Lone Star College
With 89,000 students in credit classes, and a total enrollment of more than 99,000 students, Lone Star College is one of the fastest-growing and largest community college systems in the nation. Recognized for its commitment to student success and credential completion, LSC is a national leader in conferring degrees – ranked 4th in the U.S. among all community colleges. Students rely on Lone Star College for associate degrees, certifications for work in high-demand industries, and credits that enable them to transfer anywhere. LSC offers affordable, high-quality education close to home at its six colleges including LSC-CyFair, LSC-Kingwood, LSC-Montgomery, LSC-North Harris, LSC-Tomball, and LSC-University Park.

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

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

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

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

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

**Educational Seminars**
- Aging issues
- Finance
- History
- Health and fitness lectures

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

**Skills Development**
- Basic computer
- Writing

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

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**ALL Membership**

**Campus Membership**
Your annual non-refundable $20 ($25 for LSC-Montgomery) membership fee through August 31, 2019 entitles you to register for ALL classes at your local Lone Star College campus. Some classes may require small event, supplies or entrance fees.

**Global ALL Membership**
Enjoy the membership benefits of six Lone Star College campuses. Your annual non-refundable $55 global membership fee through August 31, 2019 entitles you to take courses and to use the services of LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center) and LSC-University Park.

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

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

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

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**Table of Contents**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSC-CyFair Classes</td>
<td>5</td>
</tr>
<tr>
<td>LSC-Kingwood Classes</td>
<td>16</td>
</tr>
<tr>
<td>LSC-Atascocita Center Classes</td>
<td>28</td>
</tr>
<tr>
<td>LSC-Montgomery Classes</td>
<td>35</td>
</tr>
<tr>
<td>LSC-North Harris Classes</td>
<td>52</td>
</tr>
<tr>
<td>LSC-Victory Center Classes</td>
<td>60</td>
</tr>
<tr>
<td>LSC-Tomball Classes</td>
<td>63</td>
</tr>
<tr>
<td>LSC-Creekside Center Classes</td>
<td>70</td>
</tr>
<tr>
<td>LSC-University Park Classes</td>
<td>73</td>
</tr>
</tbody>
</table>
POLICIES

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

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

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

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

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

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

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

Computer System Availability
Lone Star College recognizes the value technology adds to teaching and learning, and built a robust and stable infrastructure to support it. Because regular maintenance of computer systems is critical to their performance and efficiency, planned downtimes are normally performed after-hours to minimize disruption to faculty, students and staff. Advanced notice of the scheduled maintenance is distributed in many ways and provides information on the services impacted with estimated start and end times. Users are encouraged to note these communications and plan accordingly. Contact the Service Desk at 813.813.6600 or OTS@LoneStar.edu for updates.

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

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

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

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

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

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

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

Associate Vice Chancellor, Student Success
Title IX Coordinator
5000 Research Forest Drive
The Woodlands, TX 77381
832.813.6841
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 for the address and phone number of the office that serves your area or call 1.800.421.3481.

State Licensure Eligibility
Lone Star College offers some workforce associate degree or certificate programs in which a state license is required to obtain employment in healthcare, emergency services or business services fields. For students in these programs who may have a criminal background, please be advised that the background check results could keep you from being licensed by the State of Texas or other licensing agencies required to obtain employment. If a student has a question about his or her background and licensure, please speak with the appropriate department chair, program director, or person listed on the program website. Students also have the right to request a criminal history evaluation letter from the applicable licensing agency.
Students with Disability Rights
LSC recognizes and supports the principles set forth in federal and state laws designed to prevent and eliminate discrimination against individuals with disabilities. LSC believes in equal access to educational opportunities for all individuals and is committed to making reasonable accommodations, including furnishing auxiliary aids and services, for individuals with disabilities as required by law. Please review LSC’s Board Policy and Chancellor’s Procedures on Students with Disability (Section VI.D.11) for more information, including how to request accommodation.

Policy & Procedures: LoneStar.edu/Policy
Disability Services: LoneStar.edu/Disability-Services

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

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

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

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

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

Parking
Parking permits are not required for LSC Academy for Lifelong Learning students. Additional parking and traffic regulations may be found online at LoneStar.edu/Parking.
Sex Offender Policy
The Texas Code of Criminal Procedure Article 62.153 mandates each person required to register as a sex offender, and who intends to be employed, work with a contractor, or attend classes at Lone Star College, to register with the College’s Police Department at least seven (7) days before reporting to any LSC campus. As part of this registration, the individual must submit information pertinent to his or her offenses, which will be forwarded to the College’s Review Committee for a determination of eligibility for employment, vendor services, or enrollment. A person seeking to be enrolled as a student must first be approved before completing the registration process. Failure to register and receive necessary approval under this section may result in immediate suspension, dismissal, or termination of employment. To begin the review process, an individual must call the LSC Police Department at 281.290.5911.

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

Consequences of Criminal Conviction

Notice of Potential Ineligibility for License
If you are applying for admission to a College program or enrolling in a College program that may prepare you for an initial occupational license issued by a Licensing authority and/or if you later decide to change to a program that prepares you for an occupational license, please be advised of the following:
1. An individual who has been convicted of an offense may be ineligible for issuance of an occupational license upon completion of the educational program.
2. Licensing authorities that issue an occupational license to an individual who completes the educational program issue guidelines stating the reasons a particular crime is considered to relate to a particular occupational license and any other criterion that affects the decisions of the licensing authority.
3. A state licensing authority that issues guidelines files those guidelines with the secretary of state for publication in the Texas Register.
4. Local or county licensing authorities that issue an occupational license to an individual who completes the educational program issue guidelines related to criminal history and post the guidelines at the courthouse of the county in which the licensing authority is located or publish them in a newspaper having countywide circulation in that county.
5. Applicants should contact their respective local or county licensing authority for more details.
6. An individual may request a criminal history evaluation letter regarding the personal eligibility for a license issued by a licensing authority as required by Texas Occupation Code § 53.102.

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

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

ALL Contact Phone Numbers
LSC-CyFair .................................. 281.290.3460
LSC-Kingwood............................ 281.312.1750
LSC-Atascocita Center .................. 832.775.0842
LSC-Montgomery ......................... 936.273.7446
LSC-North Harris ......................... 281.618.5602
LSC-Victory Center ...................... 281.810.5680
LSC-Tomball .............................. 281.357.3676
LSC-Creekside Center .................. 281.357.3676
LSC-University Park .................... 281.290.1899

Important Dates
Lone Star College campuses will be closed on:
MLK Holiday............................ January 21
Spring Break............................ March 11-17
Spring Holiday Break .................. April 19-21

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

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

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

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

LSC does not endorse the opinions, services or products offered by the instructors.
**Table of Contents**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Crafts</td>
<td>7</td>
</tr>
<tr>
<td>Computer &amp; Technology</td>
<td>8</td>
</tr>
<tr>
<td>Culinary Arts, Food &amp; Cooking</td>
<td>8</td>
</tr>
<tr>
<td>Financial &amp; Legal</td>
<td>10</td>
</tr>
<tr>
<td>Fun, Hobbies &amp; Recreation</td>
<td>10</td>
</tr>
<tr>
<td>Health, Fitness &amp; Nutrition</td>
<td>11</td>
</tr>
<tr>
<td>History</td>
<td>12</td>
</tr>
<tr>
<td>Home &amp; Auto</td>
<td>13</td>
</tr>
<tr>
<td>Photography</td>
<td>13</td>
</tr>
<tr>
<td>Political &amp; Community Affairs</td>
<td>13</td>
</tr>
<tr>
<td>Safety</td>
<td>13</td>
</tr>
<tr>
<td>Science &amp; Nature</td>
<td>14</td>
</tr>
<tr>
<td>Senior Issues</td>
<td>14</td>
</tr>
<tr>
<td>Travel &amp; Culture</td>
<td>15</td>
</tr>
</tbody>
</table>

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**Important Information Regarding Classes with Fees**

The ALL program offers several craft classes that require an additional fee for materials. For these popular classes, there are special registration guidelines. If you want to sign up for a class with a supply kit fee, it is important to do this at the Registration Open House; sign up with craft instructor and list class/payment on Registration Form. Early enrollment in these classes is not accepted.

**Get Your Student ID Card**

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

**Parking Permits**

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

**Important Contact Numbers**

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

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

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**How to Register**

Attend our Open House:
Friday, January 11, 2019
10 a.m.-noon
Conference Center, CENT 151

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

**LSC-CyFair**

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

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**Important Information Regarding Classes with Fees**

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LSC does not endorse the opinions, services or products offered by the instructors.
**MEMBERSHIP – CAMPUS**

Attend many classes at Lone Star College-CyFair Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $20. If you joined in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

<table>
<thead>
<tr>
<th>Reg. #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7112</td>
<td>ALL Membership</td>
<td>9/1/18-8/31/19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MEMBERSHIP – GLOBAL**

Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

<table>
<thead>
<tr>
<th>Reg. #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>7111</td>
<td>Global Membership</td>
<td>9/1/18-8/31/19</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**INFORMATION FOR ALL MEMBERS**

**ALL Classroom**

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

**Be Courteous**

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

**ALL Blog**

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

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

**Bus Trip Signup**

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

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

**Ways to Volunteer for ALL**

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

**Center for the Arts**

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

**LIFE Workshops**

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

**Friends of the Library**

Friends of the Library is a non-profit organization dedicated to making CyFair Branch Library the best in the system. You can help support the Friends’ efforts by becoming a member and by shopping in our book store located just inside the main entrance to the library. Monies raised through membership donations and book sales help fund a variety of library programs and scholarships. For more information on membership, volunteer opportunities and book store hours visit our web page at LoneStar.edu/library/cyfair-friends or email the Friends at fol.lsc.cyfair@gmail.com.

**Think Factory**

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

**Thank You, ALL Volunteers!**

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

**Important Information Regarding Classes with Fees:**

The ALL program offers several craft classes that require an additional fee for materials. For these popular classes, there are special registration guidelines. If you want to sign up for a class with a supply kit fee, it is important to do this at the Registration Open House; sign up with craft instructor and list class and supply fee payment on Registration Form. Early enrollment in these classes is not accepted.
Volunteer for ALL
Do you enjoy taking classes and would you be willing to volunteer just a little? Well, this class is for you. ALL is an organization run by volunteers. ALL Advisory Board President, Cheryl LeJune, will teach you how to be a Classroom Host (and, among other things, how to start classes, run the computer and other audio/visual equipment in the classroom).
15055  Th  1/24  10-11:30 a.m.  HSC 106  LeJune

Introduction to ALL and the LSC-CyFair Campus
Both new and returning members are invited to learn more about the ALL program and the many things to do on this beautiful campus. From attending plays and concerts to the many volunteering opportunities, there is definitely something for every one of our members to enjoy. Join Cheryl LeJune, ALL member, as she takes you on this discovery tour.
14648  M  1/28  10 a.m.-12 p.m.  HSC 106  LeJune

ARTS & CRAFTS

Fun Crafts with Linda Gabrielson: Join Linda Gabrielson, ALL member, as she shares her passion for creating one-of-a-kind crafts. Her imagination is limitless and classes are always fun! Linda will be leading the following three craft classes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2/12</td>
<td>10 a.m.-3 p.m.</td>
<td>HSC 106</td>
<td>Gabrielson</td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
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</tbody>
</table>

Tin Jewelry
Learn to design and create unique up-cycled jewelry in this fun class. Some hand dexterity is required. This is an all-day class. Class is limited to 20 participants and class supply kit fee is $10.
14847  T  2/12  10 a.m.-3 p.m.  HSC 106  Gabrielson

Treasure Box
Treasure your treasures in this one-of-a-kind Treasure Box! This box is ideal for your special memorabilia or it makes a great gift for those you love, too! This is an all-day class. Class is limited to 20 participants with a supply kit fee of $10.
15069  T  3/26  10 a.m.-3 p.m.  HSC 106  Gabrielson

Mosaics
Create your own mosaic stepping stone for the garden or for gift-giving using vintage china and more. Wear your crafting clothes for this fun class. This is an all-day class. Class is limited to 20 participants with a supply kit fee of $10.
15067  T  5/7  10 a.m.-3 p.m.  HSC 106  Gabrielson

Gene Chism, our own ALL “woodworm,” is back with more of your favorite woodworking projects. Gene will do the hard part of cutting the wood forms so that you can spend your time putting together and decorating the projects to your heart’s content. Gene will lead the following three woodworking classes.

Wooden Book Stand
Everyone needs a tabletop book stand to hold those heavy books. These are handy for the kitchen, office, music room or anywhere you need to display a book. Gene will have the wood pieces pre-cut and assembled. Then, you will create your masterpiece by decorating as you like with painting, stickers, decorative paper or other items to make it personal. There will be three classes: 1/31, 2/7 and 2/14. The class is limited to 15 participants with a supply kit fee of $14.
14846  Th  1/31-2/14  1:30-3:30 p.m.  HSC 106  Chism

Wooden Cross
Using his woodworking talents, Gene will show us how to put together a wooden cross. Class is limited to 15 participants with a supply kit fee of $10. There will be two class meetings: 3/21 and 3/28.
14816  Th  3/21-3/28  1:30-3:30 p.m.  HSC 106  Chism

Build a Birdhouse
For this popular three-part class, Gene will have done the hard part of cutting the wood pieces. Your in-class time will be used to assemble and decorate the birdhouse. Previous themes have included a school house, cabin, church, and Texana. Class is limited to 15 participants with a supply kit fee of $16. There will be three class meetings.
14819  Th  4/4-4/18  1:30-3:30 p.m.  HSC 106  Chism

Join Bobbie Leas, our own ALL card-making guru, as we continue our card-making journey with the following two classes this semester. All supplies are provided. If you prefer any supplies of your own, please feel free to bring them; e.g. scissors, glue dots, etc. for the following two classes.

Valentine’s Day Cards
Want to make some fun Valentine’s Day cards for someone special in your life? You will be making three cards. The supply kit fee is $10 and class is limited to 15 participants.
14813  W  1/30  1:30-3:30 p.m.  HSC 106  Leas

Spring Holiday Cards
Let’s get ready for some spring holidays by making unique cards for Mother’s Day and Easter. You will be making three fun cards. The supply kit fee is $10 and class is limited to 15 participants.
14814  W  3/27  1:30-3:30 p.m.  HSC 106  Leas

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.
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**Ciricuting Friends**
Gloria Spacek, ALL member, will be hosting Ciricuting Friends several times this semester. The group will meet in a casual environment to learn, discuss and enjoy fellow Ciricuting Friends. The group will meet seven times this semester: 1/23, 2/13, 2/27, 3/6, 3/27, 4/10 and 4/24. You are invited to bring your Cricut machine and laptop or tablet to class. Ciricuting 101 (Basic Tips and Tricks class) is required to participate in this group.

**Tin Trinket Box**
Learn how to recycle an Altoids® tin into a trinket box. We will be decorating with scrapbook paper and adding embellishments (charms, buttons, & flowers) to make your box uniquely you. Materials will be provided. Class is limited to 10.

**Van Gogh at the Museum of Fine Arts Houston**
Professor Matthew Backer, LSC-CyFair, will provide an overview of Van Gogh's artworks, with representative selections from Van Gogh's short artistic career. This discussion coincides with the upcoming exhibition Vincent van Gogh: His Life in Art at the Museum of Fine Arts Houston. Professor Backer will include comparisons to other artists who influenced Van Gogh, and will discuss his works in their broader contexts.

**Mardi Gras Masks**
It's that time of year, so let's make a Mardi Gras mask. Have you seen the beautiful masks they wear in New Orleans? Marianna Wood, ALL member, will show us a fun, easy-to-learn method to make ornamented masks to wear and to display. Materials will be provided. Class is limited to 20.

**Wild Flower Time**
Let's create our own beautiful Texas wildflowers as Marianna Wood, ALL member, leads us in this two-part painting class. We will use mini-canvasses and acrylics for our creations. Beginner level to Master, this class is for anyone who enjoys color. Class supply fee is $5 and class limit is 15.

**Building with Cardboard**
Don't throw away those boxes. Join Jay Gavitt of the Cypress Historical Society in this two-part class and see how you can construct buildings using cardboard, scissors and glue. Examples of historic buildings in Cypress will be shown. Participants will construct a building on their own that can be displayed for the holidays. Class is limited to 15 participants with a supply fee of $8.

**It's a Puzzle**
Join Brian Taranto, ALL member, for a two-part class full of fun. We will assemble, customize and decorate a wooden animal figure/puzzle. Brian will have the pieces ready to go, but it will be up to your imagination to create your own final design. Cost of supply kit is $10 and class is limited to 15 participants.

**Cut the Cable**
Cut the cord! Leave cable behind and discover how to bring more entertainment into your life using the internet. Join us as we look into Roku, YouTube, Netflix, and similar sites to give you a glimpse into streaming movies, TV shows, and music. Already there? Join in the discussion and help others leave the cable behind.

**Cooking with Mushrooms**
There is a lot of history regarding the lowly mushroom. Joan Everson, ALL member, will give us a brief overview of its cultivation. She will also be preparing a mushroom soup and a pasta dish. A voluntary contribution of $3 will be collected at the door to cover cost of supplies.

**Jambalaya, Crawfish Pie and File Gumbo**
What a better way to get ready for Mardi Gras than to enjoy some Cajun/Creole favorites. In this class, ALL members Lou Master, Cheryl LeJune and Rick LeBlanc will treat us to Jambalaya, Crawfish Pie and Creole plus Cajun Gumbo. There just may even be a dessert. As always, there will be samples for everyone. Come and enjoy a taste of the Mardi Gras season. A $3 donation is appreciated and will be collected at the door to cover the cost of supplies.

**JOIN US FOR OUR SPRING OPEN HOUSE**
LSC-CYFAIR
ACADEMY FOR LIFELONG LEARNING
Friday, January 11, 2019
10 a.m.–noon
Conference Center, CENT 151
9191 Barker Cypress Road
Cypress, TX 77433
For More Information, call 281.290.3460
Spaghetti and Meatballs
Do you want to learn how to make home-made spaghetti sauce from scratch? If so, ALL Member, Donna Smith will show us her recipe for this simple and good sauce with meatballs to serve with spaghetti. Simple and so good! A $3 donation is appreciated and will be collected at the door to cover the cost of supplies.
15748 M 3/18 10-11:30 a.m. HSC 105 Smith

Stuffed Poblanos
In this class, you will learn how to make this delicious, easy version of a stuffed pepper. ALL member, Lou Master, will use poblano peppers and stuff them with a mixture of sausage, ground beef and Spanish rice. These are delicious served with a side of beans. A $3 donation is appreciated and will be collected at the door to cover the cost of supplies.
15047 M 4/1 10-11:30 a.m. HSC 105 Master

Portobella Mushroom Chili
Chili can be made without meat. Maria Rupe, a nutritionist, specializing in fungi, will show us her recipe for making a delicious portobello mushroom chili. You will be amazed at the amount of vegetable protein that you get from this healthy meal. A donation of $3 will be collected at the door to cover the cost of supplies.
15103 T 4/2 10-11:30 a.m. HSC 105 Rupe

Lemon Chicken
ALL member, Donna Smith, will share another one of her favorite recipes. The easiest part of this class is the eating! Lemon Chicken comes together very easily and she will show you how! A donation of $3 will be collected at the door to cover the cost of supplies.
15751 M 4/8 10-11:30 a.m. HSC 105 Smith

Short-Cut Cooking
Have you heard of the Instant Pot? It’s a third-generation electric programmable pressure cooker—a long way from the first pressure cookers we used with the jiggly weight on top of the pot. Missy Dixon, LSC-CyFair Librarian, will teach us about the cooker and other time-saving techniques to use in your kitchen. We will learn some great recipes, too. There will be a $3 donation collected at the door to cover the cost of supplies.
15204 M 4/15 10-11:30 a.m. HSC 105 Dixon

Wine Tasting
Come sample some of Kroger’s best-selling red and white wines as well as champagnes in this informative and fun session led by Kroger’s wine manager, Denise Casto. We will meet at the 2nd floor Community Center of the Kroger, 9703 Barker Cypress. Class is limited to the first 35 people to sign up at the Kroger table at our Spring Open House. There will be a $2 donation collected at the door.
15553 M 4/22 2-4 p.m. Kroger Casto

HCPL CyFair College Library offers many FREE activities!

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

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

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

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

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

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

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

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

Executor Play Calling 101
In this class, we will focus on Executor planning and preparation. Stephen Gilley, Lincoln Financial Advisors, will talk to us on the importance of putting together an I Love You book while still living. This book would hold important information like key contacts, account and financial information and legal documents, just to name a few. Ideally, after the individual passes away, the Executor will use this book to manage the estate much more efficiently and effectively.
15084  Th  1/31  10-11:30 a.m.  HSC 106  Gilly

Guarding Your Savings and Investments
Mike Sofia will present several ways to protect your savings and investments. Learn the types of things that can reduce your hard-earned savings and investments and strategies that can help you preserve them for you and your loved ones.
15046  Th  3/21  10-11:30 a.m.  HSC 106  Sofia

Outsmarting the Scammers
We have all been warned about scams that affect the senior community. Join Robb Brotemarkle, Edward Jones Financial Planner, as he explains how we can outsmart the scammers and not become a victim. Robb will discuss some real-life examples as well as some we can provide ourselves.
15106  F  3/22  10-11:30 a.m.  HSC 106  Brotemarkle

Asset Management in Retirement
Mike Sofia, financial consultant with Primerica, will discuss various types of savings and investment vehicles and the importance of having a structured plan in place. We will also look at market volatility and how it can affect your financial future.
15045  Th  4/11  10-11:30 a.m.  HSC 106  Sofia

FUN, HOBBIES & RECREATION

Trivial Pursuit
Trivial Pursuit is a board game in which progress is determined by a team’s ability to answer general knowledge and popular cultural questions. Categories include geography, space, movies, music, news, books, magazines, inventions, medicine, electronics, sports games and entertainment from the last 30 years. Bring your thinking caps and enjoy the fun of this famous and addictive game. Class will be led by Richard Gillespie and will meet seven times: 1/28, 2/4, 2/25, 3/18, 4/15, 4/29 and 5/6.
14861  M  1/28-5/6  1:30-3 p.m.  HSC 106  Gillespie

Learning Mah Jongg
You have been asking for it, so here it is. Melanie Pratho, ALL member, will give a series of four classes to teach beginners the game of Mah Jongg. The classes are held at the Weekley Community Center on Greenhouse Road. Come join Melanie and learn what all the fun is about.
15063  Th  1/17-2/7  1-3 p.m.  Weekley Center  Pratho

Learn to Play Disc Golf
Disc Golf, aka “Frisbee golf”, is a goal-oriented walk-in-the-park, with no green fees and no tee times; and many courses can be played in about an hour. This class will cover the basic rules of the game and instructions on throwing techniques, as well as practical application on a new golf course at near-by Zube Park. Basic equipment will be provided, but be sure to wear comfortable walking shoes and dress for the weather. Four classes are offered in the Spring semester. The same basic instruction will be provided at each, so feel free to attend any or all. Join Jack Camp, ALL member, for the classes at Zube Park Disc Golf Course (17560 Roberts Rd, Hockley) to learn and practice the game.
14679  Th  1/31  1-3 p.m.  Zube Park  Camp
14680  Th  2/28  1-3 p.m.  Zube Park  Camp
14682  Th  4/11  1-3 p.m.  Zube Park  Camp
14689  Th  5/2  1-3 p.m.  Zube Park  Camp

42 Dominoes
Make Thursday your day to play 42 dominoes. We are looking for players to join our fun group. We meet at the Weekley Community Center (8440 Greenhouse Rd) on Thursday afternoons from 2-4 p.m. Beginners are welcome. Even if you have never played before, come learn in this easy-going atmosphere. Our group leader is George Loftin.
14809  Th  1/31-5/9  2-4 p.m.  Weekley Center  Loftin

Mah Jongg Players
If you are a Mah Jongg player experienced with the National Mah Jongg League rules (American version), you are welcome to join this ongoing group. Players meet at the Weekley Community Center (8440 Greenhouse Rd) on Friday afternoons from 1:30-3:30 p.m. Play will continue throughout the semester under the leadership of Judy Dankers, ALL member.
14802  F  2/1-5/10  1:30-3:30 p.m.  Weekley Center  Dankers

Purple Martins
Are you a Purple Martin landlord? Do you want to be a purple martin landlord but not sure how to get started? In this class, we will help you understand the migratory pattern of these beautiful song birds and help you create the perfect habitat to attract them to your backyard!
14863  F  2/8  10-11:30 a.m.  HSC 106  Edie

Postcards: History and Collecting for Fun
Tracy Bradford continues his presentations using postcards. This class will cover the history of postcards in the USA; how to care for a postcard collection and the fun of collecting a wide variety of topics of postcards. Class participants may bring a few of their postcards to the class for discussion.
15059  Th  2/21  10-11:30 a.m.  HSC 106  Bradford
Cryptogram Puzzles
Are you ready to put your thinking caps on? Get your brain engaged for some fun? Join Linda Jones to discover the world of cryptograms. Cryptograms are simple-substitution ciphers that have been around for thousands of years and were used to send secret messages. Now, cryptograms are very popular puzzles found in newspapers, books and online.

