their own personal limits. Please bring your own yoga mat and blanket. 7 Sessions. Fee \$27

**Lone Star College-Montgomery A118**  
**10774** W 9/2 - 10/14 3 p.m. - 4:15 p.m. Binding

## T'ai Chi

The art of T'ai Chi, which promotes good health, longevity, and peace of mind, will be presented. This beginning course will incorporate the forms of Yang Style T'ai Chi. Dress comfortably in loose-fitting clothing. 6 Sessions. Fee \$18

**Lone Star College-Montgomery A118**

<b>14976</b>	Th	9/3 - 10/8	6:30 p.m. - 7:30 p.m.	Neighbors
<b>14977</b>	Th	10/15 - 11/19	6:30 p.m. - 7:30 p.m.	Neighbors

## Reiki I - Reiki and Other Hidden Knowledge

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. \$15 for the book paid to the instructor first day of class. 6 Sessions. No fee.

**Lone Star College-Montgomery T103**  
**17101** T 9/1 - 10/6 3 p.m. - 5 p.m. Taylor

## Change Your Mind Change Your Life/Overcoming Adversity

Based on studies in science, psychology and theology, you will delve into the scientific evidence that supports your ability to change your thinking and change your life. Presented from a humanistic point of view you will learn steps and techniques to facilitate permanent changes through your body's response system, thus creating lasting changes in yourself. Class meets: 4 Sessions. No fee.

**Lone Star College-University Center**  
**17465** T 9/1 - 9/22 9 a.m. - 11 a.m. Schmelzkopf

## Star Seed Meditation

Learn a simple, but effective method for meditating. Designed at the University of Maryland, this method has proven to be usable by anyone wanting to meditate, even if they have been unsuccessful in the past. Students need to wear comfortable clothing, bring yoga/exercise mats, and also have the ability to lie on the floor. 1 Session. No fee.

**Lone Star College-University Center**  
**17468** T 9/29 9 a.m. - 11 a.m. Schmelzkopf

## Belly Dancing

This is a great, fun way to work out with Middle Eastern music that takes you away to a whole new world. Class is taught at Windsor Hills. 4 Sessions. Fee \$22.50

**Windsor Hills Clubhouse**  
**11224** T 9/1 - 9/29 5 p.m. - 6:30 p.m. Shaaban

## Qigong, the Art of Chinese Energy

If you've tried yoga and find it hard to get up and down from the mat, and T'ai Chi has you twisted into complicated stances, maybe Qigong is for you. Qigong is a practice that blends mind, body and spirit in tranquil meditation. We will focus on body energy, slow graceful movement and measured breathing as a way to promote a healing harmony in our bodies. The shamans in China began using this art over 1000 years ago and today's medical community is beginning to look at its benefits. We will examine the varieties of Qigong and some of the terms related to the practice of Qigong. Recommended reading: *The Way of Qigong* by Kenneth S. Cohen. (Class meets 9/22, 9/29 & 10/6). 3 Sessions. No fee.

**Lone Star College-University Center**  
**17105** T 9/22 - 10/6 9 a.m. - 11 a.m. Cook

### DID YOU KNOW?

The Lone Star College Wellness Center offers Yoga twice a week for Wellness Center members? For just \$25 for those over age 55, or \$50 for those younger, you may join the Wellness Center for the entire fall semester. Use the workout room and take yoga two times a week, what a deal! For details: 936.273.7317.

## Master of Memory

Master of Memory is a two-session workshop to help older adults understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory. This course offered in conjunction with Texas AgriLife Extension Service. 2 Sessions. No fee.

### Lone Star College-University Center

17152	T	9/22 & 9/29	9 a.m. - 11 a.m.	Mock
17153	T	12/1 & 12/8	9 a.m. - 11 a.m.	Mock

## Reiki II

Continue on your journey of discovering the ancient art of Reiki healing with a Reiki Master. You will learn more techniques and a deeper understanding of the realms of hidden knowledge. Use same book as for Reiki I. 6 Sessions. No fee. **Prerequisite: Reiki I**

### Lone Star College-Montgomery T107

17102	T	10/20 - 11/24	3 p.m. - 5 p.m.	Taylor
-------	---	---------------	-----------------	--------

## Star Seed Meditation

Learn a simple, but effective method for meditating. Designed at the University of Maryland, this method has proven to be usable by anyone wanting to meditate, even if they have been unsuccessful in the past. Students need to wear comfortable clothing, bring yoga/exercise mats, and also have the ability to lie on the floor. 1 Session. No fee

### Carriage Inn

17472	F	10/23	10 a.m. - Noon	Schmelzkopf
-------	---	-------	----------------	-------------

## Belly Dancing

This is a great, fun way to work out with Middle Eastern music that takes you away to a whole new world. Class is taught at Windsor Hills. No class on 11/3. 4 Sessions. Fee \$22.50

### Windsor Hills Clubhouse

17104	T	10/13 - 11/10	5 p.m. - 6:30 p.m.	Shaaban
-------	---	---------------	--------------------	---------

## Reiki III - Attunement

The Master Degree Attunement causes the initiates' Universal Life Force Healing Energy to flow stronger and vibrates at a higher, more intense level. It allows Reiki to flow more quickly to the physical, mental and spiritual levels of receivers. Use same book as previous two classes. 2 Sessions. No fee **Prerequisites: Reiki I and II**

### Lone Star College-Montgomery T103

17103	T	12/1 - 12/8	3 p.m. - 5 p.m.	Taylor
-------	---	-------------	-----------------	--------

# HISTORY

## Fascinating Times in Old Texas

Follow Sam Houston's camps along the march from Gonzales to San Jacinto. An in depth study of the legend of Emily, often called The Yellow Rose of Texas. Follow Texas in war as a Confederate state. Visit historic sites on a field trip. 4 Sessions. No fee.

