

## Lone Star College: Keeping Houston Healthy



A nursing student at LSC trains for a job in health care.

It is estimated that a baby boomer will turn 65 years of age every 10 seconds, increasing the senior population by 3 to 4 million per year. As the baby boomer generation ages, the need for high quality health care increases.

Did you know Lone Star College is a leading provider for health care workers in the greater Houston area? Community College Weekly recently reported LSC was third in the nation in awarding Registered Nursing, Nursing Administration, Nursing Research and Clinical

Nursing associate degrees.

“Training at Lone Star College was a lot of hard work,” said Ryan Gibbons, former LSC student. “When I got a job, I understood it was to make sure I was prepared.”

Community College Weekly also ranked LSC fifth in the nation for Health Professions and related program associate degrees awarded from the 2014-15 academic year, the latest complete data available.

Because baby boomers generally enjoyed better health, they will live longer, putting an even greater burden on the need to have highly-qualified health professionals.

“Lone Star College is actively working with the Texas Legislature to allow it to offer baccalaureate degrees in nursing,” said Amos McDonald, LSC vice chancellor, External Affairs. “There is a huge demand for health care workers, and allowing Lone Star College to offer four-year degrees in this field will help ensure our community has the ‘people power’ to keep up with the need.”

The U.S. Bureau of Labor Statistics reports that among occupations, those in health care are projected to add 2.3 million jobs, about 1 in 4 new jobs, between 2014 and 2024.

## Lone Star College BOARD OF TRUSTEES

The Lone Star College Board of Trustees is responsible for ensuring that Lone Star College is an integral part of their communities and serve their ever-changing needs. The board recently elected new officers and welcomed newly-elected Myriam Saldivar.

Meet the new LSC Board of Trustees:

- Position 1: **David Holsey, D.D.S.**
- Position 2: **Kyle A. Scott, Ph.D., Vice Chair**
- District 3: **Alton Smith, Ed.D., Chair**
- District 4: **Art Murillo**
- District 5: **David A. Vogt**
- District 6: **Myriam Saldivar, Assistant Secretary**
- District 7: **Linda S. Good, J.D.**
- Position 8: **Ron Trowbridge, Ph.D.**
- District 9: **Ken E. Lloyd, Secretary**

*\*See back cover for a message from Alton Smith, LSC Board Chair*



# Chancellor's Corner



**Welcome to 2017!** Lone Star College has been helping students start close and go far for more than 40 years and is proud to meet the needs of all the members of our community with a wide range of programs and services for our active senior adults.

The Lone Star College Board of Trustees recently approved tuition exemptions for seniors for credit classes that open the door to a new world of learning with more than 240 academic and workforce programs to choose from.

Active adults can also take advantage of the Academy for Lifelong Learning (ALL), a membership community that offers free and low-cost classes and activities that range from technology, health and wellness, financial planning, community service projects, literary discussion groups, genealogy, arts and crafts, an insider's view of Texas history, and more.

Individuals living in the Lone Star College service area also have access to LSC libraries and career services, free of charge.

As you can see, Lone Star College is a college that serves the needs of the whole community. I encourage you to explore what higher education opportunities are available to you and join us in the never-ending quest for learning.

**Stephen C. Head, Ph.D.**  
Chancellor, Lone Star College

## Lone Star College Board of Trustees

**Alton Smith**, Ed.D., Chair, District 3  
**Kyle Scott**, Ph.D., Vice Chair, Position 2  
**Ken E. Lloyd**, Secretary, District 9  
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**Ron Trowbridge**, Ph.D., Position 8

**Stephen C. Head**, Ph.D., Chancellor

## SILVER STAR NEWSLETTER Spring 2017

For more information: 832.813.6500 or LoneStar.edu

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## Lone Star College Chancellor's Cabinet

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**Mario K. Castillo**, J.D., Vice Chancellor, General Counsel/CLO  
**Helen Clougherty**, Vice Chancellor, Chief of Staff, Board Liaison  
**Rand W. Key**, CEO, Lone Star College-System Office, University Park  
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**Rebecca L. Riley**, Ed.D., President, Lone Star College-Montgomery  
**Gerald F. Napoles**, Ph.D., President, Lone Star College-North Harris  
**Lee Ann Nutt**, Ed.D., President, Lone Star College-Tomball  
**Shah Ardalan**, President, Lone Star College-University Park

# Senior citizens receive tuition exemption from LSC



Students enjoying a class at Lone Star College.