15050  M  2/25  10-11:30 a.m.  HSC 106  Jones

History of the Circus
Our resident clown and ALL member, Melo Pisha (aka Gumdrop), will share with us the history of the circus. In this class, Melo will discuss the evolution of the North American circus from Ringling Brothers to Cirque du Soleil. Come join the fun.

15554  F  3/29  10-11:30 a.m.  HSC 106  Pisha

State Birds of the USA (Or What They Should Be!)
Do you know the state bird of Kentucky? It’s the Northern Cardinal! But some think that is not very original, that it should be the Kentucky Warbler! In this class, we will talk about all 50 state birds and why they should consider something else! You will also learn more about each of these interesting species!

14864  F  4/12  10-11:30 a.m.  HSC 106  Edie

Balloon Twisting, Too!
Come one, come all! Melo Pisha is back for another mind-blowing, balloon twisting class. Learn the basic techniques for making balloon animals. From there, the sky is the limit. Melo will be sharing beginning as well as advanced twisting techniques. Balloons will be provided and are guaranteed to only pop once, maybe.

15555  T  4/16  10-11:30 a.m.  HSC 106  Pisha

Classic Car Restoration 101
Calling all classic car enthusiasts. Michael Walsh, ALL member, will share his experience of restoring, from start to finish, a mid-60s muscle car. Methods and equipment will be shown and discussed along with internet educational resources like YouTube, eBay, Craigslist, etc. You may be familiar with TV shows on Velocity which may be referred to as “fantasy.” Come join us, share some of your personal experiences, and enjoy a fun-filled and informative session dedicated to a “Real Slice of Americana” in the here and now.

14844  M  5/6  10 a.m.-12 p.m.  HSC 106  Walsh

HEALTH, FITNESS & NUTRITION

Stepping Out
Join fellow ALL members as we walk around the campus and nearby neighborhoods. Fresh air and exercise - it doesn't get any better than this! For your convenience, there are two starting times, 8 a.m. and 9 a.m. The 8 a.m. group will walk longer, and maybe faster, while the 9 a.m. group does a more casual stroll. You are welcome to attend either one or both. Class will meet outside the Conference Center every Tuesday morning from 1/29 until 5/7. Keep an eye on your email for any changes for meeting place or time.

14653  T  1/29-5/7  8-10 a.m.  Conf Ctr  Johnson

What is Acupuncture?
In the modern age of health and wellness, many people are seeking to improve their well-being with more holistic therapies. Join Baisong Zhong, L.Ac., Ph.D., M.D. (China), Licensed Acupuncturist and Professor from the American College of Acupuncture and Oriental Medicine, as he discusses how a 2,500+ year old therapy from traditional Chinese medicine treats many illnesses and concerns we face today with explanations from modern medicine.

14851  F  2/1  10-11:30 a.m.  HSC 106  Zhong

Essential Oils for Beginners
Learn how to use Essential Oils for health and wellness. If you’ve ever enjoyed the scent of a rose, you have experienced the aromatic qualities of essential oils.

15058  M  2/11  1:30-3 p.m.  HSC 106  McGowen

How Full is that Glass Really? (Happiness)
In this class, you will learn why you should care about happiness, things that you think make you happy but do not, and what does make you happy, especially as you age. You will leave with at least ten practical strategies you can use in your daily life that scientific research proves can increase your happiness and the happiness of those you care about.

15087  W  2/13  1:30-3 p.m.  HSC 106  Hollas

Virtual Dementia Tour
Join Abby Rudd, Avanti Senior Living’s dementia specialist, as she shares with us a window into the world of dementia through individualized, experiential learning. We will discover information to better understand the behaviors and needs of those with dementia. Participation in the dementia exercise is encouraged, but not required.

14671  Th  2/21  1:30-3:30 p.m.  HSC 106  Rudd

Benefits of Meditation
What exactly is meditation? Can anyone do it? While attending this class, you will find out exactly what meditation is, who can do it, what's involved, and the many mental, physical, and emotional health benefits obtained by incorporating meditation into your life. Class participation is involved, so please wear comfortable clothing and comfortable shoes for this class. Janice Combs, ALL member, will be your instructor.

14828  Th  2/28  1:30-3 p.m.  HSC 106  Combs

“...the highlight of being in the ALL Program for me has been the opportunity to teach again. I can hardly wait for the next semester catalog to come out so I can see what is available.”

Gloria Spacek, LSC-CyFair ALL
Importance of Affirmations
Do we talk to ourselves? How often do we talk to ourselves? Are we aware of what we’re REALLY saying when we talk to ourselves? Self-talk is something we all do on an ongoing basis. But what we’re saying to ourselves can shape us in a way we might not be realizing. Using affirmations correctly can guide us on the right foot, prepare us for challenging situations, and give us more confidence and control in whatever situation life throws our way. Attending this class, you will become more aware that there is a right way to use affirmations, how they can enhance every aspect of our lives, and how to use them correctly for the maximum benefit. Janice Combs will be the instructor.
14831 Th 3/7 1:30-3 p.m. HSC 106 Combs

My Journey to Becoming Vegan
Have you ever thought about becoming vegan? Join Dela Garza, ALL member, as she shares her personal journey to a healthier lifestyle. Dela will talk about the benefits she has seen as well as the many challenges along the way. She may even share a sample or two of her favorite recipes.
15061 W 4/3 1:30-3 p.m. HSC 106 Garza

Law of Attraction 101
We are human magnets. Everything is energy and vibrates at a certain frequency. We are all vibrating at a certain frequency and attracting our life experiences through the frequency we’re on. In this class you will learn the basics of why you are attracting into your life what you are attracting, and how you can change your way of thinking and feeling to receive more good experiences in your life. Janice Combs will be your instructor.
14832 Th 4/25 1:30-3 p.m. HSC 106 Combs

HISTORY

Historic Texas Railroads, Then and Now
Since 1851 railroads in Texas have opened new territory, brought in immigrants, agriculture and industry, endured controversy, and tied this vast state together. We’ll learn where, when and how much of the railroad expansion happened. This is a two part class; Part 1 on 1/29 covers the 19th century beginnings and Part 2 on 2/26 covers the 20th century into maturity.
14807 T 1/29, 2/26 1:30-3 p.m. HSC 106 Willis

The Red Scare
The “Red Scare” is a term frequently used to refer to a series of events which took place in the United States following the Second World War. Was this the first “Red Scare” in US history? In what ways does popular culture of the era reflect the political tensions of the period? Join us as Professor Esther Robinson, LSC-CyFair, takes a look at reflections of the “Red Scare” in popular American literature, art, film, and television.
15544 M 2/18 10 a.m.-12 p.m. HSC 106 Robinson

Pershing, Patton and Poncho and the Punitive Expedition
Join Professor Raul Reyes, LSC-CyFair, as we learn about The Punitive Expedition of 1916, now known officially in the United States as the Mexican Expedition. He will explore the people and politics of the 1910s and America’s response to the terrorism of Pancho Villa.
15267 T 2/19 1:30-3 p.m. HSC 106 Reyes

Lynching of Jesse
Professor Sandra Harvey, LSC-CyFair, will explore the 1916 lynching of Jesse Washington in Waco, Texas and race relations in this small town. This little-known horrific torture-murder took place in the city square in view of over 10,000 spectators, including the mayor and the police chief.
15220 T 2/26 10 a.m.-12 p.m. HSC 106 Harvey

The Road to Independence
Monte Parks, historical programmer at Jesse Jones Park, discusses the events leading up to the Texas Revolution and Independence. He will discuss the civilian and military causes of the war. Join us as we learn about the tensions between settlers and Mexico that began in 1830 and set Texas on a path towards war.
15211 W 2/27 1:30-3:30 p.m. HSC 106 Parks

Texas Man Who Fought the Klan
Patricia Bernstein, author, historian and professional publicist, will discuss her latest book Ten Dollars to Hate: The Texas Man Who Fought the Klan. The book tells the story of the 1920s Ku Klux Klan, the only mass-movement incarnation of the KKK with millions of members across the United States, and not just in the Deep South.
15268 W 3/20 1:30-3:30 p.m. HSC 106 Bernstein

The Republic of Texas
Monte Parks, historical programmer at Jesse Jones Park, will focus on the political, social, military and culture of the Republic of Texas from independence to statehood. He will discuss the politicians, immigrants, soldiers of the era and discuss topics such as Native American policy, monetary systems, imports and exports and other topics of interest.
15207 T 4/2 1:30-3 p.m. HSC 106 Parks

The New White Supremacists
Dena Marks, Senior Associate Director of the Anti-Defamation League, will present an overview of some of the more recent white supremacist groups. She will discuss how they are different, how they operate, how to recognize them, and how to respond.
15758 W 4/17 1:30-3 p.m. HSC 106 Marks
It Wasn’t Always This Bad! The Politics of the Supreme Court

Supreme Court justices and their decisions have always been politically charged. Recent events have made that political problem quite clear. Professor Tom Kelly, LSC-CyFair, will talk about the history of the Court and some of the more politicized decisions and Justices. Please note: This discussion is not a debate about current events.

15755 T 4/23 1:30-3:30 p.m. HSC 106 Kelly

PHOTOGRAPHY

Home Plumbing

Stephen Ruback, ALL member, with share with us what to look for in your monthly maintenance walk-around, before the costs grow. Most plumbing is simple if you can get to it. Examine the modern water heater “gotcha” for realistic options.

15215 T 3/19 1:30-3 p.m. HSC 106 Ruback

Roadmap to Wildflower Photography

Brenham and its surrounding counties are popular with photographers all over the world. Travel off the beaten path and learn the best places to view wildflowers. Learn techniques to get the most from your photos regardless of what type of camera you have, including phones. Craig Abbott, wildflower and photography enthusiast, will lead this class.

15052 T 3/19 10-11:30 a.m. HSC 106 Abbott

“..."I have been an ALL member for several years now and I very much appreciate the time and the effort that the many volunteer instructors have put into the program, creating the variety and the interesting topics that we seniors get to choose from for a very affordable annual fee. Thank you to the LSC staff and to all the volunteers for making it happen!”

Al Gaidys, LSC-Kingwood ALL

POLITICAL & COMMUNITY AFFAIRS

Helping End World-Wide Hunger

Heifer International is an organization that believes that the “teach a man to fish” philosophy is what can help move people out of hunger and poverty around the world. Kendra Penny, Heifer International, is back with another interesting discussion of what is important in today’s world and how we can all help. From improving water supplies, to building a food chain and to empowering women in the community, there are many ways to improve the lives of people around the world.

14862 T 9/4 10:11:30 a.m. HSC106 Penny

290 Program Construction Update

Mike Zientek, Senior Public Involvement Representative from the 290 Project Team, is back to update us on the 290 project. We are almost there, but Mike will fill us in on 290’s status, what is left to do, and how long it will take. Also, we will discuss the status of the 1960 flyover. Mike will let us know how the project is directly affecting our Cypress area.

14834 Th 2/14 10:11:30 a.m. HSC106 Zientek

SAFETY

Awareness is “A Key” to Your Personal Safety!

Join us as retired Houston Police Department Sgt. Marilyn Shaughnessy shares tips (learned over 30 years as a HPD officer) with us on how to improve our personal safety.

15227 W 4/24 1:30-3 p.m. HSC 106 Ruback

Cy-Hope

Want to learn more about a service organization working to improve life right here in our own community? Cy-Hope was birthed by a core group of people concerned about children and families in the LSC-CyFair community. Cy-Fair ISD is the third largest school district in Texas, and the largest non-urban school district in the country. Almost half of the over 116,000 students in our district are labeled as at-risk, with many falling below the poverty line. Cy-Hope has a wide range of programs to tackle issues like hunger, mental health, the need for mentors and community centers, accessibility to sports and music, and more! Our vision at Cy-Hope is to rally our entire community: businesses, education, churches, civic organizations, hospitals, and individual volunteers to advance the goal of making life better for kids in our community. Come learn about the many ways to #bethedifference right here at LSC-CyFair!

15753 Th 2/7 10-11:30 a.m. HSC 106 Rucker
### AARP Driver Safety Program

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

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<tr>
<td>14658</td>
<td>Sat</td>
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<td>8 a.m.-1 p.m.</td>
<td>HSC 106</td>
<td>Klein</td>
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### Climate Change: An Engineering Approach

Georg Christensen is a retired chemical engineer (MSc) and he has made a thorough study of climate change/global warming. His research included surveying available data and making some simple calculations and he would like to share his findings. We will discuss what is going on, what to expect, and what can be done about it.

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<td>10 a.m.-12 p.m.</td>
<td>HSC 106</td>
<td>Christensen</td>
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### A Geographer’s View of Houston Flooding

Houston flooding continues to be in the news. Many have been affected repeatedly by flooding around the Houston area. Join Buck Buchanan, LSC-CyFair geography professor, as he shows us what he sees from the maps and from the air. We can expect plenty of discussion in this class.

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<td>HSC 106</td>
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### Let’s Drill a Well

Scott Kimball, retired geologist, will present the history of the oil industry; how we look for oil, how we obtain the lease, how we drill using various techniques, and how we complete the well. Scott will show us pictures of the many oil field activities.

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<td>Kimball</td>
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### Geology of the Colorado Plateau

Some of the most iconic landscapes of the American West and numerous national parks and monuments are located on the Colorado Plateau. Nathalie Brandes, LSC-Montgomery geology professor, is back to discuss the fascinating geologic history that shapes these unique places.

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<th>Day</th>
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<td>HSC 106</td>
<td>Brandes</td>
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### Life in the Mesozoic

We are going to take a trip back to the geologic time of the dinosaurs, the Mesozoic Era. Nathalie Brandes, geology professor, will give us a view of the diverse life that existed during the Age of the Reptiles. We will learn about dinosaurs, flying reptiles, marine reptiles and common plants of the time.

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<td>10-11:30 a.m.</td>
<td>HSC 106</td>
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### SENIOR ISSUES

### Life After Work: How to Create a Good Life in Retirement

Mark Simpson CFP® will discuss several key points around retirement. He will share with us the key statistics that reveal the current state of retirement in the U.S. and show us the six questions we need to be asking ourselves that will determine our lifestyle in retirement. We will discuss a case study of a typical family and learn how to create an action plan.

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<td>HSC 106</td>
<td>Simpson</td>
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### Avoiding the Funeral Trap

Ken Lambert, the Funeral Negotiator, is back to help increase our awareness of funeral industry pricing and sales tactics. We will learn how to find the best deals on cemetery property and funerals and what various burial and cremation options are available. You may be eligible for Veteran’s benefits. We will discuss how to avoid life-time regrettable mistakes, the funeral sales game and merchandise options. Pre-planning vs pre-purchasing funerals and cemetery property will also be covered.

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<td>HSC 106</td>
<td>Lambert</td>
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### Social Security: What Baby Boomers Need to Know to Maximize Retirement Income

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

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Lone Star College HELPDESK is available 24/7 832.813.6600

LoneStar.edu/CyFair-ALL
How to Manage Your Medicare Benefits
Do you have Medicare and have questions? Come listen to Kathy Chomout, a licensed agent, talk about how to manage your Medicare benefits to maximize your coverage. We will discuss how to file and manage your claims including precertification and appealing denied claims. The discussion will include Original Medicare, Medicare Advantage and prescription drug plans.
15754  T  4/9  1:30-3 p.m.  HSC 106  Chomout

TRAVEL & CULTURE

Adventures in Portugal
Recognized as one of the most affordable travel destinations in Western Europe, join Rick and Catherine LeBlanc, ALL members, as they preview the beauty of Portugal. We will learn about the majestic Douro River Valley, the terraced birthplace of port wine, and the lively, hilly port and capital, Lisbon.
15054  T  1/29  10-11:30 a.m.  HSC 106  LeBlanc

Hiking the Camino de Santiago
Professors Laura Taggett and Matt Turner, LSC-CyFair, cover the why and how of taking an “inn-to-inn” hiking trip. Through their personal experience hiking the Camino de Santiago in northern Spain, they will provide an overview to preparing for, planning, and taking on a rewarding journey through cities and countryside by foot.
15266  T  2/5  1:30-3:30 p.m.  HSC 106  Turner/Taggett

National Parks: Zion, Bryce, & Grand Canyon (North Rim)
Last fall, ALL members Lou and Sue Master visited three National Parks in the Colorado Plateau; Zion, Bryce Canyon and the North Rim of the Grand Canyon. Even though these three parks are part of the same geological formation, they each have their different rock formations and personalities. Zion with its colorful canyons and cliffs. Bryce Canyon with its signature sandstone hoodoos. The north Rim of the Grand Canyon with its unique combination of size, color and dazzling forms created by geological weathering. Come and hear as they share their experiences about this wonderful trip.
14850  T  2/19  10-11:30 a.m.  HSC 106  Master

Exploring the Cotswolds
Are you ready for a walk around the south central part of England? Join Andy and Kathy Morley, ALL members, on their walks in the countryside through the Cotswolds and around the Cornish Coast of England. The natural countryside has been adapted by man’s influence and activities for over 4,000 years. We will learn some interesting information about this beautiful, rural section of England.
15761  Th  4/4  10-11:30 a.m.  HSC 106  Morley

Visiting Ireland on a Rick Steves Tour
Rick Steves Travel operates tours throughout Europe and most of us have heard of them and are curious how well they work. Mike Hilgart, ALL member, will share his experience from the Heart of Ireland Tour and will show us his favorite vacation photos of the magical Emerald Isle. Hear what makes a Rick Steves tour different from other tour companies.
15089  T  4/16  1:30-3 p.m.  HSC 106  Hilgart

FUN FOR ALL

Attend Classes, Meet Friends, Volunteer!
In addition to attending classes and activities, you can make new friends and enrich your life by learning new things. You are encouraged to participate as a committee member or volunteer as an instructor to share your ideas.
Table of Contents

Arts & Crafts ............................................. 17
Computer & Technology .............................. 18
Culinary Arts, Food & Cooking ...................... 19
Documentaries .......................................... 20
Financial & Legal ...................................... 20
Fun, Hobbies & Recreation ......................... 20
Genealogy .................................................. 20
Health, Fitness & Nutrition ............................. 20
History ....................................................... 22
Movies, Music & Theater .............................. 23
Political & Community Affairs ....................... 23
Reading & Writing ...................................... 24
Safety ........................................................... 25
Science & Nature ........................................... 25
Senior Issues ............................................. 26
Travel & Culture ......................................... 26
Trips & Tours ............................................. 27
World Religions .......................................... 27

ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Tuesday, January 29, 2019
1-3 p.m.
LSC-EMCID Center

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

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

**LSC-Kingwood**
Student Conference Center (SCC)
20000 Kingwood Drive
Monday–Friday, 8 a.m.–5 p.m.

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

LSC-EMCID CENTER
KWALL@LoneStar.edu
281.312.1750

LSC-ATASCOCITA
832.775.0842

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

Important Information:

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

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

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

LSC does not endorse the opinions, services or products offered by the instructors.
**MEMBERSHIP – CAMPUS**

Attend many classes at LSC-Kingwood (including LSC-Atascocita Center and LSC-EMCID Center) Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $20. If you joined in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

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**MEMBERSHIP – GLOBAL**

Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center and LSC-EMCID Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

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**ARTS & CRAFTS**

**Connie Blakley** will teach you how to knit “Simple Gifts” using some new knitting techniques. Enroll in just one class or take them all. In no time, you will have created simple gifts for all your friends and family. Knowledge level is noted for each class.

**Soap Sock**

Cast on using a technique developed for toe-up socks, then knit in the round using a cable pattern, and finish with an I-cord drawstring. The result is a lovely soap sack that doubles as a wash cloth mitt. Materials: one skein 100% cotton worsted weight yarn and size 7 knitting needles, either circular for magic loop knitting or double pointed needles. Level: easy to intermediate.

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<td>EMCID 110</td>
<td>Blakley</td>
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**Dusting Wand**

Learn how to knit loops and make a reusable dusting pad that slips over a Swiffer plastic dusting handle. Materials: one skein 100% acrylic worsted weight yarn and size 7 knitting needles. Level: intermediate.

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<td>EMCID 110</td>
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**Scrubbies**

These adorable scrubby pads are perfect for the kitchen or bath and can be knit in a couple of hours. Materials: Red Heart Scrubby 100% polyester yarn (not the cotton Scrubby) and size 8 knitting needles, either straight or magic loop circular needle. Level: easy.

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**Grandma’s Slippers**

The word “grandma” might imply old-fashioned, but your friends and relatives of all ages will love these slippers. Level: intermediate.

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**Cute Cozies**

Knit a set of four glass/can cozies in no time. Four patterns were designed by your instructor for knitting cozies in the round using the magic loop method. Knit four of the same pattern or knit one each of four different patterns, your choice! Materials: one skein 100% cotton worsted weight yarn and size 4 knitting needles, either 40” circular for magic loop knitting or double pointed needles. Level: easy to intermediate.

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<td>EMCID 110</td>
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**Fuxico: Brazilian Fabric Flower Making**

Join Janet Halphen to learn how to make beautiful fabric flowers. A kit will be provided so that you can learn with no expense. There are so many ways to use flowers to bring joy! Students should bring their own scissors that will be used to cut fabric.

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**Jewelry Basics**

Come join Janet and learn to make a fun piece of jewelry. You’ll also learn basic skills for repurposing or repairing your own jewelry. Supplies provided by instructor. If you have tools, please bring them.

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**Jewelry Intermediate**

Learn skills for working with wire. Create a beautiful piece of jewelry. Supplies provided by instructor. If you have tools, please bring them.

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**Scrapbooking/Journaling**

Make your memories special in a scrapbook or journal. Bring your imagination, along with supplies and see sample scrapbooks and journals. See sample tools, stickers, pens, and other items used in making memories on paper. Spend time with friends making a page for your book.

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**Upcycling**

In this course, Julia Nation will teach you how to upcycle or repurpose items that you would normally toss in the trash. Learn how to make games, gifts, and things for your own use. Class members will make one game in class. Bring items you think can be used and we’ll discuss ways to use them.

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Lone Star College HELPDESK is available 24/7
832.813.6600
**Crochet French Market Bag**
Join Linda Darby and learn how to crochet a French market bag. This is the perfect project for the beginner and a fun project for any crocheter. This simple bag is made with one ball of Sugar 'n Cream yarn, or other plant based worsted weight yarn, and a crochet hook, size US H/8 (5mm). Students should bring their own materials to class.

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

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

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

**Google Earth**
Utilizing this free software, you will learn to see the world in a different way. See satellite views of your home, landmarks, businesses, etc. Find directions, travel times, lodgings, and restaurants wherever you want to travel. Study sites throughout the world that are in the news. Prerequisites: ABC course or equivalent knowledge.

**Skype, Introduction**
With Skype's free software and your internet connection you can chat away and never worry about cost, time, or distance. Get your friends to download Skype so you can talk, instant message (IM), or make video calls for free. Make calls at home and abroad with great rates. If you wish, bring your own computer with built-in camera. Prerequisites: ABC course or equivalent knowledge.

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

**Keeping Your PC Healthy**
Enroll in this two-day class and learn about viruses, how to detect and clean spyware, and how to detect problems that adware causes. Instruction on Windows 7, 8, and 10 will be covered. Topics will also include cleaning your hard drive of unwanted files, defragmenting, backing up your information, and setting software restore points on Windows. Prerequisites: ABC and Windows 10 courses or equivalent knowledge.

**Basic Microsoft Excel**
Students will learn the basic and important features in Excel 2016, such as Excel interface, ribbon, tabs, backstage view, and quick access toolbar. Topics also include cell basics, cell format, formulas and functions. In this class, you will create and save the workbook. Prerequisites: ABC and Windows 10 courses or equivalent knowledge.