### Lone Star College-University Center

11484	MW	9/9 - 9/16	1 p.m. - 3 p.m.	Clarke
-------	----	------------	-----------------	--------

## World at War/WWII (Part 2 of 2)

Examine the greatest conflict in human history (via DVD) where 55 million people perished with no continent or ocean left unaffected. Discussion to follow each presentation. 8 Sessions. No fee.

### Lone Star College-University Center

11487	TTh	10/20 - 11/12	1 p.m. - 3 p.m.	Vandiver
-------	-----	---------------	-----------------	----------

## Civil War: Robert E. Lee (Part 1 of 2)

Return to the early war years of the Civil War, with several professional Civil War historians/professors utilizing prepared DVDs, to discover the rich, but highly complex details of this harsh war fought by armies of the North (Union) and armies of the South (Confederates) as well as the impact on the citizens of both regions of the country. Discussion will follow each video presentation. 6 Sessions No fee.

### Lone Star College-University Center

16474	M/W	10/5 - 10/21	1 p.m. - 3 p.m.	Haskell
-------	-----	--------------	-----------------	---------

## Preserving Cherokee Heritage

Wilma Mankiller was the first woman to serve as the principal tribal chief of the Cherokee Nation. In 1998 she received the Presidential Medal of Freedom for her leadership and social activism. She wrote her autobiography, Mankiller: A Chief and Her People (1993) and Every Day is a Good Day: Reflections by a Contemporary Indigenous Woman (2004) her last name does not have roots in reputation. Rather, it is a Cherokee word or village protector. This lecture is presented by the Lone Star College - Montgomery - Lyceum Series. 1 Session. No Fee.

### Lone Star College-Montgomery B102

17146	W	10/14	Noon - 1 p.m.	Lyceum
-------	---	-------	---------------	--------

## Civil War: Robert E. Lee (Part 2 of 2)

Return to the early war years of the Civil War, with several professional Civil War historians/professors using prepared DVDs, to discover the rich, but highly complex details of this harsh war fought by armies of the North (Union) and armies of the South (Confederates) as well as the impact on the citizens of both regions of the country. Discussion will follow each video presentation. 6 Sessions No fee.

### Lone Star College-University Center

11492	MW	11/2 - 11/18	1 p.m. - 3 p.m.	Haskell
-------	----	--------------	-----------------	---------

## Battle Stories - WWII

WWII battles, personalities and events will be discussed and explained in the context of the outcome of WWII. Learn about the role personal character plays in winning battles, appreciate how technology can be a decisive component in war and better understand how battles are planned and fought.(No class 11/26) 7 Sessions. No fee.

### Lone Star College-University Center

11494	TTh	11/17 - 12/10	1 p.m. - 3 p.m.	Taylor
-------	-----	---------------	-----------------	--------

## Historic Preservation-New Orleans

The Faubourg Marigny is an eclectic neighborhood that began in 1805 on the land of a subdivided plantation in New Orleans and is undergoing a revival and influx of residents determined to resurrect its historic homes and businesses from the effects of time and recent hurricanes. Preservation efforts are sometimes slowed by crime and bureaucracy, but persist nonetheless. Orleanian, Casey is a member of the National Trust for Historic Preservation. 1 Session. No Fee.

### Lone Star College-University Center

17129	M	11/9	9 a.m. - 11 a.m.	Stuart
-------	---	------	------------------	--------

## Historic Preservation-Main Street

In 1947 the National Council for Historic Sites and Buildings launched an effort to form a National Trust in the United States and in 1980 the National Main Street Center was established. The Main Street Four-Point Approach® is a community-driven, comprehensive methodology used to revitalize older, traditional business districts throughout the United States. It is a common-sense way to address the variety of issues and problems that face traditional business districts. The Main Street program is working with hundreds of communities nationwide, and in 2006 Conroe, Texas became a Main Street City. If you have not been to downtown Conroe lately, join us and find out what is happening and start planning your next visit! 1 Session. No fee.

### Lone Star College-University Center

17130	M	11/16	9 a.m. - 11 a.m.	Calhoun
-------	---	-------	------------------	---------

## MEDICAL

### Five Secrets to Looking and Feeling Younger/Permanent Weight Loss/Diabetes

These presentations cover three of the most serious concerns for the American public: Looking and feeling better and younger, losing weight, and helping diabetic symptoms. This presentation will educate the audience about how the body and metabolism works, why most diets don't work, the true value of being healthy and fit, how food, water, and medication play a role in their health and how pain limits a person from achieving his or her full health potential! 1 Session. No fee.

Lone Star College-University Center

11498 M 9/14 11:30 a.m. - 12:30 p.m. Smith, D.C.

### All Supplements Are Not Created Equal

If you eat healthy, do you need a multivitamin? In this class you will learn what to look for in a multivitamin, and also what other supplements and herbs are available. Bring your multivitamin bottle with you and find out how it compares to others. 1 Session. No fee.