The benefits of learning can have a profound impact on a person's quality of life. They're happier, more confident and can gain new perspectives. Seniors interested in furthering their education and keeping their minds sharp can now take advantage of tuition exemptions at Lone Star College.

"It is our hope that this exemption will encourage senior citizens to continue their education and stay involved

with Lone Star College," said Stephen C. Head, Ph.D., LSC chancellor. "I am grateful to our board of trustees for approving this valuable benefit to the citizens in our community."

The Harvard Medical school reported "a higher level of education is associated with better mental functioning in old age. Advanced education may help keep memory strong by getting a person into the habit of being mentally active."

With this tuition exemption approval, senior citizens age 65 and older will be allowed to take up to 6 credit hours of courses per semester tuition free. They must satisfy both grade-point average and cumulative hour

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*"Life is like riding a bicycle.  
To keep your balance, you must  
keep moving." – Albert Einstein*

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requirements for continued exemption eligibility. This exemption will not apply to nominal fees charged for the courses.

Seniors who enroll at LSC will find many resources available to help them decide the best program for them. You can learn more by visiting [LoneStar.edu/Programs](http://LoneStar.edu/Programs).



## Lone Star College to save taxpayers money

Lone Star College takes its financial responsibility seriously and is committed to being a good steward of the taxpayers' hard-earned money. The Lone Star College Board of Trustees voted to continue tax exemption allowances and tax freezes for disabled residents and residents age 65 and older for 2017.

That means all residents who live in the LSC taxing jurisdiction and are homeowners continue to be eligible

for a \$5,000 homestead exemption allowance (or 1 percent, whichever is greater.)

Disabled residents and those over 65 years of age residing in the LSC service area are also eligible for the system's \$75,000 property tax exemption and tax freeze. Taxpayers who are eligible will automatically qualify for the tax freeze, where the actual dollar amount owed is frozen as of the date the taxpayer qualifies for the exemption – even if the property value increases.

Residents who already had an over 65 or disabled exemption on file with their county appraisal district will automatically receive the 2017 exemption and tax freeze.

In addition to saving seniors money, LSC is saving taxpayers \$81.35 million through an early payoff and refunding of previously issued construction bonds.

"We pledged to expediently manage these resources in a number of ways, including delaying or eliminating any construction projects we deem unnecessary, paying off bond debt early when possible, and refinancing outstanding bonds to help save in interest payments," said Stephen C. Head, Ph.D., LSC chancellor. "We've done all of the above and are excited to announce this anticipated savings of \$81.35 million."

# ACADEMY for LIFELONG LEARNING



Active adults age 50 and older are invited to learn about all the amazing activities Academy for Lifelong Learning (ALL) at Lone Star College has to offer.

"When I moved to the Houston area from out of state, the ALL classes were a perfect place to meet new friends in my age range and enrich my mind at the same time," said Joyce Heineman, ALL student.

Community friends of all ages will find more than 600 classes, covering a wide-range of subjects including arts and crafts, gardening skills, photography

membership, which includes all six campuses, is also available for only \$55 annually.

"It was inexpensive, convenient and the classes were held in state-of-the-art classrooms and were taught by subject matter experts," said Ken Kral, ALL student.

Numerous classes are taught by residents in the community, many who teach at Lone Star College campuses. These classes are short-term, non-credit and last anywhere from a few hours to several weeks.

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*"You are never too old to set another goal or to dream a new dream." – C.S. Lewis*

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techniques, health and wellness, technology, genealogy, tai chi, yoga, literary discussion groups, history, and many more.