**Basic Microsoft Word**
Learn the basic features in Word 2016. Features to be discussed include the ribbon, quick access toolbar, and how to print and save documents. Topics also include formatting and inserting artwork in your document. Prerequisites: ABC course or equivalent knowledge.

**Home Networks: Setup and Maintenance**
Join Dan Soderquist to learn how to set up and maintain your home network. Topics will include finding a service provider, determining what equipment is needed, and securing and maintaining your network.

**Basic Microsoft Word**
Learn the basic features in Word 2016. Features to be discussed include the ribbon, quick access toolbar, and how to print and save documents. Topics also include formatting and inserting artwork in your document. Prerequisites: ABC course or equivalent knowledge.

**Introduction to Photoshop**
Learn how to use Photoshop to edit, resize, crop and sharpen your photos. You will also learn the basic tools and techniques you can use to embellish your photos with text and graphics. Prerequisites: ABC course or equivalent knowledge.

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**Instructor Notes**
Earle Findley will teach the following two classes:

**Google Earth**
Utilizing this free software, you will learn to see the world in a different way. See satellite views of your home, landmarks, businesses, etc. Find directions, travel times, lodgings, and restaurants wherever you want to travel. Study sites throughout the world that are in the news. Prerequisites: ABC course or equivalent knowledge and LSC student login credentials.

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

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

**Skype, Introduction**
With Skype's free software and your internet connection you can chat away and never worry about cost, time, or distance. Get your friends to download Skype so you can talk, instant message (IM), or make video calls for free. Make calls at home and abroad with great rates. If you wish, bring your own computer with built-in camera. Prerequisites: ABC course or equivalent knowledge and LSC student login credentials.

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

**Keeping Your PC Healthy**
Enroll in this two-day class and learn about viruses, how to detect and clean spyware, and how to detect problems that adware causes. Instruction on Windows 7, 8, and 10 will be covered. Topics will also include cleaning your hard drive of unwanted files, defragmenting, backing up your information, and setting software restore points on Windows. Prerequisites: ABC and Windows 10 courses or equivalent knowledge.

**Basic Microsoft Excel**
Students will learn the basic and important features in Excel 2016, such as Excel interface, ribbon, tabs, backstage view, and quick access toolbar. Topics also include cell basics, cell format, formulas and functions. In this class, you will create and save the workbook. Prerequisites: ABC and Windows 10 courses or equivalent knowledge.

**Home Networks: Setup and Maintenance**
Join Dan Soderquist to learn how to set up and maintain your home network. Topics will include finding a service provider, determining what equipment is needed, and securing and maintaining your network.

Connie Blakley, a long-time computer user and enthusiast, will teach the following two classes:

**Basic Microsoft Word**
Learn the basic features in Word 2016. Features to be discussed include the ribbon, quick access toolbar, and how to print and save documents. Topics also include formatting and inserting artwork in your document. Prerequisites: ABC course or equivalent knowledge.

**Introduction to Photoshop**
Learn how to use Photoshop to edit, resize, crop and sharpen your photos. You will also learn the basic tools and techniques you can use to embellish your photos with text and graphics. Prerequisites: ABC course or equivalent knowledge.
### Introduction to PowerPoint
Join Mike Svoren and learn the basics of PowerPoint, including creating and saving PowerPoint presentations and using the command bar. Bring a flash drive to save your work. Prerequisites: ABC and Windows courses or equivalent knowledge.

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Sgt. Jim Slack, Public Information Officer for Precinct 4, Montgomery County, will teach the following two classes:

### Facebook Introduction
This class is for anyone who does not have a Facebook account but wants one. This class helps you set up your own Facebook account and introduces you to the basics of your Timeline, Home Page and Finding Your Friends.

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### Facebook Safety 101
Whether you are now on Facebook or want to join, come learn the basics and how to set up a home page as well as how to create posts and add pictures. Sgt. Slack will also instruct us on the privacy settings he recommends to protect personal information that you may not want to broadcast on the Web.

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### iPhone, iPad Familiarization
Is your smartphone smarter than you? Former Apple employee, Ed Tarver, will help you learn some of the amazing things you can do with your iPhone and iPad. This session is designed for all users of the iPhone and iPad. It will help you get the most out of your devices and understand the newest iOS operating system. You can bring your device to class. This class is repeated two times.

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### CULINARY ARTS, FOOD & COOKING

#### On the Road to Healthy Living: Mobile Cooking School
This three-part series includes nutrition and food safety lessons, along with preparation of healthy, tasty, easy-to-prepare meals. Different menu options will be featured this semester. In each class, participants will work together to try new recipes and utilize preparation skills, then sit down and eat together while discussing ways to live and be healthy every day. Class will meet on Wednesday 2/20, and Thursdays 2/28 and 3/7. No new attendees can sign up after the first class, as the material from each class will build on itself. Class size is limited to 25 students.

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### Celebrate Valentine’s Day!
A fun class to celebrate Valentine’s Day!!! Sample a few hors d’oeuvres and a wonderful dessert will be shared. Join Bette Chaykowsky for this special holiday class (limited 15 enrollments).

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### Path to the Plate: Do You Know What Your Are Eating?
The following two classes will be taught by Elvira Carranza, author of Modern Authentic Mexican Cooking and The Healthy Way. Elvira’s cooking experience comes from her childhood, when she watched her grandmother cook, and also from her travels to Europe and the knowledge she obtained from French, German, and Swiss chefs.

#### Modern Authentic Mexican Cooking
Old and modern recipes, that have been the same for years, will be discussed. Students will learn how to put the final product down on the table in an attractive and colorful way, since what someone sees also creates love for that dish. A person’s interest in cooking and love are the most important ingredients in preparing all dishes.

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#### The Healthy Way
Learn how to cook with basic products that “Mother Earth” offers us. Elvira believes cooking is an art, created by each individual, taking advantage of fresh and organic ingredients and learning how to cook in a healthy way.
In the Pursuit of Silence (2017)
Partly inspired by George Prochnik’s book of the same title, this is an elegant work by filmmaker Patrick Shen (Flight from Death and La Source) that seeks to persuade us to dial down the racket of our daily lives. Interviews with academics, audiologists and health experts explain how excessive sound can negatively affect our bodies as well as our minds. Visual and audial comparisons of beneficial to unbeneficial environments which support the film’s thesis are fascinating and persuasive. After viewing this documentary, you will want to go for a walk in the woods, for sure!

15829 F 5/10 1:15-3:15 p.m. EMCID 109 Lively

FINANCIAL & LEGAL

His, Hers and Ours
Presented by local attorney Patrick Hubbard, learn about alternative approaches in providing for children from different relationships in estate planning.

16065 Th 2/21 3-5 p.m. EMCID 109 Hubbard

FUN, HOBBIES & RECREATION

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

16027 M 2/4-5/6 2-4 p.m. EMCID 108 Shepherd

GENEALOGY

Genealogy
Are you new to Family History research? Do you want to know more about “who you are”? Are you looking for a way to share photos and what you know about your family with your children and relatives? This three-day genealogy lab will give you the tools and one-on-one help to do just that. You must be able to access your email in the computer lab. Join Harriet Kartchner as she guides you through this interesting course. This class meets on Monday, February 4, and Thursdays, February 7, and 14.

16111 M,Th 2/4-2/14 1:30-3:30 p.m. EMCID 107 Kartchner

HEALTH, FITNESS & NUTRITION

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

14676 Th 2/7-5/2 2:45-3:45 p.m. Friendship UMC Deeb
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**Building Healthy Bones**
Participants will use assorted light weights to increase muscle strength and build healthier bones. The first class will provide information on how participants can purchase the proper sized weights. Please bring a large towel to cover your chair, bottled water, and wear comfortable clothing and closed-toe shoes.

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

**Understanding Your Medications**
Education about medications and their usage.
14904 T 2/26 2-3 p.m. EMCID 109 Alpers

**Tips for Compliance on Three Medications**
Education about three common medications that are prescribed and their usage.
14901 T 2/26 3:30-4:30 p.m. EMCID 109 Alpers

**Prevent Falls**
Education about steps you can take to prevent falls.
15133 T 3/26 2-3 p.m. EMCID 109 Alpers

**Keep Your Senses Sharp**
Education about your senses and how to keep them sharp.
15127 T 3/26 3:30-4:30 p.m. EMCID 109 Alpers

**Eat Right for Healthy Aging**
Education on eating right, do’s and don’ts and how to shop correctly.
15362 T 4/23 2-3 p.m. EMCID 109 Alpers

**Strong Bones and Muscles for Healthy Aging**
Education on maintaining strong bones and muscles, including the importance of diet and exercise.
15363 T 4/23 3:30-4:30 p.m. EMCID 109 Alpers

**A Healthy Heart for Life**
Education on heart health and the importance of diet and exercise.

**Exercise Your Brain**
Education on brain health; how to stimulate the brain to increase memory and functioning.

**Healing Our Pets Naturally**
Learn how to successfully heal your pets naturally. You will learn about the immune system and how to keep your pet’s immune system healthy. Topics include the right combination of products that would work together to increase your pet’s immune system and health. You will also learn about the toxins inside and outside your home that are toxic to pets.

**What’s in Your Pet’s Health Cabinet**
You will learn what is needed to go into your pet’s health cabinet. This will include products to boost your pet’s immune system, heal wounds, best eye care, if your pet eats something harmful-how to detox the liver. Your pet’s health cabinet is the same as your health cabinet, teaching you why is important.

**Herb Your Enthusiasm**
Let’s talk about types and uses of herbs in your food and bring some enthusiasm to your meals.

**Master of Memory**
The goal of this program is to improve participants’ memory function. Master of Memory encourages participants to recognize that they can impact their memory function, evaluate their own memory function, identify factors that may enhance or detract from their memory function, and find ways that may help address some of those factors.

**Fall Prevention**
Falling is a common problem for older adults; this presentation discusses common causes and solutions.

**Cooking for One or Two**
Making adaptations when cooking for fewer people doesn’t have to be difficult. These tips and tricks will help participants continue to eat healthy at home by making just a few adjustments.

**Snap Fitness Kingwood**
2510 Mills Branch Drive
281.360.2198

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

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

Donna Alpers of Angels Care Home Health will teach the following eight classes:

Susan Goldsmith will teach the following two classes about your pet’s health:

Michael McBride with Texas A&M AgriLife Extension Service will teach the following four classes:
Assistive Technology for Individuals with Hearing Loss
Three professionals in the field of hearing loss will discuss assistive technology. Selena Alvarez, with OEI Cap Tel, will discuss no-cost, amplified captioned telephones. Donal Tate, Hearing Instrument Specialist with Miracle Ear, will speak about age related hearing loss, as well as the benefits of amplification. Christina Holmes, with CAAG, will provide information on free and low cost electronic equipment such as Bluetooth technology, FM systems, and household equipment for deaf and hard of hearing individuals.

A Fresh Start to a Healthier You
This series of classes, taught by Michele Scaife of the Texas A&M AgriLife Extension Service, promotes independence and wellness through healthy aging. Three lively and informative sessions are presented in a casual social atmosphere. Each session will include a self-assessment, information sharing, goal setting, and a recipe demonstration. Upon completion of each session, participants will receive materials which extend that session’s goal. Topics covered are: 1) Be Independent & Able: Eat Well/Read the Label; 2) Be Safe & Informed: Eat Safe/Use Supplements Safely; 3) Be Creative & Fit: Plan Meals/Move More.

Do You Want to Live Life to the Fullest?
Success and happiness are what most of us seek as part of our life-work balance changes during our life span. Learn about Neuropsychology and understand how to achieve our maximum potential. Join Dr. Elizabeth Saxon to learn techniques to manage interpersonal relationships at home and/or work.

Nutrition and Exercise as We Age Update
Mallory Garner, Bariatric and Wellness Coordinator of CHI St. Luke’s Health, The Woodlands, is back and will give us updated information on nutritional and exercise components that become especially important as we age. The importance of reading the “Nutrition Facts” food labels will also be discussed. Participants will walk away knowing not only what they need to focus on but how they can make those changes in their daily lives.

History

Western Civilization: Etruscans through Republican Rome
This series begins with two lectures about the mysterious Etruscans, moves to the ancient Greeks, especially as they related to the Etruscans and Romans, then closes with the Roman Republic.

Mysterious Etruscans, Part I
14830 W 2/13 2-4 p.m. EMCID 109 Adams

Mysterious Etruscans, Part II
14936 W 3/6 2-4 p.m. EMCID 109 Adams

Ancient Greeks
15197 W 4/3 2-4 p.m. EMCID 109 Adams

Roman Republic
15367 W 4/24 2-4 p.m. EMCID 109 Adams

The Spanish Civil War
The Spanish Civil War, widely known in Spain simply as The Civil War or The War, took place from 1936 to 1939. The Republicans, who were loyal to the left-leaning and relatively urban Second Spanish Republic, in an alliance of convenience with the Anarchists and Communists, fought against the Nationalists, a Falangist, Carlist, Catholic, and largely aristocratic group led by General Francisco Franco. The War has often been portrayed as a struggle between democracy and fascism, particularly due to the political climate and timing surrounding it. In early 1939, the Nationalists achieved victory and ruled over all of Spain until Franco’s death in November, 1975.

The Nanking Massacre
The Nanking Massacre was an episode of mass murder and mass rape committed by Japanese troops against the residents of Nanjing (Nanking), then the capital of the Republic of China, during the Second Sino-Japanese War. The massacre is also known as the Rape of Nanking. The massacre occurred over a period of six weeks starting on December 13, 1937, the day that the Japanese captured Nanjing. During this period, soldiers of the Imperial Japanese Army murdered Chinese civilians and disarmed combatants, who numbered an estimated 40,000 to over 300,000, and perpetrated widespread rape and looting.

JOIN US FOR OUR SPRING OPEN HOUSES

LSC-Atascocita Center

Thursday, January 10

2-4 p.m.

15903 West Lake Houston Parkway

Houston, TX 77044

For more information, call 281.312.1750

LSC-Kingwood

Tuesday, January 29

at the LSC-EMCID Center

1-3 p.m.

21575 Highway 59N

New Caney, TX 77357

For more information, call 281.312.1750
The 1938 Munich Agreement
The 1938 Munich Agreement, known in Czechoslovakia as the Munich, was an agreement permitting Nazi Germany's annexation of portions of Czechoslovakia, along the country's borders mainly inhabited by German speakers, for which a new territorial designation, the "Sudetenland", was coined. The agreement was signed in the German city of Munich early on September 30, 1938 after being negotiated by the major powers of Europe, excluding the Soviet Union. The purpose of the conference was to discuss the future ownership of the Sudetenland in the face of demands made by Adolf Hitler. The agreement was signed by the government leaders of Germany, France, the United Kingdom, and Italy, but not Czechoslovakia, who was not invited to the conference, even though the Sudetenland was of immense strategic importance to Czechoslovakia as most of its border defenses and banks were situated there, as well as heavy industrial districts. The Agreement was soon followed by dismemberment of the Czech state. Today, it is widely regarded as a failed act of appeasement, and the term has become "a byword for the futility of appeasing expansionist totalitarian states."

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

The Roman Revolution 133 B.C.E.–31 B.C.E.
The great victory of the Romans over the Carthaginians and Greeks in the early 2nd century, resulting in Roman hegemony over the entire Mediterranean basin, began placing strong political stress on the Roman Republic. Beginning in 133 B.C., Romans resorted to violence to settle political disputes for the first time since the founding of the Republic in 509 B.C. This two-part course examines the effects of that onset for the next hundred years until Augustus Caesar established himself as the first Emperor of Rome. Discussions will examine the famous personalities of the age (Julius Caesar, Pompey, Marius, Sulla, Cicero, Anthony and Cleopatra) and their places in determining the events of this era. The course is presented by Don Steinman, a dedicated student of Roman history for the past 30 years.

The Korean War: What Happened & What Happens Next
The Korean War is known as the forgotten war and we technically remain at war. North Korea still threatens the stability of Korea and can also threaten the USA. What happened and what are our options? Join Ed Tarver as we look at this timely topic.

MOVIES, MUSIC & THEATER

Movie: I Can Only Imagine
Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song “I Can Only Imagine” as singer of the Christian band MercyMe.

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

POLITICAL & COMMUNITY AFFAIRS

The American Government as a Dysfunctional Family
Jerry Wendt, retired higher education teacher of Sociology, Psychology, and Criminal Justice, will present a comprehensive and objective review of political variables that threaten our democracy. Areas of discussion include the impact of public apathy, fake news, adversarial discourse, dysfunctional stereotypes, deceptive reframing, party tribalism, inflammatory semantics, etc.

Planning for Spring 2019: EMCID Update
Frank McCrady has spent 16 years as President and CEO of the East Montgomery Improvement District. He will provide an overview of plans for the economic development of the county through strategic planning for a community ready for growth. Under his leadership, development has soared and sales tax revenue has increased. Current projects underway will further success in the form of job creation, additional business recruiting tools, expanded services, community grants and scholarships for local youth.

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.
### Greater East Montgomery County Chamber of Commerce Update
Rick Hatcher, President of Greater East Montgomery County Chamber will discuss economic development from the business perspective, why it's important to business, cities, and citizens, and who are some of the big players. His perspective is from past experience as a professional economic developer with a major company. He will also discuss the chamber’s function and role in the community and why it’s important to local businesses.

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### Good Brick Award Winners
Preservation Houston’s Good Brick Awards annually honor the renovation, restoration of adaptive use of a building; new buildings and sympathetic additions that enhance the existing historic fabric of Houston. Preservation Houston’s Jim Parsons will show slides and talk about the latest winners of Good Brick Awards.

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### Louisiana Politics
Louisiana has a “long” history of political corruption as well as colorful politicians. The tradition continues to present times. Join Ed Tarver as we take a look at Louisiana history with corruption, as well as why it’s that way.

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### No Holds Barred
What do you think about the controversial issues of our times: the state of our democracy; immigration policies; fake news; strengths and weaknesses of diversity; international trade and tariffs; the competency of the president; can the military defend America in the 21st Century; what’s happening to the middle class. Join Steve Little to discuss your opinions, arguments, observations, and passions with others like yourselves in an atmosphere of vigorous and respectful debate. Your opinions are more important than ever. Speak and be heard! This class meets every other Monday from March 25 through May 6.

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## READING & WRITING

Daniel Logan, a published author, will present the following two classes:

### Top 10 Steps to Writing Fiction
Aspiring or beginning writers will be given a top-ten list of vital elements for writing a novel manuscript that will be enjoyed by readers. The course includes items such as manuscript format, premise, pace, story structure, character development, conflict, dialogue, and others.

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### Writing Memoirs 101
Are you asking where to begin writing a memoir? What’s significant to write about, and what’s not? Why is your story special and what’s its value for sharing with others? Join Cynthia Briggs and learn the answers to all your questions and experiment putting your life onto paper. Learn whether to print your stories strictly for family and close friends or go with a full-scale publication. Discover the joy of finding your writing voice while sharing and learning in a creative, friendly, relaxed environment. Bring a pen, paper, and a passion for keeping your memories alive. All levels of writers are welcome to attend.

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

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SAFETY

AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license. Bill Power will present the class. 15264 T 4/9 1-5 p.m. EMCID 108 Power

Active Shooter: Run, Hide, and Fight!
Join an officer from the Lone Star College Police Department to view and discuss a short documentary film on what to do when confronted with an armed intruder event. A question and answer session will follow the film. 15365 T 4/23 2-3:30 p.m. EMCID 108 LSC Officer

SCIENCE & NATURE

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

Mammals of East Texas
Learn about the mammals of East Texas and how to identify scat and tracks. Learn how to use a field guide to identify species found around the park. Take a hike along trails known to frequent wildlife in search of scat and tracks that we can identify. 15847 F 3/22 9-11 a.m. LHWP Park Naturalist

Orienteering and Topography: Finding Your Way
When It Floods
Use the geological survey map to look at elevations and depressions relative to flooding issues in local areas: differences in run off, overflow, torrential downpour, and man-made drainage blocking concerns relative to land contours. Work with a compass to find/avoid flooded areas in the local area. 15849 F 4/26 9-11 a.m. LHWP Park Naturalist

When It Floods
Orienteering and Topography: Finding Your Way

Simple Succulents
In this creative DIY class, students will construct their own miniature succulent garden to take home, all while discovering the environmental and health benefits of these low-maintenance plants. Students should bring their own glass container. A variety of affordable glassware (mason jars, small vases, glass candle holders, etc.) can be found in secondhand stores. Please limit the widest diameter to 6 inches and under, and limit the height to 8 inches and under. NOTE: The last day to register for this class is January 7, 2019. 15844 F 4/5 1-3 p.m. JHJP Ranck

Freshwater Aquariums
Learn to build a successful habitat for a variety of freshwater species. Students will gain an appreciation not only for the intricacies of design technique, but for the mental health benefits and improved well-being associated with tending to a teeming ecosystem. 15848 F 2/1 1-3 p.m. JHJP Naivar

Carnivorous Plants
Discover the many fascinating varieties of native carnivorous plants and learn how each attracts, captures, and digests its prey. After an engaging presentation, students will take a stroll out to the park’s very own eponymous Carnivorous Plant Pond where they can apply their knowledge in the real world. 15850 F 5/3 1-3 p.m. JHJP Yordy

Airplanes
Have you ever wondered how airplanes get their lift? How fast they are cruising? How and why the fuel load matters so much? Jim Gummelt, an avid aviator, will conduct an extraordinary class going into detail about how aircraft handle in the air. They will cover topics such as how changes in the weight of the aircraft affect the airplane’s lift, how and why the fuel load matters so much, and the intricacies of design technique, but for the mental health benefits and improved well-being associated with tending to a teeming ecosystem. 15358 Th 4/18 2:30-4:30 p.m. EMCID 108 Gummelt

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

E-MAIL: KWALL@LoneStar.edu  PHONE: 281.312.1750  SPRING 2019 COURSE SCHEDULE  25
The Evening Sky
Join Calvin Blakley as he discusses what to see in the evening sky this month. Learn how the stars and planets move through the sky and how to find out what they are, and when and where they are visible.
14883 T 2/19 2:30-3:30 p.m. EMCID 109 Blakley

First Man
Frank Hughes, a retired chief of Spaceflight Training and an engineer at NASA, will entertain you with inside views from his support to the Neil Armstrong biopic, First Man, which opened last October in area theatres. The movie is based on the authorized biography First Man: A Life of Neil A. Armstrong, by James Hansen. As a Technical Adviser, Frank was able to assist in making some of the most interesting and exciting scenes in the movie. Find out what the director, the cast and the movie people were thinking compared to what the astronauts were thinking during those scenes in the making of this historic movie. Frank presented this program at our Lone Star College System Office last fall, but many of our LSC-Kingwood ALL members were not able to attend, so he is repeating the program for us this semester.
16114 T 4/30 2:30-3:30 p.m. EMCID 109 Hughes

SENIOR ISSUES

What is Medicare Advantage?
You will learn what the qualifications are, how to enroll, when to enroll, what the costs are, and how Medicare “C” actually works. As always, bring Peggy your questions! Learn if Part “C” is the best choice for you.
15357 T 4/2 1:30-3:30 p.m. EMCID 108 Mims

How Do I Choose a Medigap Policy?
Learn how to select from among 10 Medigap plans, determine which one is best for you, and how to enroll.
15271 T 4/9 1:30-3:30 p.m. EMCID 108 Mims

How Full Is That Glass Really? Scientific Strategies to Increase Happiness as You Age
In this class, you will learn why you should care about happiness, things that you think make you happy but do not, and what does make you happy, especially as you age. You will leave with at least ten practical strategies you can use in your daily life that scientific research proves can increase your happiness and the happiness of those you care about.
15372 W 5/1 2-4 p.m. EMCID 109 Composto

Preparing for Life’s Changes
Life brings many changes. Join Tamara Hanserling Paul as she discusses what can happen when you go through changes in life due to a death of spouse, remarriage, divorce, etc., and how these changes can affect your estate planning needs. She will discuss what type of documents individuals and couples need to have in place as they go through the changes in life that occur due to incapacity or death issues.
14703 F 2/8 2-3:30 p.m. EMCID 109 Paul

Senior Living 101
Donna Composto, Founder of Mom’s Care Plan and Certified Dementia Practitioner, and Becky Carmichael, LBSW and Certified Dementia Specialist, will take the guesswork out of choosing the right senior living community. A comprehensive explanation of various care environments will be discussed including retirement/independent living, assisted living, memory care, personal care homes and nursing facilities. Know what to look for, what questions to ask, and the costs involved.
14892 Th 2/21 2:30-3:30 p.m. EMCID 108 Composto

TRAVEL & CULTURE

Road Scholar Educational Travel
Come learn about the Road Scholar educational travel program – learning adventures developed for people 50 and over who want a little more in-depth experience than found on standard travel excursions. Road Scholar participants are a diverse group of lifelong learners who get privileged access to places and experts in our global network. Travel choices include destinations in all 50 states and around the world. You will be amazed at the wide range of topics and destinations to choose from! Carolyn Monroe, Road Scholar Ambassador, will be the presenter.
16762 M 2/11 4-5 p.m. EMCID 109 Moore

Travel with Steve
Planning to leave the U.S. on a vacation trip this year? Join Steve Wright, a seasoned world traveler, who takes two or more international trips each year. Steve will share his knowledge and experience with you, explaining how to plan a great trip, what internet sites can assist you, and what to pack in your bags.
14961 W 3/20 2-4 p.m. EMCID 108 Wright

TRIPS & TOURS

When signing up for METRO/METRORail and Harris County Precinct 1 trips, each member must complete a Participant Release and Indemnification Agreement Form before being added to the trip list. This form is on the website at LoneStar.edu/ALL-Kingwood. All trips require that members bring money for their own lunch. Most tours require an entrance fee payment.