Lone Star College-University Center

17440 M 9/21 11 a.m. - 1 p.m. Faysal, D.C.

### Grief, Loss and Bereavement

Learn about a variety of issues related to the needs and dynamics of dying and grieving persons, as well as one's own role as a concerned caregiver, family member, friend or professional. Focus is on death within an individual, social and cultural context with emphasis on the grieving process.

Lone Star College-University Center

17441 W 9/30 11 a.m. - 1 p.m. Monahan

### Balancing Hormones Naturally

Over 80 million women in the U.S. currently suffer with PMS and symptoms of menopause. Many of these women are confused as to what health options are available or even right for them. This lecture will educate the audience about natural alternatives for addressing problems related to hormone imbalances and menopause. Hear about a holistic approach to women's hormone-related health concerns. 1 Session. No fee.

Lone Star College- University Center

11506 M 11/ 9 11:30 a.m. - 12:30 p.m. Smith, D.C.

## NATURE & THE ENVIRONMENT

### Fall Vegetable Gardening

Gardening (Fall Vegetable Gardening): What do green beans; cauliflower, carrots, parsley, peas, peppers, squash, turnips, cucumbers, and corn have in common? They and many more vegetables can be grown in Texas if planted in late summer to have a fall harvest. Join Montgomery County Horticulturist Tom LeRoy from the Texas AgriLife Extension Service as he helps us prepare those gardens. 1 Session. No fee.

Lone Star College-University Center

17110 M 8/31 11 a.m. - 1 p.m. Leroy

### Living Green in Montgomery County

Montgomery County is one of the most beautiful counties in Texas. Learn how to maintain Montgomery County's beauty while living green through recycling, low impact living, xeriscape landscaping, and more. Find out what materials can be recycled and how to prepare recyclables. Also find out your options for recycling in Montgomery County. Keep Montgomery County Beautiful (KMCB) is on the forefront of Go Green education for Montgomery County, encouraging Texans

to take responsibility for enhancing their community environment. 1 Session. No fee.

Lone Star College-University Center

17111 F 9/4 11 a.m. - 1 p.m. Harris/Woodson/Buckley

### Attracting Birds

Our area has many species of birds that either live or visit here. As you plan the landscaping in your yard, create a garden that will keep wildlife in the plan. Your garden can be a smorgasbord of bird-tempting trees, shrubs, vines, native plants, and flowers. 1 Session. No fee.

Lone Star College-University Center

17112 F 9/4 9 a.m. - 11 a.m. MC Master Gardener

### Plant Problem Clinic

This is your opportunity to bring in samples of your personal plant problems for diagnosis. Be prepared for a lively discussion of current problems found in area gardens with plenty of time to answer questions that may be troubling you and your garden. Be sure all samples are fresh and still show some signs of life. Collect from areas near the affected part of the plant. Completely dead samples usually don't reveal the true cause of death. We're trying to determine the cause of the problem—not conduct a postmortem autopsy! 1 Session. No fee.

Lone Star College-University Center

17113 F 9/11 11 a.m. - 1 p.m. Leroy

### Choosing and Preserving Quality Fruits and Vegetables

Samples of fresh fruit and vegetables will be presented to illustrate good and poor qualities of some 20 different classes of the most common produce in the market. Class will also address food safety and proper storage of produce. 1 Session. No fee.

Lone Star College-University Center

17114 M 9/14 1 p.m. - 3 p.m. Carroll

### Texas Master Naturalist

Statewide curriculum that is a highly focused field-trip based learning experience will cover: Intro to the Texas Master Naturalist™ program, Texas Naturalists prior to World War II, Ecological Concepts, Ecological Regions of Texas, Ecosystem Management, Geology and Soils of Texas, Weather and Climate, Nature of Naming, Plants, Ornithology, Entomology, Ichthyology (Fishes), Herpetology, Mammalogy, Archeology, Forest Ecology and Management. Address: 1328 FM 1488. 6 sessions. \$150 fee paid to Texas Forest Service for supplies.

Jones Forest

17115 M 9/21 - 10/26 8 a.m. - 3:30 p.m. Warner/MacArthur

### Plants of the Bible

Join a Master Gardener examining flowers portrayed in both the Old and New Testaments of the Bible and their significance. Discover the role of hyssop and hemlock in the Crucifixion and the plants believed to compose the Crown of Thorns, and much, much more. 1 Session. No fee.

Lone Star College-University Center

17116 F 10/2 9 a.m. - 11 a.m. MC Master Gardener

### Let's Go Birding!

Following a classroom presentation about backyard birding during the fall and winter (birds to see and how to attract them) and information about birding locations, the class will take one field trip to the George Mitchell Nature Preserve in Creekside Park, The Woodlands. Meet for the first session only at LSC-Montgomery (B111) on a Tuesday followed by a Saturday October 17 field trip with birdwatcher and Gary Clark author of a Texas Wildlife book and Houston Chronicle columnist. 2 Sessions. No fee.

Lone Star College-Montgomery

17117 T 10/13 & 10/17 9 a.m. - 11 a.m. King

## Extreme Nighttime Sensory Hike

This event provides an opportunity for grandparents, parents and children to participate in family team building, campfire games, s'mores eating, along with extreme sensory night hike. (Note: no bathroom facilities on trail except for trees and bushes! Trail is not ADA/Handicap compliant. Not for the faint hearted. About 1 hour sensory night hike and 30 minute hayride). 1 Session. No fee. Address: 1328 FM 1488.