A small annual membership fee of \$20 (\$35 at LSC-Montgomery) includes all of the free classes a person wants to take at his or her home campus. A global

Interested adults can visit [LoneStar.edu/ALL](http://LoneStar.edu/ALL) to learn more.

"I have met so many interesting people and some have become friends. You can't get any better bargain for your money than being a part of ALL at Lone Star College," said Charlotte Ward, ALL student.



Academy for Lifelong Learning (ALL) Campus Contacts:

**LSC-CyFair** 281-290-3460 | **LSC-Kingwood** 281-312-1660 | **LSC-Montgomery** 936-273-7446  
**LSC-North Harris** 281-618-5602 | **LSC-Tomball** 81-357-3676 | **LSC-University Park** 281-290-2601

# Lone Star College delivers solid return on investment

LSC ADDS  
**\$3.1**  
**BILLION**  
INTO THE LOCAL ECONOMY

Taxpayers benefit from Lone Star College. According to a 2014 study and report from Economic Modeling Specialist

economy each year, which includes increased earning power for students and improved productivity for employers through a highly-skilled workforce.

“Our No. 1 goal is to provide a quality education for our students and help them achieve their goals, but we are also proud of the fact that we make such a positive economic contribution to the area we serve,” said Stephen C. Head, Ph.D., LSC chancellor. “The financial benefit Lone Star College provides our community validates the importance of the work we do.”

International (EMSI), for every \$1 spent/appropriated for LSC, there is a \$7.80 increase in tax and public sector savings for taxpayers. Students get a financial ROI as well – every \$1 spent by a student equates to \$6.60 in increased lifetime income.

The EMSI report indicated that 91 percent of students stay in the local community after attending LSC.

In addition to creating tremendous value, LSC is also fiscally responsible maintaining an AAA Bond Rating from Standard & Poor and holds its administrative operating expenses under 12 percent, one of the lowest in Texas.

In all, LSC adds \$3.1 billion directly into the local

## FAST FACTS ABOUT LONE STAR COLLEGE

- 85,000+ credit students each semester, total enrollment of more than 98,000 (credit and non-credit).
- Largest institution of higher education in the greater Houston area.
- Top 5 degree producer in the nation.
- Serves an area of more than 1,400 square miles with a population of 2.1 million.
- Designated a 2016 Military Friendly School® for the third year in a row.
- Is a primary provider of health care workers and first responders (firefighters, police, EMTs).

## LSC Foundation, providing funds and hope for 25 years

Students being able to afford higher education is no longer a wish; it is a crucial need. The LSC Foundation provides students the support they need now so they can become productive citizens in our community. LSC encourages you to help support these efforts in helping students start close and go far! Learn more at [LoneStar.edu/Giving](http://LoneStar.edu/Giving).

*“Lone Star College gave me the hope I needed at the time I needed it.”*

*– Gabby Alcantana,  
LSC scholarship recipient*





# LSC stages great theatre, concerts and art shows



The community is invited to attend outstanding student theater productions, musical concerts and art shows, all put on by an amazing collection of talented Lone Star College students at each LSC campus.

“People are often surprised to learn about all the wonderful opportunities there are to enjoy the arts at a community college,” said Dr. Alicia B. Harvey-Smith, LSC executive vice chancellor. “From holiday concerts to fully staged Broadway plays and captivating student art exhibits, Lone Star College has something for everyone.”

You don’t have to drive into downtown Houston to find state-of-the-art performance venues and art galleries. Lone Star College has many magnificent facilities that host a variety of programs and shows throughout the year.

There are additional benefits as well! Attending performances or viewing exhibits can help people meet others with similar interests and also promotes a healthy and happy lifestyle.

“Lone Star College provides our community such a rich and diverse selection of visual and performing arts,” said Dr. Alton Smith, LSCS Board of Trustees chair. “I encourage everyone to visit [LoneStar.edu](http://LoneStar.edu) and take a moment to explore all the wonderful exhibits and performances the college has to offer.”

For a list of upcoming fine arts events, see the back of this newsletter or visit [Events.LoneStar.edu](http://Events.LoneStar.edu).