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

For Harris County Precinct 1 trips: You MUST be at least age 55 (Policy of Harris County Precinct 1).

Participants that are confirmed to go on the trip will receive a phone call from the volunteer trip coordinator to discuss details. IF YOU DID NOT RECEIVE A PHONE CALL YOU DID NOT MAKE THE TRIP. If you need to cancel, please call 281.312.1756.
Precinct 1 Bus Trip - Tour of Houston TranStar
Join us for a guided tour of Houston TranStar. The Houston TranStar consortium is a partnership of four government agencies that are responsible for providing Transportation Management and Emergency Management services to the greater Houston Region. These agencies include: The Texas Department of Transportation, Harris County, The Metropolitan Transit Authority of Harris County, and the City of Houston. After the one and one-half hour tour, we will have lunch at Cleburne Cafeteria. Admission is free for the tour, however, lunch will be on your own. The Precinct 1 bus will depart from the Atascocita campus, 15903 W. Lake Houston Parkway.

Precinct 1 Bus Trip - TBD
The destination for this trip was not known at time of publication, but be sure to mark your calendars and save this date. Individuals will not be able to sign up for this trip until a site has been determined. Watch your weekly emails for additional information.

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

Tour University of Houston Campus
This tour involves extensive walking. Founded in 1927 as a night school, U of H is now a major urban institution. Led by Preservation Houston’s Jim Parsons, walk through the campus visiting buildings designed by some of Houston’s best-known architects and exploring the impressive collection of public art. Cost is $15/person for the tour, plus lunch on campus at your own expense. You will need $3.25 each way for the METRO bus and $1.25 each way for the METRORail. Exact change is required.

WORLD RELIGIONS

The Dead Sea Scrolls
The Dead Sea Scrolls were discovered in a series of caves around the site known as Wadi Qumran near the Dead Sea in the West Bank (of the Jordan River) between 1947 and 1956 by Bedouin shepherds and a team of archeologists. Michael Condit will discuss the Scrolls and their content and importance to Jewish and Christian religions and history.

Maria Lopez, LSC-University Park ALL Member
ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register
Attend our Open House:
Thursday, January 10, 2019
2-4 p.m.
LSC-Atascocita Center

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

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

LSC-Kingwood
Student Conference Center (SCC)
20000 Kingwood Drive
Monday–Friday, 8 a.m.–5 p.m.

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

LSC-ATASCOCITA CENTER
KWALL@Lonestar.edu
832.775.0842

LSC-EMCID CENTER
281.312.1750

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

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

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

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

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

LSC-Atascocita Center
15903 West Lake Houston Parkway
Atascocita, Texas 77044
832.775.0842
### MEMBERSHIP – CAMPUS

Attend many classes at LSC-Kingwood (including LSC-Atascocita Center and LSC-EMCID Center) Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership fee is $20. If you joined in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

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### MEMBERSHIP – GLOBAL

Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center and LSC-EMCID Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

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### COMPUTER & TECHNOLOGY

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

1. Go to LoneStar.edu
2. Select myLoneStar near the top right on your screen.
3. Select Forgot Password? and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!

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

The following three courses will be taught by Ying Shen, an ALL member who recently retired from the Information Technology Department at ExxonMobil:

#### Introduction to Windows 10

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

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#### Basic Microsoft Excel

Students will learn the basic and important features in Excel 2016, such as Excel interface, ribbon, tabs, backstage view, and quick access toolbar. Topics also include cell basics, cell format, formulas and functions. In this classroom, you will create and save the workbook. Prerequisites: ABC and Windows 10 courses or equivalent knowledge.

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#### Advanced Microsoft Excel

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

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#### ABC (Absolute Beginner Computer)

Learn terminology, develop keyboard and mouse skills, and be introduced to software and the internet in this very basic course for those who have little or no computer experience.

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#### Home Networks: Setup and Maintenance

Join Dan Soderquist to learn how to set up and maintain your home network. Topics will include finding a service provider, determining what equipment is needed, and securing and maintaining your network.

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#### Keeping Your PC Healthy

Enroll in this two-day class and learn about viruses, how to detect and clean spyware, and how to detect problems that adware causes. Instruction on Windows 7, 8, and 10 will be covered. Topics will also include cleaning your hard drive of unwanted files, defragmenting, backing up your information, and setting software restore points on Windows. Prerequisites: ABC and Windows courses or equivalent knowledge.

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<td>1-4 p.m.</td>
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#### iPhone Familiarization

The iPhone is an amazing instrument for information and entertainment. Don’t be afraid of it; get familiar with you iPhone, iPad, and other Apple devices. Join Ed Tarver as he answers your questions about your devices.

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

Join instructor, Tony Bussio, for two classes about the basics of Italian cuisine. Tony was born in Treviso, Italy, and loves the culture, language, food, and travel.

**Pasta Fresca Ravioli**
Learn the basics of pasta Fresca making ravioli. You will have the opportunity to taste the food.
- **Reg. #** 16078
- **Day** W
- **Date** 3/27
- **Time** 4-5 p.m.
- **Location** AC 156
- **Instructor** Bussio

**Italian Lasagna**
Learn how to make authentic Italian lasagna. You will have the opportunity to taste the food.
- **Reg. #** 16079
- **Day** W
- **Date** 4/24
- **Time** 4-5 p.m.
- **Location** AC 156
- **Instructor** Bussio

**Afternoon Tea**
Come and socialize while learning about tea. Bring your favorite tea cup and saucer and share its importance to you; i.e., it was a gift from your grandmother, you bought it on a trip to Italy, you made it in a pottery class, etc. Dessert will be served with the tea. Join Mattie Sharp and Xio Bussio for a fun afternoon.
- **Reg. #** 14640
- **Day** W
- **Date** 2/6
- **Time** 2-3:30 p.m.
- **Location** AC 156
- **Instructor** Sharp/Bussio

### FINANCIAL & LEGAL

**Real Estate Loans and More**
Owning real estate is one of the largest investments you will make in your lifetime. Join your instructor, Art Aguiar, to have all your real estate questions answered.
- **Reg. #** 16081
- **Day** Th
- **Date** 2/21
- **Time** 2-3 p.m.
- **Location** AC 156
- **Instructor** Aguiar

### FUN, HOBBIES & RECREATION

**Spring Fashions**
Learn from a fashion expert the must-have fashion trends for spring and summer. Get outfit ideas on how to update your wardrobe. See new fashions from your instructor Latwonna Wilson of Chico’s.
- **Reg. #** 15189
- **Day** T
- **Date** 4/2
- **Time** 2-3:30 p.m.
- **Location** AC 156
- **Instructor** Wilson

### GARDENING

**Kimberly Perry with Texas A&M AgriLife Extension Service** will present the following two classes:

**Herb Gardening 101**
This course will provide a basic description on how to grow herbs in Harris County along with which types of herbs to grow, common uses for herbs, why we grow herbs. Common herbs will also be brought into class for a hands on demonstration.
- **Reg. #** 14889
- **Day** W
- **Date** 2/20
- **Time** 2-3:30 p.m.
- **Location** AC 156
- **Instructor** Perry

**Backyard Container Gardening**
This course will provide a basic description of how to set up a backyard garden in Harris County along with which types of materials to use, common plants to grow, why we garden. Basic insect identification and general plant care details will also be discussed.
- **Reg. #** 14909
- **Day** W
- **Date** 2/27
- **Time** 2-3:30 p.m.
- **Location** AC 156
- **Instructor** Perry

**Spring Gardening**
Come out and get spring gardening tips from master gardener Margaret Bingham. Learn more about spring flowers, pruning, container gardening, and how to freshen up your green thumb knowledge with a spring gardening checklist. The master gardener may be able to answer some of your spring gardening questions.
- **Reg. #** 14921
- **Day** T
- **Date** 3/5
- **Time** 2-3:30 p.m.
- **Location** AC 156
- **Instructor** Bingham

### HEALTH, FITNESS & NUTRITION

**Snap Fitness Kingwood**
2510 Mills Branch Drive
281.360.2198

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

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

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

**Building Healthy Bones**
Participants will use assorted light weights to increase muscle strength and build healthier bones. The first class will provide information on how participants can purchase the proper sized weights. Please bring a large towel to cover your chair, bottled water, and wear comfortable clothing and closed-toe shoes. Members interested in signing up should check with their health care providers to determine if this is a suitable class for them.
- **Reg. #** 14670
- **Day** Th
- **Date** 2/7-5/2
- **Time** 1:30-2:30 p.m.
- **Location** Friendship UMC
- **Instructor** Deeb
### Yoga

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

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<tr>
<th>Reg. #</th>
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<tbody>
<tr>
<td>14676</td>
<td>Th</td>
<td>2/7-5/2</td>
<td>2:45-3:45 p.m.</td>
<td>Friendship UMC</td>
<td>Deeb</td>
</tr>
</tbody>
</table>

### Assistive Technology for Individuals with Hearing Loss

Three professionals in the field of hearing loss will discuss assistive technology. Selena Alvarez, with OEI Cap Tel, will discuss no cost, amplified captioned telephones. Donal Tate, Hearing Instrument Specialist with Miracle Ear, will speak about age related hearing loss, as well as the benefits of amplification. Christina Holmes, with CAAG, will provide information on free and low cost electronic equipment such as Bluetooth technology, FM systems, and household equipment for deaf and hard of hearing individuals.

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<tr>
<td>15839</td>
<td>W</td>
<td>3/20</td>
<td>2-3 p.m.</td>
<td>AC 156</td>
<td>Alvarez</td>
</tr>
</tbody>
</table>

### Diabetes Management: Wisdom, Power, Control

This diabetes self-management class is for individuals living with diabetes or interested in gaining more information. The 4-week topics are: what is diabetes; understanding blood glucose levels; eating healthy; being active; medicines; and preventing diabetes complications. The engaging sessions include weekly personal goal setting, assignments and classroom discussions. Your instructor is Sonja Davis with Texas A&M Agrilife Extension Service.

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<tr>
<td>15192</td>
<td>W</td>
<td>4/3-4/24</td>
<td>2-3:30 p.m.</td>
<td>AC 156</td>
<td>Davis</td>
</tr>
</tbody>
</table>

### DYH: Do It Yourself Health

Join Diane Melisaris as she discusses Holistic lifestyle learning that focuses on the basic nutritional needs as we age through the life span. Nutrition will also focus on modifications for specific chronic conditions like hypertension, diabetes, arthritis, cardio-vascular disease. A segment will address basic meal planning and the use of everyday herbs to boost antioxidants and phytochemicals. Additionally, physical activity and the recommendations from the American Diabetes Association and American Heart Association will be addressed. Lastly, sleep hygiene and managing stress will conclude the pillars of “do it yourself health” with any chronic condition at any age.

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<tbody>
<tr>
<td>16070</td>
<td>M</td>
<td>2/4-2/18</td>
<td>2-4 p.m.</td>
<td>AC 156</td>
<td>Melisaris</td>
</tr>
</tbody>
</table>

### Do You Want to Live Life to the Fullest?

Success and happiness are what most of us seek as part of our work-life balance changes during our life span. Learn about Neuropsychology and understand how to achieve our maximum potential. Join Dr. Elizabeth Saxon to learn techniques to manage interpersonal relationships at home and/or work.

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<tr>
<td>16075</td>
<td>T</td>
<td>3/19</td>
<td>2-3:30 p.m.</td>
<td>AC 156</td>
<td>Saxon</td>
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</table>

### Living Purposely and Courageously: Choosing Joy

Some people allow past failures and disappointments to stop them in their tracks or replay them over and over in their minds. Others view them as challenges that can lead to greater opportunities. If you find yourself having difficulty letting go of the past, this course is for you. If you need a nudge forgiving a hurt, trying something new, or taking a calculated risk, this interactive course will help you identify those areas that are roadblocks for you. Most importantly, you will learn strategies to change your thinking and help you to choose joy. Dr. Rosell Jenkins, the founder of MW Solutions, PC, will teach the class. She is described by her colleagues and clients as enlightened, insightful, calming, funny, and direct. She is engaging and lives by the message that she imparts to others.

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<tr>
<td>15842</td>
<td>M</td>
<td>4/8</td>
<td>2-3:30 p.m.</td>
<td>AC 156</td>
<td>Jenkins</td>
</tr>
</tbody>
</table>

### Staying Fit Over 50

Regardless of your fitness capacity, you can maintain basic fitness at any age. Monica Ward will help you learn how in this class. Whether you are fit or physically challenged, you can still be strong and vibrant. This is an interactive class, but you can choose whether to observe or to take part. Wear comfortable clothes if you are even thinking of trying some of these easy exercises.

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<td>14916</td>
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<td>2-3:30 p.m.</td>
<td>AC 156</td>
<td>Ward</td>
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</tbody>
</table>

### HISTORY

#### Western Civilization: Etruscans through Republican Rome

Join Mike Adams for a continuation of his popular series about the history of Western Civilization. This series begins with two lectures about the mysterious Etruscans, moves to the ancient Greeks, especially as they related to the Etruscans and Romans, then closes with the Roman Republic.

- **Mysterious Etruscans, Part I**
  - Reg. # 14837
  - Day: Th
  - Date: 2/14
  - Time: 2-4 p.m.
  - Location: AC 156
  - Instructor: Adams

- **Mysterious Etruscans, Part II**
  - Reg. # 14947
  - Day: Th
  - Date: 3/7
  - Time: 2-4 p.m.
  - Location: AC 156
  - Instructor: Adams

- **Ancient Greeks**
  - Reg. # 15249
  - Day: Th
  - Date: 4/4
  - Time: 2-4 p.m.
  - Location: AC 156
  - Instructor: Adams

- **Roman Republic**
  - Reg. # 15368
  - Day: Th
  - Date: 4/25
  - Time: 2-4 p.m.
  - Location: AC 156
  - Instructor: Adams

### The Port That Built Houston: A Compact History of the Port of Houston

“The town that built the port that built the city.” The Port of Houston is an integral part of the city and is a major reason that Houston grew and thrived. The class provides a tour of the history of the port from its beginnings to the present day. The Port is intertwined with the petrochemical, oil and gas, medicine, and aerospace industries. Come and learn from Garret Berg with the Port of Houston about the Port and how it has made Houston what it is today.

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<td>16076</td>
<td>W</td>
<td>3/27</td>
<td>2-3:30 p.m.</td>
<td>AC 156</td>
<td>Berg</td>
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</tbody>
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**Lone Star College HELPDESK is available 24/7**
832.813.6600

**E-MAIL: KWALL@LoneStar.edu**
**PHONE: 281.312.1750**
**SPRING 2019 COURSE SCHEDULE**
LANGUAGES

Introduction to Chinese and China Culture
This class will teach very basic Chinese language and give you an introduction to Chinese culture. It will be helpful for you to explore and learn this large country. Your instructor is Ying Shen.
14836  W  2/13  2-3:30 p.m.  AC 156  Shen

Italian Conversation
Your instructor, Tony Bussio, was born in Treviso, Italy, and loves the culture, language, food and travel. Learn basic Italian phrases and you will have a more enjoyable and authentic experience when traveling to Italy. Discussions on food, culture, travel, etc. Class meets on 2/26, 3/20, & 5/8.
16072  T,W  2/26-5/8  4-5 p.m.  AC 156  Bussio

Spanish Conversation
Your instructor, Xia Bussio, was born in Venezuela, and loves the culture, language, food and travel. Learn basic conversational skill to be able to communicate with confidence in Spanish phrases (Castellano) and have a more enjoyable experience when traveling to a Spanish-speaking country. Class meets on 2/5 & 2/25, 3/4 & 3/19, 4/2 & 4/23, and 5/1 & 5/7.
16071  M,T,W  2/5-5/7  4-5 p.m.  AC 156  Bussio

READING & WRITING

Atascocita Book Club
Come out for great socialization and discuss the following books: The Paris Wife, by Paula McClain (Feb. 19), The Optimist’s Daughter, by Eudora Welty (Apr. 23). Mattie Sharp will facilitate the group.
14882  T  2/19  2-3:30 p.m.  AC 156  Sharp
15364  T  4/23  2-3:30 p.m.  AC 156  Sharp

SAFETY

AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license. Bill Power will present the class.
15157  Th  3/28  1-5 p.m.  AC 156  Power

Active Shooter: Run, Hide, and Fight
Join an officer from the Lone Star College Police Department to view and discuss a short documentary film on what to do when confronted with an armed intruder event. A question and answer session will follow the film.
15136  T  3/26  2-3:30 p.m.  AC 156  LSC Officer

What’s in Your Wallet? How to Protect Your Identity
Thieves Don’t Want Your Money, They Want Your Identity! With all the data breaches in the news, identity theft is a serious problem in today’s society. In fact, it’s one of the top complaints to the Federal Trade Commission. Many identity theft problems come from the mishandling of our information. Join Toni Harris Taylor to learn: what are the 10 areas of your life you need to protect NOW; why NOW is the time to get serious about protecting your identity; the best practices to protect your identity.
14711  T  2/12  2-3:30 p.m.  AC 156  Taylor

SCIENCE & NATURE

Mammals of East Texas
Learn about the mammals of East Texas and how to identify scat and tracks. Learn how to use a field guide to identify species found around the park. Take a hike along trails known to frequent wildlife in search of scat and tracks that we can identify.
15847  F  3/22  9-11 a.m.  LHWP  Park Naturalist

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

Mammals of East Texas
Learn about the mammals of East Texas and how to identify scat and tracks. Learn how to use a field guide to identify species found around the park. Take a hike along trails known to frequent wildlife in search of scat and tracks that we can identify.
15847  F  3/22  9-11 a.m.  LHWP  Park Naturalist
Orienteering and Topography: Finding Your Way When It Floods

Use the geological survey map to look at elevations and depressions relative to flooding issues in local areas. Differences in run off, overflow, torrential downpour and man-made drainage blocking concerns relative to land contours. Work with a compass to find/avoid flooded areas in the local area.

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

Simple Succulents

In this creative DIY class, students will construct their own miniature succulent garden to take home, all while discovering the environmental and health benefits of these low-maintenance plants. Each student should bring their own glass container. A variety of affordable glassware (mason jars, small vases, glass candle holders, etc.) can be found in secondhand stores. Please limit the widest diameter to 6 inches and under, and limit the height to 8 inches and under. Note: The last day to register for this class is January 7, 2019.

Freshwater Aquariums

Learn to build a successful habitat for a variety of freshwater species. Students will gain an appreciation not only for the intricacies of design technique, but for the mental health benefits and improved well-being associated with tending to a teeming ecosystem.

Carnivorous Plants

Discover the many fascinating varieties of native carnivorous plants and learn how each attracts, captures, and digests its prey. After an engaging presentation, students will take a stroll out to the park’s very own eponymous Carnivorous Plant Pond where they can apply their knowledge in the real world.

SENIOR ISSUES

What is Medicare Advantage?

You will learn what the qualifications are, how to enroll, when to enroll, what the costs are, and how Medicare “C” actually works. As always, bring Peggy your questions! Learn if Part “C” is the best choice for you.

How Do I Choose a Medigap Policy?

Learn how to select from among 10 Medigap plans, determine which one is best for you, and how to enroll.

Being Prepared. Isn’t Just For Boy Scouts

What do these things have in common: Family documents, sleeping bag, fire extinguisher, books, games, bleach, plastic bags, tape? All of these items are part of an emergency supply kit that will save your family heartache and see them safely through an upcoming disaster. Are you prepared? Join us to learn how to safeguard yourself and family during a man-made disaster or a natural disaster. The instructor is MaryAnn Kelley, Project Coordinator of the Evelyn Rubenstein Jewish Community Center in Houston.

How to Protect Your Medicare Dollars

Today, in Texas, hundreds of elderly Texans are receiving harassing phone calls and personal visits from scam artists seeking to make a fraudulent dollar off Medicare. The predators offer seniors “free” durable medical equipment (DME) such as knee braces, and more—items they neither want nor need—and taxpayers end up footing the bill. Experts say the price tag is staggering: up to $250 billion per year. Come and learn from Thomas Call how to detect and prevent Medicare and health care fraud.

Preparing for Life’s Changes

Life brings many changes. Join Tamara Hensarling Paul as she discusses what can happen when you go through changes in life due to a death of spouse, remarriage, divorce, etc., and how these changes can affect your estate planning needs. She will discuss what type of documents individuals and couples need to have in place as they go through the changes in life that occur due to incapacity or death issues.

JOIN US FOR OUR SPRING OPEN HOUSES

LSC-Atascocita Center
Thursday, January 10
2-4 p.m.
15903 West Lake Houston Parkway
Houston, TX 77044
For more information, call 281.312.1750

LSC-Kingwood
Thursday, January 29
1-3 p.m.
LSC-EMCID Center
21575 Highway 59N
New Caney, TX 77357
For more information, call 281.312.1750
TRAVEL & CULTURE

The World is Waiting, Let’s Travel!
All who wander are not lost, but just long to see more of our bright, beautiful world. Join local travel specialists, Diane Blanco and Kathy Adkins as we “visit” some of the wonderful places just waiting for you. In addition to discovering new, exciting destinations, you will also learn about new venues for travel whether solo or in groups. Packing is an art unto itself and can make or break a trip and your back! Learn to do it right. If you have specific destinations in mind and travel related questions to be addressed at the class, please feel free to email one of the instructors: Diane.Blanco@Frosch.com or Kathleen.Adkins@Frosch.com.
14907  T  2/26  2:30 p.m.  AC 156  Blanco/Adkins

TRIPS & TOURS

When signing up for METRO/METRORail and Harris County Precinct 1 trips, participants MUST complete a Participant Release and Indemnification Agreement form for each trip. Please note that registration forms are NOT used for trips, members are placed on the trip list by the date/time the fully executed Participant Release and Indemnification Agreement is received. Forms can be found on the Academy for Lifelong Learning LSC-Kingwood website: LoneStar.edu/ALL-Kingwood. Most tours require an entry fee payment and participants are responsible for lunch at their own expense. Participants that are confirmed to go on the trip will receive a phone call from the volunteer trip coordinator to discuss details. IF YOU DID NOT RECEIVE A PHONE CALL YOU DID NOT MAKE THE TRIP. If you need to cancel, please phone 281.312.1756.

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

For Harris County Precinct 1 trips: You MUST be at least age 55 (Policy of Harris County Precinct 1).