**Jones Forest**

17118 F 10/16 8:30 p.m. - 10 p.m. Warner/Vollmer

## Culinary Herbs

Growing Herbs in your Garden: Learn to appreciate herbs for their multi tasking abilities. They provide us with beauty in the landscape, delight us with their fragrance, attract bees for pollination and, of course, add zest to our food without manmade chemicals. This course covers the basics of growing the familiar herbs such as parsley, chives and dill; then goes further to include some that may not be so familiar such as lemon verbena, scented pelargonium and Texas tarragon. Learn the basics needed to overcome the challenges of growing herbs in our unique southeast Texas climate. Tom LeRoy, the Texas Cooperative Extension Horticulture Agent in Montgomery County, will provide this interesting course. 1 Session. No fee.

**Lone Star College-University Center**

17119 F 10/23 11 a.m. - 1 p.m. Leroy

## Container Gardening

There continues to be a growing interest among area gardeners in growing plants in containers. Join us to learn what you will need to know to successfully grow and care for a wide variety of ornamental and edible plants in containers. 750 Longmire Rd, Conroe. 1 Session. No fee.

**Carriage Inn - Conroe**

17120 M 10/5 1 p.m. - 3 p.m. MC Master Gardener

## Nature Sketching & Journaling Workshop

Drawing in a journal is more about learning to see than about making "art". Observing and drawing may not make one an artist, but the practice will create more aware inhabitants of the world. Nature's flora and fauna can be surprising when translated into words and pictures by one's own hand. Taught by an art teacher/illustrator and journaler. Address: 1328 FM 1488 1 Session. No fee.

**Jones Forest**

17121 S 10/24 9 a.m. - 2 p.m. Warner/Fletcher

## Citizen Wildfire Ecology Specialist Certification Program (CWESCP)

Our Southeast Texas woodlands are fire-adapted ecosystems. Fire is a reality; it can threaten our homes and lives. The good news is that people may live in harmony within this environment. CWESCP provides citizens with the information they need to protect their homes, improvements and communities from wildfire while maintaining healthy balanced ecosystems and improving wildlife habitat. Train with a Certified Arborist and Mitigation and Prevention Coordinator as part of the Texas Forest Service. Monday, Nov. 2, 8 a.m. - 5 p.m. (Classroom), Tuesday, Nov. 3, 9 a.m. - 4 p.m. (Classroom), Thurs., Nov. 19, 8 a.m. - 4 p.m. (Field trip) Address: 1328 FM 1488. 3 Sessions. No fee.

**Jones State**

17123 M 11/2 - 11/19 8 a.m. - 5 p.m. Jones

## Garden Tour

Tour Mercer Arboretum & Botanic Gardens, a nationally recognized, 300-acre horticultural treasure showcasing the Gulf Coast Region's largest collection of native and cultivated plants. Learn how important plants are to the environment and the community's quality of life. Tour the Mercer Arboretum gardens with a trained docent explaining the history of the gardens and the maintenance of the many native and

endangered plants in the garden. Bring your camera! Address: 22306 Aldine Westfield Rd. 1 Session. No fee.

**Mercer Arboretum & Botanic Gardens**

17125 Th 11/5 10 a.m. - Noon Docent

## Going Green in Montgomery County

Montgomery County is one of the most beautiful counties in Texas. Learn how to maintain Montgomery County's beauty while living green through recycling, low impact living, xeriscape landscaping, and more. Find out what materials can be recycled and how to prepare recyclables. Also find out your options for recycling in Montgomery County. Keep Montgomery County Beautiful (KMCB) is on the forefront of Go Green education for Montgomery encouraging Texans to take responsibility for enhancing their community environment. Join us for First Fridays to find out how you can Go Green. 1 Session. No fee.

**Lone Star College-University Center**

17126 F 11/6 11 a.m. - 1 p.m. Harris/Woodson/Buckley

## Plant Propagation

Most plants can be propagated by seed, cuttings, grafting, division or layering. Come learn the best and easiest methods of plant propagation that you can do at your own home. This hands on workshop combines fun with learning. Propagation by cuttings is the most commonly used method to propagate many ornamental plants; and the stem cutting from many of your favorite flowers will root quite easily. In conjunction Texas Cooperative Extension Horticulture. 1 Session. No fee

**Lone Star College-University Center**

17127 F 11/20 11 a.m. - 1 p.m. Leroy

## Holiday Decorating with Nature

The season's glorious colors are inspired by nature's outdoor pallet. Learn from experts "How to Build a Wreath" to welcome guests or to hang on a garden gate to greet winter birds. Learn bow-making 101 and learn the simplicity and low cost of using nature's own pallet. Designed for adults, but children with parental supervision are welcome. Team taught by a master naturalist, an arborist, an environmental educator and a florist. Limit 1 wreath (item) per family. Bring a lunch. 1 Session. No fee Address: 1328 FM 1488 Rd, Pavilion

**Jones Forest**

17128 S 12/5 10 a.m. - Noon Warner/Ashford/Layer

# POLITICAL AFFAIRS

## Third Saturday Seminars

To refer to an ancient Chinese saying "Our world is in interesting times" and the individual citizens are assaulted with a blinding array of propaganda from every conceivable source. The Third Saturday Seminar is about demystification of what is going around us. Time will also be spent on current events. Class will meet on 9/19, 10/17, 11/21 3 Sessions. No fee.