# Safety tips for Seniors

Lone Star College takes the safety of everyone seriously. LSC Chief of Police, Paul Willingham has some helpful tips seniors can use to stay safe and healthy.

- Keep emergency phone numbers handy.
- Place a fire extinguisher on every floor of your home.
- Don't try to put out a fire by yourself. Call 911 and know at least two ways to get out of your apartment or house.
- Safety proof your home. Make sure hallways and stairs are well lit and clear of objects.
- Avoid bathroom hazards by setting your water heater to no higher than 120° F to prevent scalding and leave a light on in your bathroom at night.
- Don't be pressured into making large purchases, signing contracts or making donations. It is not impolite to wait and discuss with a family member or friend.
- Make sure medications are clearly labeled.

The No. 1 cause of injuries to seniors is falling. This can be caused by muscle weakness and balance problems, or environmental factors like loose rugs and poor lighting. You may consider wearing an alarm device in case you fall and cannot get up on your own.



Chief Paul Willingham, LSC Police Department

## 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  
832.813.6841  
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](http://ed.gov) for the address and phone number of the office that serves your area or call 1-800-421-3481. Additional policy information can be found at [LoneStar.edu/policy.htm](http://LoneStar.edu/policy.htm).

## LSC Urges You to Stay ALERT

Lone Star College is committed to providing a safe environment in which to learn, study, and work. All current Lone Star College students and employees are automatically opted-in to the LSC emergency alert system with their **LoneStar.edu** email address as the primary communication source.

If you want to receive text messages on your cell phone or emails through another account, you must log in to myLoneStar and update your official student or employee personal information.

Community members and LSC tenants who might be visiting a Lone Star College campus and would like to receive alerts can also sign up online at **LSCAlert.LoneStar.edu**.



## ACADEMY FOR LIFELONG LEARNING

*A learning community for active adults 50+*

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.

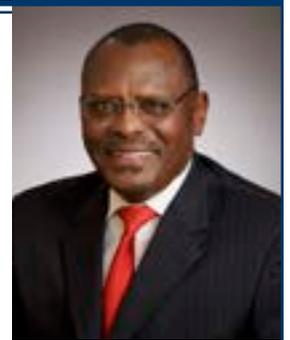
For more information, visit [LoneStar.edu/ALL](http://LoneStar.edu/ALL) or contact the Lone Star College nearest you.



LSC-CYFAIR | LSC-KINGWOOD | LSC-MONTGOMERY  
LSC-NORTH HARRIS | LSC-TOMBALL | LSC-UNIVERSITY PARK



On behalf of the Lone Star College Board of Trustees, and as a fellow senior citizen, I thank you for your support of your college. I hope you will take advantage of the cultural activities offered at each of our six colleges, along with the opportunity to take tuition-free credit classes or to join the Academy for Lifelong Learning for a wide variety of non-credit offerings.



**Alton Smith, Ed.D.**  
Chair, LSC Board of Trustees

## FINE ARTS CALENDAR

*Seniors are invited to take advantage of activities held at Lone Star College campuses.*

### **February 14**

7 p.m.

#### **Night of Song: "It's Broadway, Baby!"**

LSC-Tomball  
Beckendorf Conference  
Center

### **February 22-25**

7:30 p.m.

### **February 26**

2 p.m.

#### **"Avenue Q"**

LSC-North Harris  
Performing Arts Theatre

### **March 31**

7:30 p.m.

#### **Spring Student Showcase, Dance Performance**

LSC-Kingwood  
FTC Dance Studio

### **March 31**

7:30 p.m.

#### **So Yoon Lee, Classical Piano Music**

LSC-University Park  
Black Box Theatre

### **April 20-22**

7 p.m.

### **April 22**

3 p.m.

#### **"Green Day's American Idiot"**

LSC-Montgomery  
Mainstage Theatre

### **April 26**

2 p.m.

#### **An Afternoon of Chamber Music**

LSC-CyFair  
Recital Hall

*For more information about fine arts at LSC, see page 6 of this newsletter or visit [Events.LoneStar.edu](http://Events.LoneStar.edu).*