Precinct 1 Bus Trip: Tour of Houston TranStar
Join us for a guided tour of Houston TranStar. The Houston TranStar consortium is a partnership of four government agencies that are responsible for providing Transportation Management and Emergency Management services to the greater Houston Region. These agencies include: The Texas Department of Transportation, Harris County, The Metropolitan Transit Authority of Harris County, and the City of Houston. After the one and one-half hour tour, we will have lunch at Cleburne Cafeteria. Admission is free for the tour, however, lunch will be on your own. The Precinct 1 bus will depart from the Atascocita campus.
14811  T  2/12  8:45 a.m.-3:30 p.m.  Offsite  Newton

“I like being a member because it is great opportunity to serve the community, meet new people and learn something new all at the same time.”
Curtis Holland, LSC-Kingwood ALL

Precinct 1 Bus Trip: TBD
The destination for this trip was not known at time of publication, but be sure to mark your calendars and save this date. Individuals will not be able to sign up for this trip until a site has been determined. Watch your weekly emails for additional information.
15203  W  4/3  8:45 a.m.-3:30 p.m.  Offsite  Newton

METRORail and METRO Using Your New METRO Card
Ride the METRO bus downtown and continue on the METRORail to the end of the line before returning to the museum district. We will stop at the Museum of Fine Arts for a short visit. While there, you can tour the permanent exhibits at the museum free and/or have lunch at your own expense. Steve Wright will be your tour guide. Participants must have received their METRO bus passes BEFORE taking this trip. Travel expenses using the card via METRO are reduced for those aged 65-69 and free for those 70 and over. When you register for the class, you will be given the form to complete to obtain your pass. You must allow at least two weeks to receive your card in the mail. It’s easy and we will help you, just bring your driver’s license!
15380  Th  5/9  9 a.m.-3 p.m.  Offsite  Wright

Tour University of Houston Campus
This tour involves extensive walking. Founded in 1927 as a night school, U of H is now a major urban institution. Led by Preservation Houston’s Jim Parsons, walk through the campus visiting buildings designed by some of Houston’s best-known architects and exploring the impressive collection of public art. Cost is $15/person for the tour, plus lunch on campus at your own expense. You will need $3.25 each way for the METRO bus and $1.25 each way for the METRORail. Exact change is required.
14692  Th  2/7  9 a.m.-3 p.m.  Offsite  Lively/Parsons

Tour Rice University Campus
This tour involves extensive walking. Mat Wolff of the American Institute of Architects will lead a tour of the beautiful Rice campus and the school’s public art collection. Cost is $10/person for the tour, plus lunch on campus at your own expense. You will need $3.25 each way for the METRO bus and $1.25 each way for the METRORail. Exact change is required.
14948  Th  3/7  9 a.m.-3 p.m.  Offsite  Lively/Wolff

Check Out Our Website!
LoneStar.edu/All
Table of Contents

Arts & Crafts ............................................. 36
Computer & Technology ............................. 37
Culinary Arts, Food & Cooking .................... 38
Financial & Legal ....................................... 38
Fun, Hobbies & Recreation ......................... 40
Gardening ................................................ 40
Genealogy ................................................ 41
Health, Fitness & Nutrition ......................... 41
History ................................................. 45
Languages .............................................. 46
Movies, Music & Theater ............................ 46
Philosophy ............................................. 47
Political & Community Affairs ..................... 47
Reading & Writing ..................................... 48
Safety ............................................... 48
Science & Nature .................................... 49
Senior Issues ....................................... 50
Travel & Culture ..................................... 50
World Religions ..................................... 51

Important Information:

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

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

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

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

ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Saturday, January 12, 2019
11 a.m.-2 p.m.
Building B-150 Atrium

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

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

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

Mail Registration Forms to:
LSC-Montgomery/ALL
3200 College Park Dr., E205
Conroe TX 77384

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All classrooms at The University Center (TUC) are posted at the Info Desk in the Main lobby on the day of the class.

TUC The University Center at Montgomery
A Commons Building, 1st - Wellness Center, Bookstore, Commons, Child Care Center, 2nd - Academic Classrooms
B Health Science Center
C Student Services Center, 1st - Admissions, Advising, Financial Aid, 2nd - The Learning Center, Testing Services
D Performing Arts Center, 1st - Theatre, Art Gallery, 2nd - Art & Music
E Administration Building, 1st - Executive Offices, Business Office, 2nd - Continuing Education, Technology Services, Education for Tomorrow Alliance
F Library Building, 1st - Library, 2nd & 3rd - Academic Classrooms
G General Academic Center
H Music Hall
S Sports Fields/Courts
SP Student Parking
**MEMBERSHIP – CAMPUS**

Attend many classes at Lone Star College-Montgomery Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $25. If you joined in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

<table>
<thead>
<tr>
<th>Reg. #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>15326</td>
<td>W</td>
<td>1/16-8/14</td>
<td>10 a.m.-12 p.m.</td>
<td>TUC 301A</td>
<td>Howerton</td>
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<td>12768</td>
<td>W</td>
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<td>12:30-2:30 p.m.</td>
<td>TUC</td>
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**Crocheting 2**

In this course we will make an afghan using six different squares. Student must know the four basic stitches (completed Beginner Crochet 1).

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**Crochet Pattern Series**

Our first class will be learning the crocodile stitch, which is a variation of the petal stitch and is used to crochet gloves, purses, afghans, etc. Patterns will be sent prior to class. For each class, we will learn a new pattern that can be completed in one session. We will meet every other Thursday: 1/10, 1/24, 2/7, 2/21, 3/7, and 3/21.

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**Flower Power Club: Afternoon Session**

Previously called Fuxico Club. Come join us each month in a relaxed and fun environment to create beautiful fabric crafts. Challenge yourself and your friends with new ideas and proposals. Supplies will be provided by the teacher, but you are welcome to bring your own. Fabric donations are graciously accepted. Meets in the afternoons on the 1st Tuesday of the month: 3/5, 4/2, 5/7.

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**Fuxico: Brazilian Fabric Flower Making (Afternoon Session)**

Join Rosa Pfeiffer to learn how to make beautiful fabric flowers and seasonal crafts. A kit will be provided so that you can learn at no cost. There are so many ways to use flowers to bring joy! Students should bring their own scissors to cut fabric. You can meet for the morning or afternoon class. This class is limited to 20 students.

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**Flower Power Club: Morning Session**

Previously called Fuxico Club. Come join us each month in a relaxed and fun environment to create beautiful fabric crafts. Challenge yourself and your friends with new ideas and proposals. Supplies will be provided by the teacher, but you are welcome to bring your own. Fabric donations are graciously accepted. Meets in the mornings on the 1st Tuesday of the month: 3/5, 4/2, 5/7.

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**Japanese Origami Crane**

Offered again this semester, this class is limited to six students. There will be lots of practice opportunity during class so everyone can learn how to make a perfect paper crane by the time the class finishes. Some homemade Japanese sweets with fine Japanese green tea will be offered while chatting about Japanese culture. Join us for a hands-on fun class!

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**Jewelry for Beginners**

Come and learn how to create beautiful and fun pieces of jewelry. Learn to repurpose or repair your own jewelry. This class is limited to 15 students. Supplies will be provided.

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**Jewelry 2**

Have fun making a different piece of jewelry each week. Jewelry-making supplies will be provided. You are welcome to bring supplies from home. This class is limited to 15 students.

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“ALL is a big part of my life here. It serves as social, intellectual, educational, etc. aspects. I always take away something of value from every program! Long live ALL!”

Martha Haydel, LSC-Montgomery ALL Member
Unless otherwise noted, all classes are held in The University Center (TUC). Class rooms may be posted at the Info Desk in TUC 301A on the day of class.

### COMPUTER & TECHNOLOGY

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

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

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

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**Navigating the Electronic Jungle: Tips & Tricks for iOS Devices**

Learn to make your iPad and iPhone work for you. Randy Melin will cover the basics and share tips to make your device the center of your communications universe.

**Digital Scrapbooking or What to do with your Digital Photos**

Have you ever wondered what to do with all your digital photos? Learn how to use digital photo programs to make scrapbooks, cards and other things. Makes great gifts. Must have Lone Star username and Password for first class.

**Computer Orientation**

Become a savvy Lone Star computer user! We will show you how to get your LSC username & Password to give you access to school computers on multiple campuses. You’ll also gain access to your student email, which will keep you abreast of campus activities and give you access to free/discounted software. Please bring your student ID (obtained after enrollment form is received by Lone Star). We’re going electronic, so don’t be caught on the wrong side of the digital divide!

**MS PowerPoint**

This Course will cover many of the features of MS PowerPoint such as Slide Creation, Slide Animation, Insertions into Slides, etc. We will build a short presentation and work with that to do the things mentioned. Given time we can address anything else the class may want to touch on. If you want to save your work, please bring a Flash Drive to put it on.

**Using Social Media to Build Your Own Platform**

How can you best use Facebook and other social media? Want to build your own personal platform? This workshop will explore the social media/platforms and tools available, how you can use them, how to guide what your children implement, and help prepare your kids for a safer independence. This workshop is appropriate for parents, grandparents, professionals and caregivers. It offers two hours of Continuing Education Contact Hours available for: LPCs, LMFTs, Social workers, CPE for Educators and Psychologists, via www.adda-sr.org at a separate cost of $10/learner for processing costs, payable to ADDA-SR.

**iPhone/iPad Tips for Intermediate Users**

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

**February Consult-a-Tech**

Come practice your computer skills or work on a problem under the supervision of the ALL Volunteer Technology Team. This is a great time to try out the AV equipment, so you’ll be ready to teach an ALL class! In a comfortable environment feel free to practice and have your Frequently Asked Questions (FAQ) answered. May obtain LSC username and password here.

**Windows 10 Primer**

Windows 10 is the standard now, so why not learn the basics and maybe a bit more? You will pick up tips to make your computer time more enjoyable and productive from Angie Carns, who as a Microsoft Tech Previewer, worked with Windows 10 before it became available to the public. Must have LSC username and password to take this course.

**March Consult-a-Tech**

Come practice your computer skills or work on a problem under the supervision of the ALL Volunteer Technology Team. This is a great time to try out the AV equipment, so you’ll be ready to teach an ALL class! In a comfortable environment feel free to practice and have your Frequently Asked Questions (FAQ) answered. May obtain LSC username and password here.

**Secure Your Computer System and Online Identity**

This five-week series reveals the how’s and why’s of securing and protecting your computers, your cell phones and other portable devices as well as your incoming data via your modem. You’ll also get tips on protecting your data, your email and your online identity from long time computer worker Matt Carey. No class 4/19: Spring Holiday.
You and Your Android
Review the functions and settings of your Android device. Learn how to download and organize apps and icons, as well as how to use the commonly built-in apps like Bluetooth, Wi-Fi, Hot Spot, and Airplane mode.

Gmail
Gmail Angie Carns sings the praises of Google’s Gmail for safety and ease of use. Come find out why it’s simply the best free email program available for such features as excellent spam control and the ability to give your email multiple labels to make it easier to track and find. We’ll also take a look at how Gmail can control all your other email accounts, including your LSC student email. Must have ALL username and password to take this course.

CULINARY ARTS, FOOD & COOKING
On the Road to Healthy Living: Mobile Cooking School
Join Amy Ressler, Montgomery County Extension Agent: Family and Consumer Sciences, as she presents the “On the Road to Healthy Living” mobile cooking school funded by Montgomery County United Way’s Healthy Living Alliance. This is a three-part series that will include nutrition and food safety lessons along with preparation of healthy, tasty, easy-to-prepare meals. In each class participants will work together to try new recipes and utilize preparation skills, then sit down and eat together while discussing ways to live and be healthy every day. No new members can sign up after the first class as the material from each class will build on itself. Class size is limited to 24. Class will meet on the first floor behind the elevator in the University Center.

Fruit Carving
Join Su Yossunthorn and learn the art of fruit carving. Su is a graduate of the Culinary Academy of Las Vegas. This course will include lecture, demonstration, and hands-on practice. The carver will practice knife skills using simple tools and techniques by carving a variety of fruits and vegetables into the shapes of water lilies, wild yellow flowers and leaves. Students should bring the following materials: small carving knife, paring knife, vegetable peeler, food scissors, plastic container and lid, small cutting board, medium plastic bowl, plate, and melon baller. Students should also bring the following fruits and vegetables: one firm, fresh, smooth bowl, plate, and melon baller. Students should also bring the following materials: small carving knife, paring knife, vegetable peeler, food scissors, plastic container and lid, small cutting board, medium plastic bowl, plate, and melon baller. Students should also bring the following fruits and vegetables: one firm, fresh, smooth skin cucumber, one carrot medium or large, one apple, any kind/color, and one firm cantaloupe. Class will meet on the first floor behind the elevator in the LSC-University Center.

Introduction to the Electric Pressure Cooker
Introduction to features of the modern electric pressure cooker and how to use one. Taught by Mike McBride of Texas A&M AgriLife Extension Service. Class will meet on the first floor behind the elevator in the University Center.

FINANCIAL & LEGAL
Credit Reports/Scores and Loans: The Good, the Bad, and the Ugly
The Better Business Bureau Education Foundation wants to educate all consumers on their credit reports/scores and how to recognize the red flags related to loan products that too often come with abusive conditions/terms. Demystify your credit worthiness and those “convenient” loans which end up being anything but.

News & Views from the Probate Court
This workshop allows members to hear from our local probate judge on what one should know about our local county probate court. She will share her views on what the public should know about the probate process, guardianships, and the forecast for changes to the court. Find out about representing yourself in court and when you must be represented by an attorney.

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

Roadmap to Retirement
This workshop helps you identify easy-to-tackle “mile-markers” – crucial decision points that can make a difference in your retirement lifestyle. This workshop will cover: How to review your asset allocation and retirement strategy; Ways to estimate healthcare and long-term care costs and create a plan to deal with them; The pros and cons of rolling money to an IRA; Strategies to get the most out of your Social Security benefits; The importance of regular beneficiary reviews.

Veteran & Survivor: VA & State Benefits
Find out more about the Department of Veterans Affairs and benefits for veterans, their dependents, and surviving spouses. We will address the eligibility of veterans and survivors for monetary benefits, healthcare, burial, and state benefits. Services offered through the Montgomery County Veterans Service are detailed.

Taxation in Retirement
This workshop will discuss strategies to mitigate taxation in retirement and taxation of social security. Additionally, the very important topic of required minimum distribution (RMD) rules and the tax effect of those rules will be covered.
Outsmart the Scammers and An Investor’s Tour of Mutual Funds
Learn to outsmart the scammers and the techniques they use to confuse us. Then take a tour of mutual funds features and other information to help with your investing plans and overall investment knowledge.
15841 T 2/12 10 a.m.-12 p.m. TUC Dosier

What Documents Do I Need to Have in Place Now?
This workshop is a discussion of various advance directives and testamentary documents (including a Will), their uses, which are time sensitive, and the repercussions of not having the documents in place.
15379 T 2/19 10 a.m.-12 p.m. TUC Daniche

How to Protect You and Your Stuff in Three Easy Steps
In order to create an estate plan that will provide you with financial protection and mental peace of mind, you need to know the RULES, your PREDATORS and your OPTIONS. This class will discuss in detail what documents you need, how to put your “voice” in them, how they work, how to make them effective and how to use them to protect you and your “stuff” from predators and creditors such as the government, long term care costs, etc.
15381 W 2/20 3-5 p.m. TUC Smith

Medicare 101
Confused about Medicare? This class will help beneficiaries understand Medicare, learn about misconceptions, and know when and how to apply. Learn what Parts A, B, C, and D cover and the costs associated with participation; understand your options.
15502 T 2/26 10 a.m.-12 p.m. TUC Wilburn

Investing & Taxes: It’s Really Not That Complicated
A conversation about investing is incomplete if taxes are not mentioned. This course will discuss how investments are taxed. You will learn how to invest efficiently, how to make full use of tax-advantaged accounts, and how to strategically plan your taxes around your investments.
15382 T 3/5 10 a.m.-12 p.m. TUC Northum

Asset Management
In this class, we will discuss various types of investment strategies and the importance of having a structured plan in place. We will also look at market volatility and how it can affect your financial future. We will explore the distinctive characteristics of a Mutual Fund, Managed Account, and Annuity (Fixed and Variable), the difference between Strategic Management and Tactical Management, Fund Allocation and how it affects your money lasting throughout retirement, and the impact of a loss on a portfolio.
15388 W 3/6 3-5 p.m. TUC Sofia

Making Your Money Last in Retirement
Are you counting on cost of living increases with Social Security? Are you concerned about potential healthcare costs? This class will present various strategies to help you preserve your savings and investments, develop a structured plan, and not outlive you and your loved one’s money.
15836 T 3/19 10 a.m.-12 p.m. TUC Sofia

Basic Stock Valuation and Analysis
This is a comprehensive course designed to provide you with conventional techniques in researching and valuing stocks. Starting off with the basics, you will learn how to read financial statements and calculate financial ratios, and then move on to perform industrial comparisons, stock valuations, and conduct economic-industrial research. This course is taught in a manner that uses everyday language, simple yet insightful analogies, and a “just the facts” attitude that you will understand and appreciate. By the end of this course, you will have a strong foundation in the analysis and valuation of stocks.
15383 W 3/20 3-5 p.m. TUC Jablonski

Estate Planning: Why It Pays to Plan Ahead
This workshop provides an overview of trust categories, explains different types of trusts and how they are used in an estate plan, the differences between revocable and irrevocable trusts, sole benefit trusts, Miller trusts, special or supplemental needs trusts, as well as trust administration, including the responsibilities of a trustee.
12777 T 3/26 10 a.m.-12 p.m. TUC Wright

Investing During Uncertain Times
The last decade or so has shown us a new economic reality marked by dramatic highs and lows in the markets. If you are interested in what caused this chaotic market behavior and how to manage your risks - you are not alone. This workshop will cover the economic cycle and the importance of investing for all of its phases.
15384 T 4/2 10 a.m.-12 p.m TUC Jablonski

Victims of Crime
The public is quite familiar with defendants’ rights; however, victims are not too familiar with all their rights. Hear a specialist from the Sheriff’s Office discuss criminal justice support, advocacy, and resources available to victims, survivors, families, and the community experiencing crime/trama, regardless of the severity of the situation.
15385 T 4/9 10 a.m.-12 p.m. TUC Young

What Every Homeowner Should Know About Home Insurance
As another hurricane season approaches, gain an overview of the Texas Homeowners Policy to determine where the insured can locate information about coverages, exclusions, conditions applying to both parties, and limits of coverage. Each participant is encouraged to bring his or her own policy to better understand his or her current coverage.
15386 T 4/16 10 a.m.-12 p.m. TUC Hutson
Electric Vehicles and Solar Power: Why and How
The workshop will introduce electric plug-in vehicles and solar power. A volunteer from the Houston Renewable Energy Group will explore the benefits of electric vehicles and solar power plus what it is like to own and drive an electric vehicle or power a home with solar. Find out how to effectively purchase/lease an electric vehicle or solar system.
15387 W 4/17 3-5 p.m. TUC Douglass

Navigating Tax Appraisal Season
Property tax appraisal time comes every spring. Hear more about how the system works in Montgomery County, the exemptions and freezes available, and how you may protest with the Appraisal Review Board.
13778 T 4/23 10 a.m.-12 p.m. TUC Belinoski

Know Your Investment Products: Ladies Only
If you don’t know an annuity from an actively-managed mutual fund, come to find out how to identify and choose various products tailored to meet your personal situation. Whether you are single, divorced, or widowed, you need to know about your finances to provide liquidity, low costs, and income generation. PS - men are welcome, too.
15389 T 4/30 10 a.m.-12 p.m. TUC Chapman

Probate 101
This workshop covers the basics of the probate process in Texas and will discuss some common reasons why out-of-state wills may complicate the process. Explore various alternative probate proceedings available in Texas and also some practical ideas on how to simplify and reduce the need to probate a will.
15390 T 5/7 10 a.m.-12 p.m. TUC Bulgawicz

Daytrippers
Meets 1st Wednesday of each month: 2/6, 3/6, and 4/3. The 1st meeting is organizational. Bring your ideas, calendar, and checkbook (for $5 donation). Trips are taken in and around Houston up to 1.5 hour’s drive, such as to the Museum of Natural Science and NASA, Walden Yacht Club, Holocaust Museum and Wolf Sanctuary. NO BUS. We carpool, so drivers are needed. It’s a great way to see new sights and form new friendships.
12181 W 2/6-4/3 2-4 p.m. TUC Hancock

What Do Standard Bridge Bids Mean?
Many bids have standard meanings in the Standard American System. It’s important to know the meanings so the partners will be on the same wave length. Forcing bids are just that. Of course, there is room for partnership agreements.
14927 T 3/25 10 a.m.-12 p.m. TUC Fisher

Common Bridge Mistakes
Learn about common mistakes that are made in bridge. Learn which bids and plays people get wrong because no one ever explained why they’re wrong.
15837 T 4/9 10 a.m.-12 p.m. TUC Kroll

Tree Care and Tips for the Homeowner
This is the opportunity to learn from the experts on how to properly care for your trees. Come and learn tips for pruning, mulching, fertilization, and insect control.
12854 F 2/6 10 a.m.-12 p.m. TUC Dolphin

GARDENING

Bridge Club
Have fun with other bridge players. This is informal. Just sign up and attend when you are available. Many who show up are novices. The club meets every Wednesday.
15391 W 1/16-8/14 1-3 p.m. TUC 301A Gorman

Bridge for Beginners
This course is intended for the true beginner. If you want to learn to play bridge, or played many years ago and want to play again, this is the course for you. The course will be a combination of lecture and play. The lecture will address the rules of bridge, the etiquette of play, scoring, Goren bidding convention, other bidding conventions of interest, and a short discussion of other types of bridge. Once the background has been laid we will introduce play using on screen open hands as group practice followed by dividing into tables of four for actual play. If you wanted to learn to play bridge, here is your chance. This course will get you started, for becoming a bridge grand master you are on your own.
15396 M,W 1/28-2/6 10 a.m.-12 p.m. TUC 301A Newell
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<th>Course</th>
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<td>The following classes will be at Jesse H. Jones Park &amp; Nature Center,</td>
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<td>a 333-acre nature park located approximately 1.25 miles west of US</td>
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<td>it dead-ends into the park. Call 281.446.8588 if you get lost and</td>
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<td>need directions. The park preserves Native American and pioneer</td>
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<td>lifestyles that were commonly found along the banks of Cypress and</td>
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<td>Spring Creeks during the late 1700s and early 1800s. Classes will</td>
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<td>begin in the Visitors Nature Center at the entrance to the park.</td>
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<td>All classes include walking tours after the indoor presentations, as</td>
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<td>weather permits. Be sure to bring water, sunscreen, and bug spray.</td>
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<td>Simple Succulents</td>
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<td>In this creative DIY class, students will construct their own</td>
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<td>miniature succulent garden to take home, all while discovering the</td>
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<td>environmental and health benefits of these low-maintenance plants.</td>
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<td>Meets at Jesse H. Jones Park. The last day to register for this</td>
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<td>class is March 4.</td>
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<td>Carnivorous Plants</td>
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<td>5/3</td>
<td>1-3 p.m.</td>
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<td>Discover the many fascinating varieties of native carnivorous plants</td>
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<td>and learn how each attracts, captures, and digests its prey. After</td>
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<td>an engaging presentation, students will take a stroll out to the park</td>
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<td>’s own eponymous Carnivorous Plant Pond where they can apply their</td>
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<td>knowledge in the real world. Meets at Jesse H. Jones Park.</td>
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<td>GENEALOGY</td>
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<td>Where did I come from? Putting Together your Family History</td>
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<td>1/23-2/20</td>
<td>10 a.m.-12 p.m.</td>
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<td>After completing the course, students will be able to use FamilySearch.org to preserve and share their own family’s history; understand unique historical record types and search records for their own ancestors; transcribe digital images to help others find their families; discover their own ancestors and learn to help others do the same.</td>
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<tr>
<td>HEALTH, FITNESS &amp; NUTRITION</td>
<td>T</td>
<td>1/15-4/23</td>
<td>5:30-7:30 p.m.</td>
<td>A-118</td>
<td>Saegusa</td>
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<td>Beginners Tai Chi Yang 8 Step and Advanced “Fan”</td>
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<td>Beginners Basic Yang 8 step Tai Chi: breathing, posture, advancing</td>
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<td>movements. For those who have finished the 12 week 8 step class will</td>
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<td>advance to the form. Both groups meet in A-118. Twelve week curriculum. Please make plans to attend most of these classes for best benefit, a minimum of four classes. Must register on <a href="http://www.saegusa.com">www.saegusa.com</a> also.</td>
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<td>Exploring Nutrition and Popular Diets</td>
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<td>Start your new year off with learning about how various popular</td>
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<td>diets compare and contrast with Nutritional Balancing Science. We</td>
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<td>will look at low fat, high fat, vegetarian, vegan, Mediterranean</td>
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<td>and a host of others to see how they really affect our bodies in the</td>
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<td>long term.</td>
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<td>LOGOTHERAPY</td>
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<td>1/16-1/18</td>
<td>1-3 p.m.</td>
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<td>Logotherapy is a form of a mental health approach to help</td>
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<td>individuals discover meaning and purpose in life, no matter the</td>
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<td>circumstances or stage of life. Based on the work of Viktor Franklin,</td>
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<td>M.D., Ph.D., and utilizing Socratic dialog, paradoxical intention,</td>
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<td>and dereflection, logotherapy emphasizes the defiant power of the</td>
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<td>human spirit.</td>
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<td>Functional Fitness</td>
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<td>3-5 p.m.</td>
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<td>Functional Fitness training with a 45-minute workout. The class</td>
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<td>consists of 27 different workouts with every class being a new set</td>
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<td>of circuits. The workouts are created by the F45 Athletics and Peak</td>
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<td>Performance Department from a database of over 3,000 different</td>
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<td>exercises so you never see the same workout twice. These are in the</td>
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<td>form of cardio-based and strength-based workouts. Class meets at</td>
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<td>F45 Training, 3091 College Park Drive, Suite 160.</td>
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<td>Brain Fitness</td>
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<td>This class covers how the brain is organized and how it works. What</td>
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<td>are the signs/symptoms of cognitive decline? What are the general</td>
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<td>measures one can take to slow or prevent cognitive decline? What are</td>
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<td>some specific “brain training” measures? This will update last year’s</td>
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<td>Better Living With Rosemary: What Can Hair Analysis Reveal?</td>
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<td>Did you know that taking too much of any one vitamin or mineral can</td>
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<td>be harmful? Do you have brittle hair and nails? Perhaps it is an</td>
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<td>imbalance of copper. Hair mineral analysis is the most efficient</td>
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<td>means of determining exactly what vitamins and minerals your body</td>
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<td>needs. Hair analysis is an invaluable screening tool which allows a</td>
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<td>correct program of diet and targeted supplementation to be designed</td>
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<td>for each individual’s specific needs. Minerals are the “sparkplugs”</td>
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<td>of life and are involved in almost all enzyme reactions within</td>
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<td>our marvelous bodies. Without these reactions our body will die.</td>
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<td>This class will discuss how a hair mineral analysis will reveal</td>
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<td>imbalances in the body and how to correct those imbalances.</td>
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<td>Discussed are nutrient minerals, toxic metals, and imbalances.</td>
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<td>Perhaps it is an imbalance of copper. Hair mineral analysis will</td>
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<td>reveal imbalances in the body and how to correct those</td>
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<td>imbalances.</td>
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<td>PHONE: 936.273.7446 SPRING 2019 COURSE SCHEDULE 41</td>
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E-MAIL: MCALL@LoneStar.edu
**Wellness Center Orientation**
Join us for a group-led class that will include an orientation in the LSC-Montgomery Wellness Center; located in Building A. Class will include a facility tour, and an overview of cardio and weight training equipment usage. Learn and practice exercises to help with balance, improve flexibility and strength. A portion of the program will also include functional training exercises. Wear athletic shoes and attire to participate in the program. Lockers are free and available to store personal items. Please provide your own lock.