**Lone Star College-Montgomery B102**

11229 S 9/19 - 11/21 9:30 a.m. - Noon Gibby

## Conversations

Discuss events of the 20<sup>th</sup> and 21<sup>st</sup> Century that shaped our lives. Read today's headlines and discuss how they fit into our past experiences of advancements in medicine, revolutionary discoveries, politics and violence. If you remember where you were when Kennedy was shot, when the Challenger exploded or when the U.S. was attacked, you can share your story with others in an open conversation of our past and present. DVDs about great events in the 20<sup>th</sup> Century will serve as gentle reminders for a conversation facilitated by an ALL member. 4 Sessions. No Fee.

**Lone Star College-Montgomery**

11392 Th 9/3 - 9/24 1 p.m. - 3 p.m. TBD

## LEISURE LEARNING

(Adult Learning Classes not for credit. The classes are open to all ages and senior discounts apply to age 60+)

### Watercolor and Mixed Media

Mixed media refers to an artwork in which more than one medium has been employed. It combines a traditionally distinct visual art media such as paint, ink and collage. Supplies will be purchased by students and a list will be provided at the first class. 10 Sessions. Fee \$118/\$95.60 Sr. Citizen

**Lone Star College-Montgomery B204**

**12014 MW 9/9 - 10/12 6 p.m. - 8:30 p.m. Adams**

### Digital Photography

Designed to assist the beginning digital photographer, this hands-on class addresses camera controls, sharpness, exposure, light and color, flash, resolution and composition. Transfer photos from the camera to the computer and discover the art of digital image file management and then explore the process of Internet and e-mail use. Covering the basics for the novice, the course can help advance skills for the digital photographer ready to discover more applications such as cropping and basic photo manipulation. Student must have digital camera. 6 Sessions. Fee \$88/Sr. \$73.60

**Lone Star College-Montgomery F330**

**11993 Sa 10/3 9 a.m. - Noon TBA**

### Digital Photography, Intro

This course is designed to assist the beginning digital photographer in taking better photos by understanding and making use of 1) camera controls, 2) sharpness, 3) exposure, 4) light and color, 5) flash, 6) white balance, 7) resolution and 8) composing images. Students must bring their digital camera, with manual, memory card and transfer cable to class. This class brief class will help you identify your "next steps" for your next digital photography class. 2 Sessions. Fee \$35/Sr. \$28.60

**Lone Star College-Montgomery F330**

**12004 Sa 9/12 & 9/19 9 a.m. - 11 a.m. TBA**

**Lone Star College-Montgomery F160**

**12023 TTh 10/6 - 10/8 6 p.m. - 8 p.m. TBA**

### Digital Photos on Computer

This course is a continuation of the Introduction to Digital Photography course. It is designed to assist the beginning digital photographer in taking better photos by understanding and making use of 1) digital browsers, 2) digital organizers, and 3) digital editing. Students will use Adobe Photoshop Elements and Picasa. 1 Session. Fee \$35/\$28.60 Sr.

**Lone Star College-Montgomery F160**

**12006 Sa 8/22 & 8/29 9 a.m. - 11 p.m.**

**12026 TTh 10/13&10/15 6 p.m. - 8 p.m.**

### Lunchtime Spanish

Emphasis is on conversation while developing Spanish vocabulary and phraseology used for business, travel and other communication needs. Instruction in selected vocabulary, pronunciation and basic structures used by those employed. 2.4 CEUs \$126/\$102 Sr. Citizen

**Lone Star College-University Center**

**12265 TTh 9/1 - 10/8 12:30 p.m. - 2:30 p.m.**

**Visit our Web site at  
[LoneStar.edu/ALL-Montgomery](http://LoneStar.edu/ALL-Montgomery)  
for more information about:**

- **Upcoming lectures**
- **Just-added classes**
- **Supply lists**
- **Instructor biographies**

### From ALL of Us

*Special thanks to the many individuals and organizations which make this program a success. Guest lecturers include the faculty and staff of Lone Star College-Montgomery as well as members of the Texas AgriLife Extension, Montgomery County Master Gardeners, Montgomery County Genealogists – Internet Research Group, Daughters of the American Revolution, Silverado Senior Living, Texas Forest Service. Subject matter experts in the fields of finance, law, art and technology, as well as the many hobbyists and ALL members help to make the Academy for Lifelong Learning a unique community program. Special thanks to Kroger Grocery Stores for their support and to our many off-site locations and community partners.*

#### ALL Board of Directors

Judi Bonds - Chair,

Helen Bostock - Vice Chair, Layton Gill - Treasurer

Maureen Arceneaux, Bill Barkhouse, Geneva Carroll, John Dantche, John Haydel, Blanche Kamp, Adora Kutchin, Morris Orocofsky, Denese Schmelzkopf, Lynda Woodruff

#### Staff

Layton Gill, Director, Continuing Education

Donna Smith Burns, Program Manager for ALL & Leisure

Jann Leeder, Coordinator, Continuing Education

## Course Proposals

**If you are interested in giving a lecture or facilitating a class, visit the Academy for Lifelong Learning Web site at: [www.LoneStar.edu/all-Montgomery](http://www.LoneStar.edu/all-Montgomery) and click on Course Proposals. ALL is currently reviewing proposals for the Spring 2010 class.**