15438  T,Th  1/29-2/7  8-9 a.m.  A-118  Cooper

**Better Living with Rosemary: Healing Power of Sacred Sites, Shamanic Ceremonies & Plant Medicines**
If you were ever curious about the explosion of plant medicine tourism happening in South America, this class is for you. Join me and my guests, Sheryl Yancey Sitts and Mario Rosales for a conversation exploring shamanism, the power of intention, and various sacred sites and ceremonial practices for healing. Shaman work with the spirit world through the use of drumming, sound and various plants to deepen our awareness and understanding of who we are and our place in the cosmos. We will discuss the process of ceremony, the perspective of underworld/middle world/upper world, the role of intention and importance of integration for deeper healing, and how these ancient rituals are changing lives today, including our own!

13795  T  1/29  10 a.m.-12 p.m.  TUC  Slade

**Stem Cell Therapy and the Future of Healthcare**
Learn about recent advancements in the field of regenerative medicine and stem cell therapy. We’ll discuss stem cell treatment and ongoing research that may change how we treat disease in the future.

15436  T  1/29  12-1 p.m.  Eulitt

**Exploring Nutritional Balancing Science**
The concept of nutritional balancing is that most disease is simply evidence of a body out of balance. When the whole body system becomes re-mineralized, balanced and strengthened at deep levels, most “disease entities” disappear on their own without a need to know all about them, without a need to name them, and without needing to take remedies for them. This theory differs markedly from modern allopathic medicine, naturopathy, homeopathy, herbalism, and almost all nutritional therapies. This course will explore the “nuts and bolts” of nutritional balancing science, and the specific dietary requirements based on a person’s oxidization rate per a properly performed hair mineral analysis. This class is for you if you have tried it all and still feel unwell. This class is not for you if you will not consider eating cooked vegetables.

12815  T  1/29  1-3 p.m.  TUC  Slade

**Buddhist Recommendations for Mental and Physical Wellbeing**
Individual wellbeing is a vital topic in Buddhism. B. Rahula presents the ‘Buddha’s and his enlightened disciples’ discussion on this topic and have offered many effective steps to safeguard one’s physical and mental health. The class will specifically focus on those steps.

15451  T  2/12-2/19  1-3 p.m.  TUC  Rahula

**Better Living with Rosemary: Healing Pain Naturally (Body)**
How do you and your loved ones deal with pain? What is your pain trying to tell you? Pain of the heart, mind and body greatly affects how we live our lives. We all have pain at some time in our life. Join Rosemary Slade in this first class in her Better Living Series as she explores interesting methods of healing pain naturally. Have you ever used Low Level Light Therapy or cold lasers? How about near infrared light therapy or energy medicine. Some better known therapies such as acupressure, acupuncture, chiropractic, myofascial release and trigger point therapy will be covered. Learn about how the use of selected, targeted essential oils can help with pain management. There are alternatives to allopathic medicines and these are a great intro to some known and lesser-known modalities.

15448  T  2/12  1-3 p.m.  TUC  Slade

**Yoga for ALL**
This class is a gentle form of yoga, designed to be easy on the joints for those age 50 and over. Wear comfortable clothing that is not binding. Please bring your own yoga mat. Be prepared to feel relaxed after class. Meets 2/13, 3/20, and 4/24. Limited to 15 students.

15452  W  2/13-4/24  10:15-11:15 a.m.  TUC 301A  Manns

**Doc Talk**
Various health topics will be presented throughout the spring by an affiliated physician on the Hospital’s medical staff or other affiliated health care professional. Each session is an educational program with time for Q & A afterward. Presentations occur on the third Friday of the month on the campus of Memorial Hermann The Woodlands Medical Center in the Canopy Cancer Survivorship Center located within Medical Plaza 1 (MP1), 1120 Medical Plaza Drive in Suite 250. Email Amanda.Rech@memorialhermann.org for topic close to the class date. No fee.

14991  F  2/15-5/17  2-3 p.m.  Offsite  Rech

**Tick-Borne Diseases**
The number of tick-borne infections are increasing in the U.S. and especially in Texas. In this presentation we will talk about the tick life cycle and how to prevent tick bites. We will talk about the diseases that ticks transmit and their diagnosis and treatment.

12808  Th  2/21  3-5 p.m.  TUC  H. Adams
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**Chair Yoga for Everyone**
Go at your own pace as you improve your flexibility, strength, and balance through a series of standing and seated yoga poses set to music. Join certified instructor Regina Jingles to experience the joy of movement. Wear comfortable clothing and bring bottled water.

**Better Living with Rosemary: Healing Pain Naturally (Spirit)**
What if there is a spiritual side to pain? What if the pain that manifests in our physical body is actually a result of imbalance in our spiritual or etheric body? Join Rosemary Slade OTR in part 3 of a 3-part series of classes as we investigate the etheric and spiritual realm and look at another perspective about what could actually be causing physical pain in the body. For example, is your low back pain a result of not feeling supported? Could a sinus infection be because you are “irritated” at someone close to you? Are we really a spiritual being having a physical experience? Let’s explore this and other esoteric ideas about the etheric realms and how pain might be affecting this or vice versa. Please note this class is not a substitute for medical advice nor is it intended to provide medical advice. This class is for informational purposes only. If you have prolonged persistent pain please consult your doctor.

**Essential Oils and Everyday Living**
Come and learn how to incorporate essential oils into your life for everyday living. This class will consist of three sessions. We will talk about the many benefits of essential oils and how they can assist with self-care and family, home and pets and how to properly blend essentials for overall health and everyday living.

**Over-the-Counter Meds: Helpful or Harmful?**
Learn about over-the-counter medications and their benefits and hazards.

**Reiki I**
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.

**Diabetes Self-Management Program**
In the Diabetes Self-Management Workshop participants learn: Techniques to deal with symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems. Appropriate exercise for maintaining and improving strength, flexibility, and endurance. Healthy eating and meal planning, as well as importance of monitoring blood sugars and appropriate use of medications. Communicating effectively with family, friends, and health professionals. Problem solving, action planning, and decision making. Class held at St. Luke’s Hospital Conference Room 2 with Amy Comer. Classes will typically run between 2 to 2 ½ hours. Location: St. Luke’s main campus hospital (with valet), chapel hallway Rooms 1 & 2.

**Spotlight on Lavender Essential Oil**
Participants will learn about lavender and its therapeutic wellness benefits. Participants will have an opportunity to work “hands-on” and create a take home product.

**Recent Medical Developments of Interest to Seniors**
We will discuss recent medical advances that are particularly relevant to seniors. Five or six advances which have been reported in the previous six months will be presented and the significance discussed.

**Basics of Reflexology**
Provide basic information of reflexology and how it can assist the mind and body with balancing.

**How Full is That Glass Really? Scientific-based Strategies to Increase Happiness as You Age**
In this class you will learn from Betty Hollas why we should care about happiness, things that we think make us happy but do not, and what actually does make us happy, especially as we age. You will leave with at least ten strategies you can use in your daily life that scientific research proves can increase your happiness and the happiness of those you care about.

**Meditation with Yulander**
Learn how meditation is the key of releasing and letting go of unhealthy situations and emotions. In this meditation class you will learn basics of meditation and how it can assist with overall balancing of the mind, body and spirit. This is a 3 day class that will consist of the benefits of meditation, how to practice meditation and meditation overview. Each class will include a meditation session.

See an interesting class but haven’t had a chance to register ahead of time? That’s OK! As long as there is space in the class, you are welcome to show up for any session. Pre-registered/enrolled students’ slots are released 10 minutes after the start of a session. So, come on over!
Better Living with Rosemary: Know Who You Really Are (Awareness)
Who are you, really? Why are you here? What are you manifesting? These are your “dessert” years, where you can have fun! Isn’t it great to recognize that you are done with all that struggling you did in your early years? Join me and my guest Sheryl Yancy Sitts of Journey of Possibilities to explore how you consciously and unconsciously create your reality through your beliefs and language. We will explore and implement strategies that you can use now and for the rest of your life that will help you engage your awareness and help you find out who you really are.
15450 T 4/16 1-3 p.m. TUC Slade

Reiki II
Continue on your journey of discovering the ancient art of Reiki healing. Learn more techniques and gain a deeper understanding of the realms of hidden knowledge.
15430 T 4/16-5/7 1-3 p.m. TUC Kujawa

I AM (You Are More Powerful Than You Know) Class 2
Join me for this second class, I AM (You Are More Powerful Than You Know). Do you know that your thoughts create your reality? Positive or negative, it is the thought stream, then the language of those thoughts that create your present. Learn to use the laws of awareness to language and ultimately manifest what you TRULY desire in your life, and have loads of fun doing it!
15513 T 4/30 1-3 p.m. TUC Slade

Better Living with Rosemary: Meditations
Do you find it less than easy to meditate? Have you tried and failed? Do you know that there are different types of meditation and you just might find the meditation that works for you and your individual needs? Have you ever heard of the “monkey mind”? Is your monkey mind still active? Come explore the world of meditation and discover how to implement it in your life. Please wear comfortable clothes and prepare yourself for having some fun.
15441 T 5/7 1-3 p.m. TUC Slade

Teaching My Child/Grandchild Resilience and Independence
This is a scary world. How can we teach our kids/grandkids to think independently, grow into their decision-making, learn consequences and hold boundaries? We will discuss fading prompts, backward chaining interventions, learned helplessness, failure as a teacher, and appropriate risk-taking, so that our kids/grandkids can be ready for their futures.
14918 M 2/4 10 a.m.-12 p.m. TUC Fisher

Building a Positive ARD Experience with Your School District
Any family and/or professional struggling through the ARD (Admittance, Review, and Dismissal) process will tell you it is highly stressful in all ways. This workshop will share personal struggles, best practices learned from experts, proper implementation of the law, working through educational quandaries so that your child/grandchild/student can be intrinsically motivated to learn, and other ideas to help you and yours.
14922 M 2/25 10 a.m.-12 p.m. TUC Fisher

Ways to Intrinsically Motivate Children of all Learning Styles
Want to learn more about motivating children/grandchildren/students? Join us as we discuss in-the-flow, validation, self-directed learning, and better absorption from short-term working memory to long-term memory. This workshop is appropriate for parents, grandparents, professionals and caregivers. It offers two hours of Continuing Education Contact Hours available for: LPCs, LMFTs, Social workers, CPE for Educators and Psychologists, via www.adda-sr.org at a separate cost of $10/learner for processing, payable to ADDA-SR.
14923 M 3/4 10 a.m.-12 p.m. TUC Fisher

Are You a Parent/Grandparent of Learning Differences? Open Forum Q&A
Does someone in your family have learning differences? What can you do? Sign up and bring your questions.
14931 M 4/8 10 a.m.-12 p.m. TUC Fisher

My Kid/Grandkid Can’t Read! What Can I Do About That? Parenting Workshops
We will explore all that I have done to help my child of learning differences move forward with his reading, word comprehension, executive function and working memory.
15443 M 1/28 10 a.m.-12 p.m. TUC Fisher

The next six classes are a series taught by Gayle Y. Fisher, M.Ed., Ed.Tech. Gayle is a mom, educator, author, and founder of two not-for-profit organizations (SpecialNeedsSibs.org and OurTraining@Center.org). She writes at IfWeLearnDifferently.com, and the main web hub is GettingSorted.com.

FRIENDS OF ALL
We are looking for volunteers to help with coordinating the classes in a cluster (such as “Genealogy”). This involves interacting with instructors, sending out emails each week to students, and helping with catalogs twice a year. Most of these duties can be done at home.

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

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

LONE STAR COLLEGE-MONTGOMERY ACADEMY FOR LIFELONG LEARNING
LoneStar.edu/ALL-Montgomery
Autism: Guidelines for Teaching Language to Those who have Difficulty Developing It Naturally
Participants will describe the concept of verbal operants and the importance of teaching each category to individuals with Autism Spectrum Disorder (ASD). Participants will identify 2 differences between language and communication and will be able to discuss the role of motivation in the development of functional language and communication across different ASD learner profiles.

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

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

Edgar Cayce's Discoveries about Creation
Cayce's readings indicate soul groups worked together for spiritual evolutions that resulted in our being what we are today. Readings explore the first through fifth root races (from spirit form to physical monstrosities, to androgynous today. Readings explore the first through fifth root races spiritual evolutions that resulted in our being what we are today.

HISTORY
The Civil War West of the Mississippi
Learn about the often forgotten Civil War west of the Mississippi, including major battles, stories during the war and songs performed on banjo and guitar. The next three classes are a series taught by Lenore Bechtel, who has been a teacher, guidance counselor, journalist, public relations consultant, published novelist, and playwright. After attending an A.R.E. Congress in Virginia Beach, she accepted the challenge to be an Edgar Cayce ambassador, and began teaching classes about Edgar Cayce.

D-Day & the Battle for Normandy 75th Anniversary
The course will cover all five invasion beaches on D-Day 6 June 1944 and the days following in the Battle for Normandy with a special emphasis for the 75th Anniversary upcoming in June 2019 to honor those who fought there.

Caring Corrupted: The Killing Nurses of the Third Reich
This is a 56-minute movie documentary describing the grim reality of how nurses, both prisoners and civilians, abandoned their moral standards and instead used their professional skills to kill their patients and participate in cruel medical experimentation during the Holocaust. It is a cautionary tale for today's ethical challenges in healthcare.

American Civil War: 1863 through 1877 Reconstruction
Return to the pivotal year 1863 when North and South fought pitched battles in Chancellorsville, Gettysburg, and Vicksburg. Follow the war to its conclusion and then relive the times of reconstruction that finally ended in 1877.

History of Western Civilization: Etruscans through Republican Rome
We will begin with the mysterious Etruscans (two lectures) and move to the ancient Greeks, especially as they related to the Etruscans and Romans, then close with the Roman Republic.

The Road to Independence
This course discusses the events leading up to the Texas Revolution and Independence. We will discuss the civilian and military causes of the war. Learn about the tensions between settlers and Mexico that began in 1830 and set Texas on a path towards war.

Kamikaze: The Divine Wind
Near the end of the Pacific War, the Japanese resorted to a new and terrifying tactic to save Japan-kamikaze attacks. Just as in the 13th century when the Divine Winds, two typhoons, saved Japan from Mongol invasions. The lecture will discuss the Japanese suicide program; the reasons for it, the officers and pilots involved, the special equipment used and the results of the program.

The Fascinating History and Religion of Ancient Mesopotamia
Dr. Condit will explain that Western civilization largely began in ancient Mesopotamia. We will address the reasons for the importance of that region, the development of cities and writing, the empires that arose and the external challenges they faced, and the major part the religion played in Mesopotamian life. First class meets on Tuesday, March 5, from 1-3 p.m.; the second session is on Wednesday, March 6, 10 a.m. to noon.
Postcards History, Care, and Collecting for Fun
Tracy Bradford continues his presentations using postcards. This class will cover the history of postcards in the USA, how to care for a postcard collection, and the fun of collecting a wide variety of topics of postcards. Class participants may bring a few of their postcards to the class for discussion.
15456 W 3/6 10 a.m.-12 p.m. TUC Bradford
Head-Smashed-In Buffalo Jump, a UNESCO site: A Provocative Story
North American Aboriginal hunters of the Northern plains depended on the Buffalo for substance and a way of life. They developed and perfected a form of group hunting, the Buffalo Jump, which lasted for at least 6,000 years. This communal hunting technique was the single greatest food-gathering method in human history. This unique, innovative & creative method of killing large numbers of Buffalo will be discussed.
12830 T 3/26 10 a.m.-12 p.m. TUC Schmidt
History and Facts That You Never Knew
Many things that we have learned are not always correct. Some are distortions and others are untrue. And then there are things that we never learned in American history.
14929 W 3/27-4/3 3-5 p.m. TUC Archer
The Indians of Spring Creek
This course details the Atakapa tribes who lived along Spring and Cypress creeks before 1830. It discusses their society, culture, and interactions with early Spanish, French and Anglo explorers and settlers. This small group of Native Americans had large impacts on the history of this area.
13786 T 4/16 10 a.m.-12 p.m. TUC Parks

LANGUAGES

Basic French
Basic French is a course designed for those who have never studied French...but always meant to do so. Be able to hold a simple conversation in a new language. A good way to exercise your brain!
12718 T 1/15-3/5 10 a.m.-12 p.m. Offsite Clemmons
Written English as a Second Language (ESL)
Learn the basics of how to read and to write well in English with emphasis on advanced vocabulary and spelling.
12189 T 1/15-3/5 1-3 p.m. Offsite Clemmons
Conversational Spanish
Introductory Spanish to help the traveler going to Spanish-speaking countries. Learn how to order meals and reserve hotel rooms in Spanish. Class is for those new to Spanish as well as those who took previous courses with Gloria Toro, the 2017-18 Instructor of the Year!
15461 M 2/4-3/25 1-3 p.m. TUC Toro

MOVIES, MUSIC & THEATER

At the Movies with Gary Brown
Classic films will be shown each week. Bring your lunch (or popcorn) and a drink and enjoy great movies.
12171 F 1/18-3/8 11 a.m.-3 p.m. F322 Brown
Monday Film Series
Cultivate your appreciation for film and develop greater insight into film production techniques by attending this Monday series, hosted by a professor and followed by group discussion. The films are shown in the LSC-Montgomery teaching theater B102 with large screen and theater-style seats. Bring your lunch at noon for movie discussion. Showing begins at 12:30.
12176 M 1/28-4/29 12-3 p.m. B102 Durham
Dulcimer I
Learn to play the Appalachian Mountain Dulcimer. Basic instruction includes how to tune, fretting technique, strum patterns, understanding tablature, simple harmony, and introduction to chords. It is not necessary to read music. Bring your instrument to the first class.
15476 T 1/29-2/26 2-4 p.m. TUC Price
How to Read Sheet Music
This class covers basic instruction for understanding how to read sheet music. It is generically designed so that it can be applied for singing, piano, or any instrument that uses the standard Grand Staff format. We’ll cover staffs, time and key signatures, rhythm, note values, rest values, and more.
15832 F 2/1 1-3 p.m. TUC Fieler
The Science of Singing II: Basics of Singing in Application
This class will review the basic tenets of efficient and healthy singing. Using the techniques that allow for a balanced and free tonal production, we will explore our voices by singing traditional works and popular folksongs. This class is open to everyone from experienced singers to novices who are curious about understanding how their voice functions. If you can speak, you can sing. Please join us to explore your own unique sound!
15474 Th 2/14 3-5 p.m. H103 Walsh
Pop-Chord Piano
This class provides a fun, simple approach to learning how to play the piano with chords. No previous music experience necessary. Learn to play from “fake” books like the pros. There is a $29 materials fee for a practice book needed for the class. The instructor, Ed White, will contact you prior to the class with instructions for obtaining the materials.
14971 F 2/8 1-4 p.m. H-118 White
Dulcimer II
Come to explore and enjoy the many voices of the dulcimer. Build on techniques such as rhythm, strum, harmony, and chord patterns. 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 and music is provided.

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Senior Theatre: Second Act
The theatre class provides an outlet for senior creativity! This is a class for those interested in learning about acting and theatre. This class puts seniors in the “limelight” and helps them talk about senior life in a totally theatrical way. The goals of the class include public speaking, monologues, improv and reader’s theatre. The readings will be taken from various plays including “The Bermuda Avenue Triangle” and “Too Old For The Chorus.” Participants in the class will: Work cooperatively in groups; Perform and write monologues, dialogues, and short scenes for the class; and Explore the basic components of theatre. The focus of this class will be to complete a final performance.

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**PHILOSOPHY**

Introduction to Philosophy
In this course, Brian Jones will examine the historical meaning of the term philosophy (“love of wisdom”). In addition, this course is a foundational attempt to analyze some of the perennial questions of philosophy. As a result, students will better grasp the way in which philosophy is intimately connected to their real lives. Part of the course will be participating in the real practice of philosophy.

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Aristotle’s Nichomachean Ethics is arguably the most important work ever written on the subject of ethics and virtue. Dr. Condit will explain that far from being just an archaic philosophical exercise, it has timeless practical implications. We will discuss it in detail and make comparisons to later Christian views. We will also see how Aristotle’s work might apply to social justice issues.

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Introduction to Ethics
Dr. Cowan will explore what philosophy teaches us about ethics and how philosophy defines ethics.

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A Primer of Existentialism
Existentialism is a philosophical movement that began in the 19th Century and has continued into the 21st Century, although most people associated with it were strict individualists with very different doctrines. Dr. Condit will discuss several of those individuals, including Kierkegaard, Camus, Nietzsche, Dostoevsky, Heidegger, and Sartre.

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**POLITICAL & COMMUNITY AFFAIRS**

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

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Third Saturday Seminars
To refer to an ancient Chinese saying, “our world is in interesting times.” Individual citizens are assaulted with a blinding array of propaganda from every conceivable source. The Third Saturday Seminar is about demystifying what is going on around us. Time will also be spent on current events. Meets 1/19, 2/16, 3/23, 4/27 & 5/18.

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Six Ways the Montgomery County Food Bank is Good for YOU
Do you want to give back to the community in a tangible way and become part of something that will outlive you and leave a legacy? Find out how the Montgomery County Food Bank provides for the under-resourced while building a Community of Purpose with like-minded individuals. Nothing beats the feeling of doing good, helping others and belonging to a team. How do we do it? Come find out how the Food Bank helps you live your best life after retirement, right here at home in Montgomery County.

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Carbon Tax Options and Changing Politics
The presentation will start with a very brief review of the science, impacts and economics of climate change. Then carbon pricing options will be discussed, including the Carbon Fee & Dividend proposal supported by Citizens Climate Education. Finally, the changing political landscape (both in D.C. and the various state initiatives) will be reviewed, which indicates that momentum is building to enact such legislation.

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Let’s Talk About the Constitution
This class is an interactive discussion of the Constitution of the United States of America. Required: bring a copy of the Constitution to every class.
15483   W   3/20-5/8   10 a.m.-12 p.m.   TUC   Durham

Economic and Environmental Characteristics of Various Energy Technologies
Mr. Jones has over 40 years of experience in power generation technologies using coal, nuclear, natural gas, geothermal, biomass, solar and wind. First, his presentation will address the economic and environmental characteristics of various energy technologies and how electric utilities, industries and businesses are changing their strategies to accommodate an increasingly constrained-carbon economy. Then, the issues associated with a carbon tax will be reviewed and how they will affect energy and utility businesses.
13784   Th   4/2   10 a.m.-12 p.m.   TUC   Jones

Media Law and Ethics
The first class is an overview of major cases that add up to where we stand today on libel/defamation, privacy and open government. The second class would look at the Society of Professional Journalists’ Code of Ethics and use real-life (non-political) scenarios to discuss how it applies today.
15485   T   4/16-4/23   1-3 p.m.   TUC   Jenkins

A Day in the Life of a Local Television News Anchor
As a 25-year veteran of the local news business, Tom Abrahams describes a typical day and answers questions about the fast-paced, evolving news business. Bring your questions!
14939   Th   4/18   10 a.m.-12 p.m.   D 102   Abrahams

Daring to Lead: Pioneers of the 20th Century
Being in a leadership role can be challenging whether it’s a small group or a large entity. Much like pioneers led through difficult times, leading today can require a lot of fortitude and gumption. Join Amy Ressler, County Extension agent for Family and Community Health with Texas A&M Agrilife Extension Service and current PhD student in Leadership Studies as she discusses strategies for effective leadership in tough times.
15487   Th   4/18   1-3 p.m.   TUC   Ressler

READING & WRITING

Book Club
We select and discuss books of common interest: novels, non-fiction, history, biography, travel, politics and science. The Book Club meets on the third Wednesday of the month: 1/23, 2/20, 3/20, 4/17, and 5/15. January’s book selection will be Unsheltered by Barbara Kingsolver.
13790   W   1/23-5/15   2-4 p.m.   TUC   Walker

How to Self-Publish a Book
This course is designed to help aspiring authors learn the basic steps required for self-publishing a book in eBook, paperback and hard cover formats and distribute their book on popular websites like Amazon.com, Barnesandnoble.com, etc. This course will also cover the costs to self-publish and common mistakes to avoid.
12850   Th   1/24   10 a.m.-12 p.m.   TUC   Kowls

How to Sell Your Book
Writing a book is a challenge, but selling it is much harder. This course will teach current and future authors practical ways to sell their book online and in person. The tips offered are based on the marketing techniques the instructor used to sell his first 1,500 books and counting.
12851   Th   3/7   10 a.m.-12 p.m.   TUC   Kowls

Doing Research with the LSC Library
Find out how to search for articles with the databases and other library resources, how to use the online catalog, and how to reserve hard-to-find books.
14941   Th   4/25   1-3 p.m.   TUC   Gilbert

SAFETY

Cop Talk
Join us each month as we hear from various law enforcement agencies. Speakers will give their perspective of enforcement in their specific area of expertise. Listen to the pros and ask the questions you always wanted to ask. Class meets: 1/18, 2/15, 3/22, 4/26, and 5/17.
12180   F   1/18-5/17   1-3 p.m.   McKay/Bland
AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license.

14965 F 2/1 10 a.m.-2:30 p.m. TUC Thompson
14962 F 5/3 10 a.m.-2:30 p.m. TUC Thompson

Self-Defense
Personal defense. What to do when approached or attacked and how to use a weapon or purse snatching. How to use your hands, feet, elbow and knees as a weapon. Meets the first Friday of each month: 2/1, 3/1, 4/5, 5/3. 15492 F 3/8 1-3 p.m. TUC Steinke

Hurricanes: Are You Prepared?
This is a basic hurricane and general emergency preparation course for everyone. Course includes local and regional information/resources, handouts and public safety speakers. 12185 F 3/8 10 a.m.-12 p.m. TUC TUC

Purple Martins
We will be covering everything from the Purple Martin’s behavioral changes that have occurred over hundreds - even thousands of years, giving us the birds we know today, to identification of the distinct ages/sexes. We will also cover such things as migration data, attraction tips, housing standards, and best management practices. 12856 F 1/25 10 a.m.-12 p.m. TUC Fendley

Geologic Concepts: Tools for Understanding Earth History & Processes
This presentation introduces participants to ideas and concepts used by geologists to understand the Earth, its history and physical processes. Geology (from the Greek words geo: earth and logos: knowledge or study of) is simply the study of our Earth. The science of geology is complex and requires integration of multiple scientific fields, such as chemistry, physics, biology, etc. However, the wonderful aspect of geology is that one can use simple tools to learn so much just by observing the physical world. By integrating observations of rocks, minerals, physical relationships and structures into a consistent framework, one will develop sound explanations of these features’ origins. 12857 F 2/15 10 a.m.-12 p.m. TUC Gaynor

Let’s Go Birding
Following a classroom presentation about backyard birding (equipment needed, birds to see and how to attract them), we take two field trips to birding locations in the North Harris County and South Montgomery County area. The class will meet at TUC on March 22, from 10-noon, and take two field trips, on March 29 and April 12 at 8:30 a.m. meeting at local parks to be announced at the March 22 class. 12855 F 3/22-4/12 10 a.m.-12 p.m. TUC VerBerkmoes

The Impacts of Climate Change
Mr. Ingersoll’s professional background includes over 32 years of oil and gas projects worldwide including arctic and coastal engineering projects. He will share work and personal life experiences impacted by climate change with a focus on arctic, coastal, and ocean changes. Other topics will include how he became involved with Citizens’ Climate Lobby (CCL) and a discussion on the surprising number of leaders from the oil industry, government sector, and military who are staunch climate advocates. 13779 F 1/18 10 a.m.-12 p.m. TUC Ingersoll

Let’s Drill a Well and All Get Rich
Have you ever wondered how the oil patch works? The class will discuss the history, exploration, leasing, drilling, and how we complete a well. There is also a slide presentation illustrating life on an oil rig. Scott Kimball will teach this entertaining session. 12894 F 3/29 10 a.m.-12 p.m. TUC Kimball

Mammals of East Texas
Learn about the mammals of East Texas and how to identify scat and tracks. Learn how to use a field guide to identify species found around the park. Take a hike along trails known to frequent wildlife in search of scat and tracks that we can identify. 17467 F 3/22 9-11 a.m. LHWP Park Naturalist

Orienteering and Topography: Finding Your Way When It Floods
Use the geological survey map to look at elevations and depressions relative to flooding issues in local areas: differences in run off, overflow, torrential downpour, and man-made drainage blocking concerns relative to land contours. Work with a compass to find/avoid flooded areas in the local area. 16798 F 4/26 9-11 a.m. LHWP Park Naturalist
Reducing Your Water Waste
Compare your water use to the local norm to find out if you can reduce wasting water and help conserve for the future. Water-saving devices that can help will be available for free. Meet at 8203 Millennium Forest Drive, The Woodlands 77381.
15496 F 4/5 10 a.m.-12 p.m. Offsite MacArthur

Do You Know What You’re Eating? Path to the Plate
Understanding Food Packaging and Marketing Claims. This session will focus on factors that impact the foods that we purchase and common terms found on food packages. Our goal is making sure you know what you are buying when shopping for food. Presented by Amy Ressler of Texas A&M Agrilife Extension Service as a part of the “Path to the Plate” initiative.
14935 Th 4/11 1-3 p.m. TUC Ressler

Outsmart House Pests
Sort fact from fiction and learn the science behind which practical, low-impact solutions really work to manage common pests in your home and landscape. Follow an easy, step-by-step process to prevent and control bothersome bugs such as ants, flies, wasps, cockroaches, mosquitoes, and more! Meets at 8203 Millennium Forest Drive, The Woodlands.
14975 F 4/12 1-3 p.m. Offsite McNair

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

Freshwater Aquariums
Learn to build a successful habitat for a variety of freshwater species. Students will gain an appreciation not only for the intricacies of design technique, but for the mental health benefits and improved well-being associated with tending a teeming ecosystem.
15495 F 2/1 1-3 p.m. JHJP Naivar

SENIOR ISSUES

Living to 120 Years
How to live an active, meaningful and fulfilling life. Learn tips on how to create the most out of your life. We will do light physical exercise, meditation, reflection and sharing in a group and with a partner to help you determine your path to longevity.
15499 M 1/14 1-3 p.m. TUC Clark-Moore

Medicare Made Easy
An educational event to learn the basics of Medicare and how all parts work together.
12907 W 1/24 2-4 p.m. TUC Wishoun-Day

Senior Living 101
Donna Composto, Founder of Mom’s Care Plan and Certified Dementia Practitioner, and Becky Carmichael, LBSW and Certified Dementia Specialist, will take the guesswork out of choosing the right senior living community. A comprehensive explanation of various care environments will be discussed including retirement/independent living, assisted living, memory care, personal care homes and nursing facilities. Know what to look for, what questions to ask, and the costs involved.
15498 Th 3/28 1-3 p.m. TUC Composto

Master of Memory
The goal of this program is to improve participants’ memory function. Master of Memory encourages participants to recognize that they can impact their memory function, evaluate their own memory function, identify factors that may enhance or detract from their memory function, and find ways that may help address some of those factors.
14976 W 4/17-5/1 1-3 p.m. TUC McBride

Understanding Alzheimer’s and Dementia
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, disease stages and risk factors, research, and Alzheimer’s Association resources.
15838 Th 4/18 1-3 p.m. TUC Srown

TRAVEL & CULTURE

Camino de Santiago: St. James’ Way. The Way to your Soul
The Camino de Santiago (the Way of St. James) is a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of St. James (Santiago in Spanish) in Santiago de Compostela in northwest Spain. In the 21st century, the idea of a pilgrimage is perhaps quaint. However, the exertion of walking for a month and being disconnected to modern devices is immensely liberating.
15507 W 3/20 1-3 p.m. TUC Topia

Frida Kahlo: A Woman All Her Own
Frida Kahlo, the eccentric Mexican artist has been the subject of renewed interest in books, films, exhibitions and fashion. Why is this artist, who died in 1954, still a great influence today?
15508 Th 4/4 10 a.m.-12 p.m. TUC Grifno

Chinese Language and Culture
This semester the focus will be on an introduction to Chinese Language and Culture. The topics cover a range from Chinese Language, Chinese Foods, Chinese Opera, Chinese Architecture, Chinese Medicine, Chinese Philosophy, etc.
15462 Th 2/14-5/9 10 a.m.-12 p.m. TUC Niewenhous

Folk Dances of Mexico
Come explore and experience the richness of colors and symbolism of the folk dances of inner Mexico. Enrollment limited to 15.
15833 W 4/10 1-3 p.m. TUC Topia
WORLD RELIGIONS

Jehovah’s Witnesses: Who Are We?
In this session Lee Smith will discuss Jehovah’s Witnesses who are known for their door-to-door ministry. Who are we really? How are we organized? How do we impact your community? Why do we come to your door? This dynamic and interactive class will answer these questions and also will address how our work affects local communities for the better. Our work helps others find practical solutions from the Bible to cope with many of life’s anxieties. We also help people find satisfying answers to common questions such as: Why does God allow suffering? or What happens when we die?

Faruqi, featured in O Magazine for her religion classes.

Faith, Reason, and the Foundations of Catholicism
This course will be an introduction to Catholicism. Topics to be covered will be the person of Jesus Christ and the nature of the church, a sacramental worldview, the human person as the image and likeness of God, and faith, reason, and science.

World Religions
This class by David Dewhurst provides an overview of the world’s major religions beginning with the Stone Age up to modern times. It does not promote any one religion, simply providing the origins and basic beliefs of each one. When we understand one another’s beliefs, it is much easier to live in a society that includes people of different faiths and beliefs.

Believing God
“In do you believe God or do you simply believe IN God?” Join Sue Teall on a ten-week journey through Beth Moore’s workbook and video sessions as she explores what it means to believe God. Beth exemplifies the Bible characters from Hebrews 11 to encourage us to deepen our own faith and trust in God. Sue will have books available for $16 at first class session. Meets at Christ Church United Methodist Church, 6363 Research Forest Boulevard.

Christianity
Ted Cox will discuss the basics of Christianity. We will consider what the Bible teaches about who is God, who is man, what is the main problem, what is the solution, what is the eternal destination of man, who is Jesus. We will start with why we can trust the Bible as the source of all of our understanding about the primary questions.

A Brief Introduction to Islam
What are the main beliefs of Muslims? How do they practice their faith every day? What challenges do they face in the current political climate? Learn from author and activist Saadia Faruqi, featured in O Magazine for her religion classes.

Science of the Mind
David Dewhurst provides the class with an introduction to the philosophy of Ernest Holmes who developed Science of Mind (Religious Science) in the first half of the 20th Century. It is a synthesis of the best in religion, science and philosophy. It is now a worldwide religion known as Centers for Spiritual Living.

The Biblical Story
Ted Cox will sprint through all 66 books of the Bible in five short sessions. He will consider the overall ‘big’ story points of the Bible and address the one primary question the Bible answers. We will also trace themes that run through the entirety of the Bible, such as covenant, law, grace, atonement, and love. While studying individual books of the Bible is extremely edifying, we should on occasion take a step back to consider the Bible as a whole. There is remarkable consistency. Whether you have questions about Christianity or have been in church for years, this class will very helpful.

Unitarian Universalism
K. Paige will present that UUism is a theologically liberal religion characterized by a free and responsible search for truth and meaning. With no creed, UU’s are unified by a shared search for spiritual growth, not by obedience to an authoritarian requirement. UU’s beliefs and practices range from Humanism to atheism to pantheism to paganism to Christianity to no label at all.

Jewish Legends, Myths, & Lore
This class is an introduction to the rich treasury of Jewish thought, teachings, and texts. Jewish literature is blessed with an abundance of colorful tales and stories about God, Creation, Heaven, Holy People and Holy Time. Let us explore these rich texts together.

MEET YOUR LOCAL TV NEWS ANCHOR

What is it like dealing every day on the local news with crimes, local political events, and the aftermath of Hurricane Harvey? How does the news program prioritize what they broadcast? Come hear Tom Abrahams, news anchor and reporter for the local ABC television station, talk about this and more. Bring your questions!

Thursday, April 18, from 10 a.m. to noon in Building D, Room 102. (#14939)
ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Thursday, January 24, 2019
1-3 p.m.
CMED Building

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

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

LSC-Victory Center
4141 Victory Drive
Houston, Texas 77088

Contact Us

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

LSC-VICTORY CENTER
281.810.5604

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

Important Information:

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

Parking Permits
Lone Star College campuses do not require parking permits to park on campus. However, LSC-North Harris has a few designated parking spaces for Academy for Lifelong Learning members. If you want to park in a designated space, you must have a parking permit which can be obtained at the campus police office. Remember to bring your automobile’s license plate number to obtain a pass.

Important Contact Numbers

Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 936.618.5400

LSC does not endorse the opinions, services or products offered by the instructors.
JOIN US FOR OUR SPRING OPEN HOUSE

LSC-NORTH HARRIS
ACADEMY FOR LIFELONG LEARNING

Thursday, January 24
1-3 p.m.
Community Education Building
2700 W.W. Thorne Drive
Houston, TX 77073
For more information, call 281.765.7947

MEMBERSHIP – CAMPUS
Attend many classes at Lone Star College (LSC)-North Harris (including the LSC-Victory Center) Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $20. If you join in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

7107  Global Membership  9/1/18-8/31/19

MEMBERSHIP – GLOBAL
Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

14313  Global Membership  9/1/17-8/31/18

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

13218  Th  2/7  1-3 p.m.  CMED 205  Carns

COMPUTER & TECHNOLOGY

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

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

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

Computer Orientation
Become a savvy Lone Star College computer user! We will show you how to get your LSC username and password to give you access to school computers on multiple campuses. You will also gain access to our student email, which will keep you abreast of campus activities and give you access to free/discounted software. Please bring your student ID (obtained after enrollment form is received by Lone Star College). We are going electronic, so don’t be caught on the wrong side of the digital divide!

12266  T  2/5  1-3 p.m.  DTEC 103  Carns

Windows 10 Primer
Windows 10 is the standard now, so why not learn the basics and maybe a bit more? You will pick up tips to make your computer time more enjoyable and productive from Angie Carns, who as a Microsoft Tech Previewer, worked with Windows 10 before it became available to the public. Must have LSC username and password to take this course.

12251  T  2/19-2/26  1-3 p.m.  DTEC 103  Carns

Computer Skills Refresher
Has retirement contributed to rusty computer skills or have you simply learned a bit here and there but don’t feel confident when you sit down at a computer? Come learn some tech savvy tips and tricks to bring you up to date and get some great resources for increasing your skills at home. Must have LSC username and password to take this course.

12249  T  3/26  1-3 p.m.  DTEC 103  Carns

Consult-a-Tech
Come practice your computer skills or work on a problem under the supervision of the ALL Volunteer Technology Team. This is a great time to try out the AV equipment so you will be ready to teach an ALL class! In a comfortable environment feel free to practice and have your Frequently Asked Questions (FAQ) answered. May obtain a username and password in this class.

12253  T  4/16  1-3 p.m.  DTEC 103  Carns

Lone Star College HELPDESK is available 24/7
832.813.6600

E-MAIL: LSCNHCE@LoneStar.edu  PHONE: 281.618.5602  SPRING 2019 COURSE SCHEDULE  53
You and Your Android
Review the functions and settings of your Android device. Learn how to download and organize apps and icons, as well as how to use the commonly built-in apps like Bluetooth, Wi-Fi, Hot Spot and Airplane Mode.

3D Printing Workshop: MakerSpace Lone Star Style
Join Billy Hoya and the North Harris Professional Library staff in MakerSpace! Students will learn the basics of 3D Printing – making models and how 3D Printing works. This class will focus on the use of free software like TinkerCAD, as well as more advanced, virtual reality software like Leopoly and Google Blocks, to create models.

Google Gmail
Angie Carns sings the praises of Google’s Gmail for safety and ease of use. Come find out why it is simply the best free email program available for such features as excellent spam control and the ability to give your email multiple labels to make it easier to track and find. We will also take a look at how Gmail can control all of our other email accounts, including your LSC student email. Must have ALL username and password to take this course.

FINANCIAL & LEGAL
Executor Play Calling 101
Join Financial Planners Stephen Gilley and Ellen Mallay in a discussion on executor planning & preparation. They will discuss strategies/ do’s & dont’s for maximizing social security benefits, effectively preparing for long term care costs, veteran benefits and other valuable estate planning strategies.

Commonly Missed Retirement Benefits
This workshop will focus on the commonly missed government retirement benefits that many elderly do not realize are available to them. Disability and SSI strategies will be discussed for younger members as well as the relationships/ overlaps between Medicare, Medicaid, and VA benefits.

How to Protect You and Your Stuff in 3 Easy Steps
In order to create an estate plan that will provide you with financial protection and mental peace of mind, you need to know the rules, your predators and your options. This class will discuss in detail what documents you need, how to put your “voice” in them, how they work, how to make them effective and how to use them to protect you and your stuff from predators and creditors such as the government, long term care costs, etc.

Making Your Money Last in Retirement
Are you counting on Social Security and cost of living increases? Are you concerned about potential healthcare costs? In this class, you will learn various strategies to help you preserve your savings and investments, put a structured plan in place to meet your objectives, and not outlive your money or the money you may wish to leave behind for your loved ones.

His, Hers & Theirs: Pitfalls & Problems of Marital Interests in Estate Planning
We all want peace of mind that when we go, our plan goes “as planned” and that we have taken care of our loved ones. But, the rule is that you cannot give away that which you do not own. You may unknowingly have pitfalls and problems in your plan that impact this rule and may cause your plan to fail. Marital interests, community vs. separate property (real/ personal property), migrating from a common law state to a community property state or vice versa, marital liability, use of forms, the death of a spouse, a divorce – they all impact your plan. In this class, you will learn to avoid the pitfalls and problems by gaining an understanding of what you really own and how to properly transfer it upon your passing.
To Probate or Not to Probate? An Estate Planning Answer That Will Surprise You
In this class, you will learn what comprises an estate, why you need to know and how it applies to you. You will learn how to implement a plan that avoids pitfalls and problems, so that at your passing your “stuff” will go how you want via your rules and not the government’s rules. With or without a will - what probate is, the different types of probate, how each type works, what affects the cost of probate and if and how probate can be avoided.
15893 T 5/7 1-3 p.m. CMED 207 Palmer

Fun, Hobbies & Recreation

Make Time and Space for What’s Important to You
Join Ellen Delap, a Certified Professional Organizer and get ready for your Spring Cleaning and all year long Home Improvement Projects. Ellen will give you ideas on streamlining your time, space, priorities and more; for an organized lifestyle and help you prioritize organization in your daily routine.
15631 T 1/29 10:30 a.m.-12:30 p.m. CMED 205 Delap

Lunch & Learn with Friends
One Monday each month join Lunch & Learn organizer, Harriet Palmer, and meet with your ALL friends for getting to know one another or to hear an interesting speaker. Each person buys lunch individually. Watch your weekly ALL newsletter for details.
12020 M 2/11 11 a.m.-12:30 p.m. MYT Palmer
12078 M 3/18 11 a.m.-12:30 p.m. MYT Palmer
12080 M 4/8 11 a.m.-12:30 p.m. MYT Palmer
1536 M 5/13 11 a.m.-12:30 p.m. MYT Palmer

Adult Coloring Project
Coloring can be incredibly relaxing. Take a break and have some fun with printable coloring pages for adults. All the coloring pages are designed specifically for adults with beautiful intricate designs that will make you smile while you take a few minutes just for you. Afterwards, you’ll likely feel refreshed and ready to get on with your tasks for the day.
15469 M 2/11 1:30-3 p.m. CMED 207 Mapps

Wire Wrap Jewelry
Join Janet Halphen an ALL member and strong supporter and learn how to make Wire Wrap Jewelry! You will enjoy working with this creative instructor as she shows you how to design beautiful jewelry.
15475 T 2/12 10 a.m.-12 p.m. CMED 205 Halphen

Using Social Media to Build a Business You Love
Join Gayle Fisher and learn how to create content, utilize content in building a business you love!
15472 T 2/26 10:30 a.m.-12:30 p.m. DTEC 102 Fisher

Genealogy
Come to the computer lab as Bill Williams works with us to learn about our ancestors. He will help us search for items on the computer and show us how to trace our ancestors. You need to know your Lone Star College username and password for this class. See the COMPUTER & TECHNOLOGY section for instructions. Having your personal email address will also be useful during this session.
12309 W 2/13 1-3 p.m. DTEC 103 Williams

Health, Fitness & Nutrition

Working With & Understanding the Four Basic Personality Types
Join Jerry Adams in this “personality type” discussion and get an overview of the four basic personality types in your everyday activities. Learn how to deal effectively with everyone you know. These techniques are a great stress reliever!
15422 W 1/30 1-3 p.m. CMED 207 Adams

Tai Chi
Based on Sun style Tai Chi, Tai Chi for Arthritis is easy-to-learn, safe and effective. It’s even recommended and taught through many arthritis foundations and organizations worldwide, including Arthritis Foundation USA. So consult your health professional to be sure it’s safe for you and join John Spencer, certified Tai Chi for Arthritis instructor, for an enjoyable hour each week as you improve your balance and mobility, lower your pain levels, and have fun with your peers.
12304 F 2/1-3/8 9-10 a.m. HPE 110 Spencer
Living to be 120 years old!
The era of the 120-year life is coming. You will learn, through Alex Lee’s presentation of the 120 Club, concrete principles and methods for creating your own health, happiness, and peace of mind and for actively managing your life. You will learn techniques for living the life you really want, having a body and mind overflowing with vigor, developing love that embraces others, and integrating virtue, wisdom, and insight into your life.
15635 F 2/1-3/8 1-2:30 p.m. CMED 207 Lee

Chair Volley Ball
Come and join your ALL friends at LSC-North Harris and play Chair Volley Ball! You can’t imagine how much fun you will have and how much exercise you will get! Play for fun and/or play to compete with other community Teams.
12383 F 2/1-3/10 1-2:30 p.m. HPE Segovia