## Lone Star College-Montgomery Locations

### Lone Star College-Montgomery

3200 College Park Dr.  
Conroe, Texas 77384  
936.273.7000  
CE 936.273.7446

### Other Locations

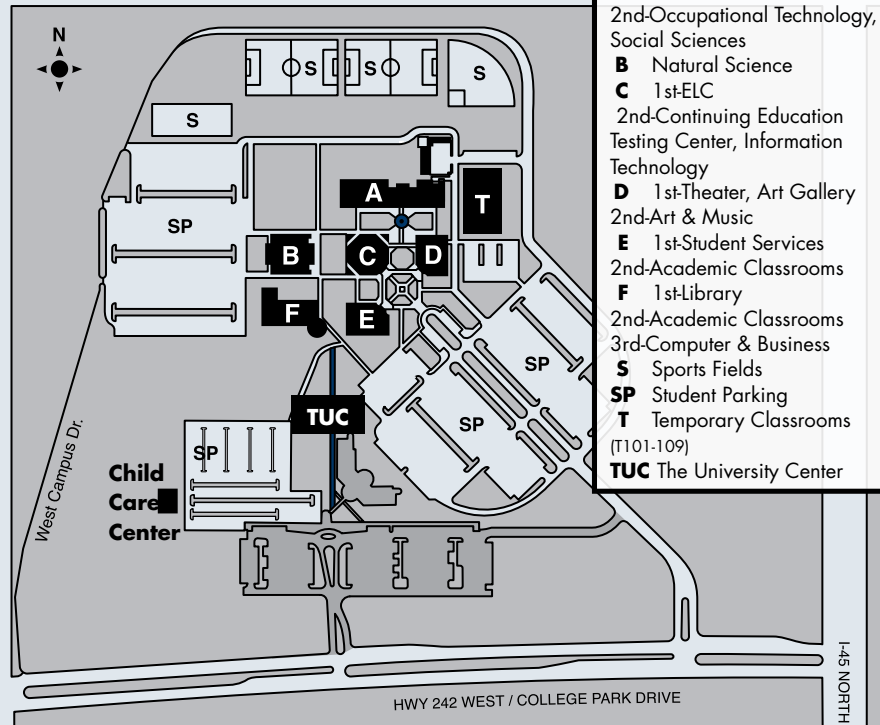
LSC-University Center (TUC)  
3232 College Park Dr.  
The Woodlands, TX 77384

### Off Campus Locations

- 1 Jones State Forest**  
1328 FM 1488, Conroe
- 2 Windsor Hills**  
1 Windsor East Hills Circle, The Woodlands
- 3 Carriage Inn-Conroe**  
750 Longmire Rd., Conroe
- 4 Mercer Arboretum**  
22306 Aldine Westfield, Humble
- 5 Good Books in The Woodlands**  
25915 Oak Ridge Dr., The Woodlands

**Off Campus Locations:**  
Please do not call these locations  
for course information. Call our  
main number, **936.273.7446**

Campus Map



## ALL GENERAL INFORMATION

### ACADEMY FOR LIFELONG LEARNING MEMBERSHIP FEE

The annual membership fee is \$35 for membership beginning September 1 and ending the following August 31. The membership fee is not pro-rated and there is no refund of the membership fee.

### SENIOR DISCOUNTS

If you are 60 years of age or older, you might be eligible for a special reduced rate for Leisure Learning classes. This does not include Academy for Lifelong Learning classes. There are no senior discounts for credit courses or CE sections linked to credit courses.

### ALL CLASS CANCELLATION POLICY

Any course or section may be cancelled if the enrollment is insufficient or if a qualified instructor is unavailable. Every effort will be made to notify the students enrolled. Student Services will have the up-to-date information. If there was a fee for the class, please allow four to six weeks to process a refund.

### SUPPLY LISTS AND TEXTBOOKS

Academy for Lifelong Learning classes do not require textbooks. However, some classes require special supplies before the first day of class. Please check the Web site [LoneStar.edu/ALL-Montgomery](http://LoneStar.edu/ALL-Montgomery) or call the CE office.

### CAMPUS EMERGENCY NUMBERS

Campus Police Emergencies: 281.290.5911  
Campus Non-Emergency Number: 832.813.6800  
Campus Office of Technology Services: 936.273.7385

### ALL REFUND POLICY

A 100 percent refund is provided if a "drop/add" form is completed and submitted to registration office before a course begins. No refunds will be given for classes dropped less than 24 hours prior to the class start. Students must drop classes one business day before the class begins by phone (936.273.7446) or in person (C-228 or in Bldg. E). No refunds are available after this point except for valid emergency situations. Valid documentation will be required.

### YOUR STUDENT ID#

You may now use your Student ID number instead of your Social Security number to register for classes. After you have signed up for your ALL Membership, your receipt will have the 7-digit STUDENT ID number in the upper left of the receipt/confirmation of classes. Use this number when you register for classes. Your Student ID number will never change.

For an additional \$5 you may go to Student Services in the A Building and obtain a Photo ID with your Student ID number. This Photo ID will then allow easy access to the library on campus and to other campus events.

### PROGRAM MANAGER

If you have specific questions regarding the program, curriculum, instructors or membership, contact Donna Smith Burns, Lone Star College-Montgomery, continuing education program manager at 936.273.7259.

CHECK OUT OUR WEB SITE!

[LONESTAR.EDU/ALL-MONTGOMERY](http://LONESTAR.EDU/ALL-MONTGOMERY)

<b>A</b>			
Academy for Lifelong Learning Membership .....	1	Fraudacious! .....	4
Acrylic/Oil Painting I.....	1	Fun and Recreation.....	5
Acrylic/Oil Painting II.....	2	<b>G</b>	
Adversity, Change Your Mind Change Your Life/ Overcoming.....	6	Gardening, Container.....	9
ALL General Information .....	11	Gardening, Fall Vegetable.....	8
American Revolution: Men and Women of Influence.....	3	Garden Tour.....	9
Art Appreciation: Art Museums .....	2	Genealogy for Beginners.....	5
Arts .....	1	Genealogy in the 21st Century.....	6
<b>B</b>		Genealogy: Intro to Researching Across the Pond.....	6
Battle Stories - WWII.....	7	Going Green in Montgomery County.....	9
Beading, Basic.....	1	Grief, Loss and Bereavement .....	8
Belly Dancing .....	6, 7	<b>H</b>	
Biography Series.....	2	Health Care, Long-Term .....	5
Birding!, Let's Go .....	8	Health Care Planning, Long-Term.....	4
Birds, Attracting.....	8	Health & Fitness .....	6
Book Club .....	5	Heart a Favor, Strength Training—Do Your .....	6
Books, The Value of First Editions and Signed Copies of ...	5	Historic Preservation—Main Street .....	7
Budgeting and Projecting, Using On-line Calculators for ...	5	Historic Preservation—New Orleans.....	7
<b>C</b>		History.....	7
Choosing and Preserving Quality Fruits and Vegetables ...	8	Holiday Decorating with Nature .....	9
Citizen Wildfire Ecology Specialist Certification Program (CWESCP).....	9	Hormones Naturally, Balancing.....	8
Civil War: Robert E. Lee (Part 1 of 2).....	7	<b>I</b>	
Civil War: Robert E. Lee (Part 2 of 2).....	7	Identity Theft!, Privacy Survival-Don't Become a Victim of.....	3
Computer Boot Camp.....	3	Information Searcher, Becoming a Savvy.....	3
Computer Lab.....	3	Investing, Tax-Free .....	4
Computers-Basic Skills, ABCs of .....	3	<b>K</b>	
Computers & Technology.....	3	Knitting is Neat!/Knitting 101 .....	1
Conversations .....	9	<b>L</b>	
Cookbook Workshop .....	5	Learning, Leisure.....	10
Culinary Herbs.....	9	Living Green in Montgomery County.....	8
<b>D</b>		<b>M</b>	
Day Trippers .....	5	Medical .....	8
Digital Photography .....	10	Meditation, Star Seed.....	6, 7
Digital Photography, Intro .....	10	Memory, Master of .....	7
Digital Photos on Computer .....	10	Money, The Truth About.....	3
Drawing, Basic.....	1	Mortgage, The What & How?, Seniors Reverse .....	4
Drawing II.....	2	<b>N</b>	
Dulcimer-Beginning Mountain Dulcimer .....	1	Nature Sketching & Journaling Workshop .....	9
Dulcimer II.....	2	Nature & The Environment.....	8
<b>E</b>		New Member Orientation .....	1
Elder Law .....	3	<b>O</b>	
Estate Planning.....	3	Opera, Let's Go to the.....	2
Executor of an Estate, So You've Been Named an .....	4	Organization 101—Controlling Your Sanity and Your Stuff ....	6
Extreme Nighttime Sensory Hike.....	9	Overcoming Adversity, Change Your Mind Change Your Life/.....	6
<b>F</b>		<b>P</b>	
Film Series - Politics and Film.....	2	PC101 - Basic Word Processing and File Management .....	3
Financial .....	3	PC102 - Basic Spreadsheets, Internet and E-mail.....	3
Financial Services Industry, Navigating the .....	4	Plant Problem Clinic.....	8
Five Secrets to Looking and Feeling Younger/Permanent Weight Loss/Diabetes .....	8		
		Plant Propagation .....	9
		Plants of the Bible.....	8
		Poetically Speaking .....	5
		Political Affairs .....	9
		Portraits.....	1
		PowerPoint .....	3
		Preserving Cherokee Heritage.....	7
		Published by Getting Self-Publishing, Get .....	5
		Pyrography and Wood Burning.....	1
		<b>Q</b>	
		Qigong, the Art of Chinese Energy .....	6
		<b>R</b>	
		Readers Theatre.....	1
		Readings .....	5
		Reiki I - Reiki and Other Hidden Knowledge.....	6
		Reiki II .....	7
		Reiki III - Attunement.....	7
		Retirement Community, Choosing a .....	4
		Retirement, Making Sense of .....	4
		Retirement Strategies is Best for You?, Which of the 10 Different .....	4
		<b>S</b>	
		Shopping On-Line .....	3
		Social Security Benefits, Understanding .....	4
		Spanish, Lunchtime .....	10
		Stamping, Rubber.....	1
		Story Telling .....	6
		Strength Training—Do Your Heart a Favor.....	6
		Supplements Are Not Created Equal, All.....	8
		<b>T</b>	
		T'ai Chi.....	6
		Taxation Issues for Seniors, Special .....	4
		Tax Information & Forms, Becoming Familiar with .....	4
		Telling Your Life Story .....	5
		Texans, Truly .....	2
		Texas, Fascinating Times in Old .....	7
		Texas Master Naturalist .....	8
		Theatre, Readers.....	1
		Third Saturday Seminars.....	9
		Traveler, The Armchair .....	5
		Travel Gals, Let's .....	5
		<b>V</b>	
		VA Benefits .....	4
		<b>W</b>	
		War/WWII (Part 2 of 2), World at .....	7
		Watercolor and Mixed Media.....	10
		Watercolor for Beginners.....	1
		Watercolor II .....	2
		Wood Burning, Pyrography and.....	1
		<b>Y</b>	
		Yoga-Wednesday .....	6



# Continuing Education Registration Form

You can fax, mail, or deliver this form in person. See schedule for information.  
You may also register online.

Year: 20 _____ Term (circle one): SP SU FA	Type of Training: <input type="checkbox"/> Continuing Education <input type="checkbox"/> Contract Training	Residence: I currently reside <input type="checkbox"/> in the state of Texas (2N) <input type="checkbox"/> not in the state of Texas (5N) I reside in: State _____ Country _____	Are you...? <input type="checkbox"/> DARS Qualified <input type="checkbox"/> Hazelwood Exempt <input type="checkbox"/> TAA Qualified <input type="checkbox"/> TPEG Qualified <input type="checkbox"/> WIA Qualified
Will you be participating in a Workforce Development Certificate? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which Certificate? _____			

The following questions are used by the state to help provide support for our programs. Although not required, your cooperation is appreciated.

Ethnicity (Select one): <input type="checkbox"/> White, non-Hispanic <input type="checkbox"/> Black, non-Hispanic <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> American Indian or Alaskan Native <input type="checkbox"/> International <input type="checkbox"/> I do not wish to answer.	Additional information (Check all that apply): <input type="checkbox"/> Academically disadvantaged <input type="checkbox"/> Economically disadvantaged <input type="checkbox"/> Disability. Type of disability _____ <input type="checkbox"/> Limited English skills <input type="checkbox"/> Displaced homemaker <input type="checkbox"/> Single parent
--	--

Social Security Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_      Student ID# \_\_\_\_\_

Complete Legal Name: Last \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ Previous Last Name(s) \_\_\_\_\_

Preferred E-mail Address \_\_\_\_\_      Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_      Gender:  M  F

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_      Cell Phone \_\_\_\_\_      FAX: \_\_\_\_\_

Current Address      Address Change?  Yes  No

Street \_\_\_\_\_      Apt# \_\_\_\_\_

County \_\_\_\_\_      City \_\_\_\_\_      State \_\_\_\_\_      Zip \_\_\_\_\_

Mailing Address (if different)

Street \_\_\_\_\_      Apt# \_\_\_\_\_

County \_\_\_\_\_      City \_\_\_\_\_      State \_\_\_\_\_      Zip \_\_\_\_\_

Registration # ex: 55555	Course Title Introduction to Computers	Course # CITSC 2100103	Location LSC-Cy-Fair	Start Date 09/02/08	Course Fee \$180

Payment is due at time of registration. Make all checks payable to Lone Star College System.  
Please read refund policy in class schedule. • Visit Web site: [www.LoneStar.edu](http://www.LoneStar.edu) • Affirmative Action/EEO College  
For information on bacterial meningitis please go to [www.Tdh.state.tx.us](http://www.Tdh.state.tx.us)

**Emergency Contact Information:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

TOTAL FEE
METHOD OF PAYMENT
ENTERED BY
DATE
TELECHECK CODE
RECEIPT #

Charge to my  Discover  MasterCard  VISA  AMEX      Card Expiration Date \_\_\_\_\_      Last 3 digits on card back \_\_\_\_\_

Card Number \_\_\_\_\_      Authorized Signature \_\_\_\_\_

Name on Card \_\_\_\_\_      Billing Address (include ZIP) \_\_\_\_\_

Aug08



**Academy for  
Lifelong Learning**

3200 College Park Drive  
Conroe, Texas 77384

Nonprofit Org.  
US Postage PAID  
North Houston, TX  
Permit No. 285



## it's time for **OPEN HOUSE**

**Academy for Lifelong Learning**

**Sat., August 29, 2009  
11 a.m. - 1 p.m.**

**Lone Star College-Montgomery, Bldg. A Commons**

**NO TESTS. NO TEXTBOOKS. NO HASSLES.**

Learn more about additional fall classes and lectures, meet new people, talk to instructors, register for classes and enjoy refreshments!

The Academy for Lifelong Learning (ALL) at Lone Star College-Montgomery is an organization designed for **YOU**, the active, older adult! A \$35 membership fee (valid September 1, 2009–August 31, 2010) opens the door to social activities, personal growth, useful seminars and skills development for mature, active adults.

**Visit [LoneStar.edu/all-Montgomery](http://LoneStar.edu/all-Montgomery)  
or call 936.273.7446**

**WE NEED  
YOUR  
HELP.**

Complete the ½ sheet available at each class or e-mail us at [MCall@LoneStar.edu](mailto:MCall@LoneStar.edu), or give us a call at 936.273.7446. We need your help with curriculum, special events, speaker's bureau, newsletter and general office help!