Rhythmic Walking
Class is held weekly on Mondays & Wednesdays from 2-3:00 pm and will be led by ALL members. Be sure to bring your student ID card and wear gym appropriate clothing.
12357 M,W 2/4-5/15 2-3 p.m. HPE 110

Essential Oils 101
Learn how to use essential oils for health and wellness. If you have ever enjoyed the scent of a rose, you’ve experienced the aromatic qualities of essential oils. This class will introduce you to essential oils and how they can improve your energy levels and will be all about healthy weight, using natural supplements. Learn how to use essential oils for your skin care regimens.
13231 Th 2/14-2/28 1-2:30 p.m. CMED 207 McGowen

Favorite Food Makers
With a restrictive diet that prohibits your favorite foods? Me, too; and if you can’t stick with something long term it isn’t going to work. Low carb diets work short term—that’s a fact—and if you don’t eat the right food, you’ll fail. Chair Volley Ball! You can’t imagine how much fun you will have and how much exercise you will get! Play for fun and/or play to compete with other community Teams.
15905 Th 4/11 9:30 a.m.-3:30 p.m. MYT Staff

Food & Mood
Does your energy level plummet mid-afternoon? Do you crave chocolate? Registered Dietitian and Certified Diabetes Educator, Michelle Ott explains why you eat has a direct influence on how you feel, think, act, and sleep. Learn to balance your moods and boost your energy level. Food & Mood is complex scientific information presented in practical tips and suggestions that are easy to incorporate into even the busiest lifestyle. Not only are you what you eat, but you also eat what you are.
15976 W 2/21 1-3 p.m. CMED 207 Ott

Reclaim Your Life: Stem Cell Therapy
L. Fisher says, “Today is a day to be excited because you finally have a chance to feel better, end the never ending pain cycle and get your life back!” Stem Cells not only heal and repair but they also improve overall function of the affected area often returning the patient to levels that far exceed the normal. Sound interesting? Join in on this discussion with other ALL members and enlighten your mind.
15622 W 2/27 1-2 p.m. CMED 207 Fisher
15625 W 3/7 1-2 p.m. CMED 207 Fisher

Mindfulness Techniques
Maureen Godfrey can offer a range of topics related to Meditation, Successful Aging, Coping with Stress, essentially, anything to do with mind/body wellness. Join us for a preview of the mindfulness techniques.
15634 Th 3/7 10:30 a.m.-12:30 p.m. CMED 205 Godfrey

Chinese Medicine: Ancient Wisdom for Modern Health
Licensed acupuncturist Hung Van Doan introduces us to Chinese Medicine, which consists of acupuncture, herbal medicine and food therapy as the main modalities for most every day and chronic health. A special demonstration of body balance diagnostic readings will be included in this class.
13332 Th 3/7 1-3 p.m. CMED 207 Van Doan

Coaching For Life
Join Diana Diamonds and gain new perspective on your life path to achieve desired goals. Clarify important personal issues, gain direction on your next steps, and recognize your personal contribution and abilities. Transform your fears and challenges with fresh insight. Verify and value your intuition.
15977 W 3/27 2-3 p.m. CMED 207 Diamonds

Over the Counter (OTC) Medicine and You
Join Janet Halphen and learn how to take care of your health and monitor your OTC intake. Learn the importance of preventing medication interactions and complications.
15477 Th 4/9 1-3 p.m. CMED 207 Halphen

Diabetes Management 101
Join Latwonna Wilson as she shares her personal experience and expertise in the area of nutritional and functional living and thriving with diabetes.
15628 W 4/10 1-3 p.m. CMED 207 Wilson

ALL Day @ CHI School of Cosmetology
Join other ALL members as they receive complimentary spa and beauty services from the students of the CHI School of Cosmetology. Appointments are required and can be arranged with your campus ALL Program Coordinator.
15905 Th 4/11 9:30 a.m.-3:30 p.m. MYT Staff
Scientific Strategies to Increase Happiness
In this class you will learn why you should care about happiness, things that you think make you happy but do not, and what does make you happy, especially as you age. You will leave with at least ten practical strategies you can use in your daily life that scientific research proves can increase your happiness and the happiness of those you care about.
15903  M  4/22  10 a.m.-12 p.m.  CMED 207  Julapalli

Trust Your Gut Again
Dr. Venu Julapalli explores how inflammation, stress, and your gut contribute to disease and how reducing inflammation is the doorway to succeed in health and well-being. He will share how to live in better health through care of your gut and why our current health care system often impedes this.
12327  T  4/9  3:30-5:30 p.m.  CMED 207  Julapalli

MOVIES, MUSIC & THEATER

Movie Day for ALL
Join your ALL friends to watch and critique [all in fun] classic movies that have premiered throughout the ages. Student recommendations are always welcomed.
12321  T  2/12  3:30-5:30 p.m.  CMED 207  Staff
12325  T  3/19  3:30-5:30 p.m.  CMED 207  Staff

POLITICAL & COMMUNITY AFFAIRS

Men’s Coffee Chat
A coffee get-together and chat for men meets every Wednesday morning at 11 a.m. Come join the fun. The coffee is on us!
12016  W  2/6-5/15  11 a.m.-12 p.m.  CMED 104  Jones

2nd Thursday Women’s Coffee Klatch
The women want time to talk, also. Join Cari Herbert, Wendy Harris and ALL friends at the Women’s Coffee Klatch to discuss current events of the day, week, month or year! Watch your ALL Newsletter for meeting location.
12019  Th  2/14-5/9  8:30-10 a.m.  MYT  Herbert/Harris

READING & WRITING

Older Women’s Legacy Stories: Writing Circle for OWLS
OWLS is a women’s writing class designed to help women recall and write stories from their lives. Writing prompts will be given to the women each week and while sharing is encouraged, it is not required. Topics include everything from favorite family stories to the choices we made that shape our lives. We would love to have you join us!
12014  W  2/6-2/27  10:30 a.m.-12 p.m.  CMED 207  Spitzenberger/ Fortin

Book Club
If you are a reader and don’t have anyone with whom to discuss your most recent book selection, you won’t want to miss this class. Join ALL members in selecting, reading, and discussing books from many different genres. We meet monthly on the third Tuesday to discuss our most current read. Call Suzette Belson at 832.444.1218 or Bonnie Bodenhamer at 281.440.0657 for more information on the book selection each month.
12088  T  2/19-5/21  10-11:30 a.m.  CMED 206  Belson/ Bodenhamer

“ALL is a fantastic opportunity for retirees to continue – and even expand – learning interests. “Learning” keeps me engaged and motivated to seek out more information.”
Tonie Johnson, LSC-University Park ALL Member
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**AACG: Aspiring Author Critique Group**

If you have written or in the process of writing something that you aspire to publish or share with others beyond your immediate family and want input from peers on how you might improve it before attempting to publish or share it, come join AACG. Whether it be memoir stories like those written in the OWL group, a short story or magazine article, children’s picture book, or even a novel, this group will gather writers who aspire to publish. Primarily it will be PEER critique not necessarily from established, professional writers. But of course, we welcome published writers in the group. We will also endeavor to get published writers. Most sessions will focus on giving writing improvement suggestions to each other.

123471  Th  4/4  10 a.m.-12 p.m.  CMED 205  Kowis

**How to Self-Publish a Book**

This course is designed to help aspiring authors learn the basic steps required for self-publishing a book in eBook, paperback and hard cover formats and distribute their book on popular websites like Amazon.com, Barnesandnoble.com, etc. This course will also cover the costs to self-publish and common mistakes to avoid.

15885  F  5/3  1-3 p.m.  Offsite  Yordy

**SCIENCE & NATURE**

The following classes will be at Jesse H. Jones Park & Nature Center (JHJP), a 333-acre nature park located approximately 1.25 miles west of US 59 off FM 1960. Turn right at Kenswick Drive and drive north until it dead-ends into the park. Call 291.446.8588 if you get lost and need directions. The park preserves Native American and pioneer lifestyles that were commonly found along the banks of Cypress and Spring Creeks during the late 1700s and early 1800s. Classes will begin at the Visitors Nature Center at the entrance to the park. All classes include walking tours after the indoor presentations, as weather permits. Be sure to bring water, sunscreen, and bug spray.

**Simple Succulents**

In this creative DIY class, students will construct their own miniature succulent garden to take home, all while discovering the environmental and health benefits of these low-maintenance plants. Students should bring their own glass container. A variety of affordable glassware (mason jars, small vases, glass candle holders, etc.) can be found in secondhand stores. Please limit the widest diameter to six inches and under, and limit the height to eight inches and under.

NOTE: The last day to register for this class is March 4, 2019.

15883  F  4/5  1-3 p.m.  JHJP  Ranck

**Fresh Water Aquariums**

Learn to build a successful habitat for a variety of freshwater species. Students will gain an appreciation not only for the intricacies of design technique, but for the mental health benefits and improved well-being associated with tending to a teeming ecosystem.

15889  F  2/1  1-3 p.m.  JHJP  Naivar
Elder Law Issues
Join Kim Hegwood with the Hegwood Law Group and learn about issues covered by laws for elders. The Hegwood Group is here to help you deal with the complex issues surrounding dealing with aging parents or other family members. They are especially helpful to those who have estates that they want to pass on to their loved ones as efficiently and economically as possible.

TRIPS & TOURS

Harris County Precinct 1 Bus Trips
Take day trips to exciting and interesting places near Houston. Updates and details on trips will be available via the weekly newsletters. Harris County Precinct 1 requires that all participants on trips be age 55 plus. Participants will be required to complete a Participant Release and Indemnification Agreement before each trip prior to boarding the bus. ALL trips will require that participants bring $2 for bus driver expenses and money to buy your lunch. Additionally, most tours may require payment of an entry fee which will be announced in advance and paid when boarding the bus. Boarding location: 2700 W. W. Thorne Drive, Houston, TX 77073 in Parking Lot L.

March 4 Bus Trip: TBD
12138 M 3/4 8:30 a.m.-4 p.m. Bus Trip Staff

April 1 Bus Trip: TBD
12139 M 4/1 8:30 a.m.-4 p.m. Bus Trip Staff

Natural Museum of Funeral History
The National Museum of Funeral History is an educational experience like no other and offers something for everyone. Discover America’s largest collection of authentic, historical funeral service items. Learn about caskets and coffins, hearses through history, plus the funerals of Presidents, Popes, celebrities and more while you witness the cultural heritage of the funeral service industry and its time-honored tradition of compassion. The National Museum of Funeral History is located on the North side of Houston off of Interstate 45 and Richey Road, Exit 64, about 15 minutes west of Bush Airport (IAH), 415 Barren Springs Drive, Houston.

World Religions

Believe in One God: Road to Niceae
The Road to Niceae: The Nicene Creed is the most widely accepted statement of faith among Christian churches. It is used by Roman Catholics, Eastern Orthodox, Anglican, Lutheran and most Protestant churches. The Nicene Creed was established to identify conformity of beliefs among Christians, as a means of recognizing heresy or deviations from orthodox biblical doctrines, and as a public profession of faith. We will explore historically and theologically the development of this Creedal statement.

Lone Star College Foundation

Including Lone Star College Foundation in your estate planning is a great way to ensure students receive a first rate education and betters our community! Contact the Foundation for more information about how you can transform students’ futures.

LoneStar.edu/Giving
832.813.6636

‘Thanks to the scholarships I received, I managed to graduate with my Associate of Science degree debt free. It relieved so much stress, and it made me work harder.
Racheal Cummings, 
Associate of Science in Nursing (LSC) pursuing Bachelor of Science in Nursing (PVAMU)’
ALL membership for the 2018-2019 Membership Year is required to register for classes.

Table of Contents

- Computer & Technology .................. 61
- Financial & Legal .......................... 61
- Fun, Hobbies & Recreation ............... 61
- Health, Fitness & Nutrition .............. 62
- Science & Nature .......................... 62
- Senior Issues ................................ 62

How to Register

Attend our Open House:
Tuesday, January 22, 2019
1-3 p.m.

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

**LSC-Victory Center**
4141 Victory Drive
Houston, Texas 77088

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

Contact Us
**LSC-VICTORY CENTER**
LSCNHCE@LoneStar.edu
281.810.5680

**LSC-NORTH HARRIS**
Continuing Education (CE)
281.618.5602

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

Important Information:

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

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

Important Contact Numbers

Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 936.618.5400

LSC does not endorse the opinions, services or products offered by the instructors.
MEMBERSHIP – CAMPUS
Attend many classes at Lone Star College-North Harris (including LSC-Victory Center) Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $20. If you join in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

7108 ALL Membership 9/1/18-8/31/19

MEMBERSHIP – GLOBAL
Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

7107 Global Membership 9/1/18-8/31/19

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

15687 T 1/22 2:30 p.m. VC 102

COMPUTER & TECHNOLOGY

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

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

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

Introduction to Computers
Learn how to use a computer for entertainment as well as research. This class shows you the tricks to making the computer an added resource to your life.

15910 M 4/29 10-11:30 a.m. VC 102

CHECK OUT OUR WEBSITE!
LoneStar.edu/All

FINANCIAL & LEGAL

Executor Play Calling 101
Join Financial Planners Stephen Gilley and Ellen Mallay in a discussion on executor planning & preparation. They will discuss strategies/do’s & don’ts for maximizing social security benefits, effectively preparing for long term care costs, veteran benefits and other valuable estate planning strategies.

15642 W 2/20 1-2:30 p.m. VC 102 Gilley/Mallay

Making Sense of Investments
Join Mike Godsey of the Edward Jones Group to learn how to plan for your future. Achieving retirement takes preparation. Learn about this Financial Planner’s great resources and how they can help you better understand your retirement options.

15640 M 3/25 1-2:30 p.m. VC 102 Godsey

Asset Management
In this class, we will discuss various types of savings and investment vehicles that should be considered in retirement and the importance of having a structured plan in place. We will also look at market volatility and possible ways to protect and take advantage of it.

15682 Th 5/7 10 a.m.-12 p.m. VC 102 Sofia

FUN, HOBBIES & RECREATION

Movie Day!
Join LSC-Victory Center staff and ALL friends for Tuesday Movie Days on campus. Lots of fun and your ideas for movie selection are welcomed!

15911 T 1/29 2-3 p.m. VC 102 Staff
15912 T 2/19 2-3 p.m. VC 102 Staff
15913 T 3/19 2-3 p.m. VC 102 Staff

JOIN US FOR OUR SPRING OPEN HOUSE
LSC-VICTORY CENTER
ACADEMY FOR LIFELONG LEARNING
Tuesday, January 22
1-3 p.m.
LSC-Victory Center
4141 Victory Drive
Houston, TX 77088
For more information, call 281.810.5680.

E-MAIL: LSCNHCE@LoneStar.edu
PHONE: 281.810.5680
SPRING 2019 COURSE SCHEDULE 61
HEALTH, FITNESS & NUTRITION

Essential Oils 101
Learn how to use essential oils for health and wellness. If you have ever enjoyed the scent of a rose, you’ve experienced the aromatic qualities of essential oils. This class will introduce you to essential oils and how they can improve your energy levels and will be all about healthy weight, using natural supplements. Learn how to use essential oils for your skin care regimens.
15698 T 2/12-3/19 1-2:30 p.m. VC 113 McGowen

Diabetes Type 2
What is Diabetes Type 2 and how can you keep this disease under control? Is it preventable? Learn more about ways to stay healthy. The instructor, Serena Valentine, is an Executive Director at Core Initiative.
15909 T 2/12 10 a.m. – 12 p.m. VC 113 Valentine

Reclaim Your Life: Stem Cell Therapy
L. Fisher says, “Today is a day to be excited because you finally have a chance to feel better, end the never ending pain cycle and get your life back!” Stem Cells not only heal and repair but they also improve overall function of the affected area often returning the patient to levels that far exceed the normal. Sound interesting? Join in on this discussion with other ALL members and enlighten your mind.
15650 W 4/24 1-2 p.m. VC 113 Fisher

SCIENCE & NATURE

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

Simple Succulents
In this creative DIY class, students will construct their own miniature succulent garden to take home, all while discovering the environmental and health benefits of these low-maintenance plants. Each student should bring their own glass container. A variety of affordable glassware (mason jars, small vases, glass candle holders, etc.) can be found in secondhand stores. Please limit the widest diameter to six inches and under, and limit the height to eight inches and under.
NOTE: The last day to register for this class is March 4, 2019.
15883 F 4/5 1-3 p.m. JHJP Ranck

Fresh Water Aquariums
Learn to build a successful habitat for a variety of freshwater species. Students will gain an appreciation not only for the intricacies of design technique, but for the mental health benefits and improved well-being associated with tending to a teeming ecosystem.
15889 F 2/1 1-3 p.m. JHJP Naivar

Carnivorous Plants
Discover the many fascinating varieties of native carnivorous plants and learn how each attracts, captures, and digests its prey. After an engaging presentation, students will take a stroll out to the park’s very own eponymous Carnivorous Plant Pond where they can apply their knowledge in the real world.
15885 F 5/3 1-3 p.m. JHJP Yordy

SENIOR ISSUES

Community Outreach Initiative
Join community liaison Ruby Glass in learning about community outreach activities in your community. Learn how to obtain community services and how to be of service to your community.
15685 Th 2/7 1-2:30 p.m. VC 113 Glass

My Kid/Grandkid Hates to Read. What Can I Do?
Join Gayle Fisher and learn new techniques on how to get your child or grandchild to enjoy reading. You have questions, Gayle has answers for you.
15638 W 3/6 1-2:30 p.m. VC 113 Fisher

Being Prepared: Isn’t Just For Boy Scouts
What do these things have in common: Family documents, sleeping bag, fire extinguisher, books, games, bleach, plastic bags, tape? All of these items are part of an emergency supply kit that will save your family heartache and see them safely through an upcoming disaster. Are you prepared? Join us to learn how to safeguard yourself and family during a man-made disaster or a natural disaster. The instructor is MaryAnn Kelley, Project Coordinator of the Evelyn Rubenstein Jewish Community Center in Houston.
15699 T 4/2 1-3 p.m. VC 113 Kelley

“Variety of classes (history, safety, current events), Interaction with others of similar interest, Meeting people, classes motivate interests (book club, e.g., read books I never would have considered and enjoyed them).”

David Chesney, LSC-Montgomery ALL Member
ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register
Attend our Open House:
Thursday, January 10, 2019
10 a.m.-noon
Beckendorf Conference Center

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

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

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

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

LSC-CREEKSIDENORTHERN CENTER
281.357.3676

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

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

Parking Permits
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Important Contact Numbers
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Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.351.3300

LSC does not endorse the opinions, services or products offered by the instructors.
MEMBERSHIP - CAMPUS
Attend many classes at Lone Star College (LSC)-Tomball (including LSC-Creekside Center) Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $20. If you join in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

7110  ALL Membership  9/1/18-8/31/19

MEMBERSHIP - GLOBAL
Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

7109  Global Membership  9/1/18-8/31/19

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

ARTS & CRAFTS
Creative Quilting
This class taught by Louise Baker consists of learning the basics of quilting. We will make a small quilt and bind it. You will learn how to measure, cut out designs, choose a pattern and co-ordinate colors, and finally how to bind the quilt and give it a finished look. We will then make a reversible table runner. You will need a basic sewing knowledge on a sewing machine. Other items and tools will be suggested in the first class. The items made will be your creation. Class will not meet 3/15 or 4/19.

15969  Th  2/8-5/10  10 a.m.-12 p.m.  Huhn

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

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

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

Files and Folders
This class will help you understand the Windows interface, and the tools available to help you organize your documents, pictures, and music. We will also discuss extra file storage and file sizes.

15969  Th  2/7  10 a.m.-12 p.m.  Huhn

Google Apps: How to do Your Work in “the Cloud”
What does it mean to work “in the Cloud”? Learn about cloud computing and how to use Google applications. If you have a Google Gmail account (you can get one for free), you already have access to 15 GB of free online storage with Google MyDrive and the free web applications such as Google Docs, Google Sheets, and Google Slides. Jerry Matson will show you how to create, edit, and share documents using only your browser. There are no applications to download and you never have to back up your files. You will learn how to access MyDrive, upload documents, edit them, and share them with others.

16000  T  3/5  12:30-3:30 p.m.  Matson

Purchasing a Computer
Thinking about buying a computer? This class can help you understand the hardware features in PCs, as well as help you know how to put your computer together once you get it home.

15971  Th  3/7  10 a.m.-12 p.m.  Huhn

Personal Internet Security
More and more we manage our lives online: email, banking, social media, hobbies, shopping, and many others. In most places we have to create an account which means numerous usernames and passwords. We either have too many passwords to remember or we use the same ones in too many places. Does this sound like you? Do you write your passwords down? Are they easy to remember? That means they are easy for someone else to guess! Jerry Matson will show you how to create better, stronger passwords and manage them with applications designed for just that purpose.

16003  Th  3/7  12:30-3:30 p.m.  Matson

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

16004  F  3/8  12:30-3:30 p.m.  Matson

Facebook
In this class we focus on signing up for a Facebook account, setting up your personal profile, adding friends, and an introduction to privacy and security settings.

15972  Th  4/4  10 a.m.-12 p.m.  Huhn
FINANCIAL & LEGAL

Investing During Uncertain Times
The last decade or so has shown us a new economic reality marked by dramatic highs and lows in the market. If you are interested in what caused this chaotic market behavior and how to manage your risks—you are not alone. Join John Jablonski as he covers the economic cycle and the importance of investing for all of its phases.
14949 Th 2/7 10 a.m.-12 p.m. Jablonski

Probate 101
Introduction to the Texas probate process, role of the executor, role of the probate attorney, and how to avoid pitfalls.
16006 Th 2/14 1:30-3:30 p.m. Bulgawicz

Basic Stock Valuation and Analysis
Presented by John Jablonski, this is a comprehensive course designed to provide you with conventional techniques in researching and valuing stocks. The course is taught in a manner that uses everyday language simple, yet insightful analogies, and a just the facts attitude that you will understand and appreciate.
14970 Th 2/21 10 a.m.-12 p.m. Jablonski

Retirement: Making Your Money Last Seminar
Anita Bowman-McCormick will review the considerations and tradeoffs when developing a withdrawal strategy such as working longer, spending less, delaying social security and ways to plan for expected and unexpected expenses with insurance.
15190 T 3/5 10 a.m.-12 p.m. Bowman-McCormick

What Happens After the Paychecks Stop?
Anita Bowman-McCormick will help us examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as Long Term Care and health care costs. For investors close to retirement or recently retired.
15193 Th 3/7 10 a.m.-12 p.m. Bowman-McCormick

Elder Law: What Documents Do I Need to Have In Place Now?
Susan Bulgawicz will discuss the various advanced directives and testamentary documents, including the Will and financial/medical powers of attorney, their uses, which are time sensitive, and the repercussions of not having the documents in place.
15996 Th 3/21 1:30-3:30 p.m. Bulgawicz

Tax-free Investing: It’s Not What You Make, It’s What You Keep!
Anita Bowman-McCormick presents an overview of tax-advantaged investments such as muni bonds (muni/UIT/mutual funds), IRA’s (traditional/Roth/401k/403b) and/or life insurance. For affluent investors age 50+.
15194 Th 4/11 10 a.m.-12 p.m. Bowman-McCormick

FUN, HOBBIES & RECREATION

Trivial Pursuit
Trivial Pursuit is a board game in which progress is determined by a player’s (in our rules, a team’s) ability to answer general knowledge and popular culture questions. Categories include geography, space, movies, music, news, books, magazines, inventions, medicine, electronics, sports, games and entertainment from the last 25 years. Bring your thinking caps and enjoy the fun of this famous and addictive game. Class will meet eight times: 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, and 5/6.
15026 M 2/4-5/6 10 a.m.-12 p.m. Bulgawicz

Mah Jongg Fun for Everyone
Do you want to learn to play Mah Jongg? Your instructor, Donna Gibbons, will share the history, rules, tiles, and strategies of this fun game. It won’t take long before you are the master or mistress of Mah Jongg. If you are an experienced player, sign up and come to play in a regular open game. You can play with other “Bam Crackers” every Friday afternoon. NOTE: Every player must have a National Mah Jongg League card. Class meets 11 times. Each Friday beginning 2/8, except 3/15 and 4/19. Ends on 5/10.
16005 F 2/8-5/10 1-3 p.m. Gibbons

Fly Casting/Fly Fishing
Experience the fun of learning the sport of fly fishing from Dave Ferris and Rip Rogers. The first step is to learn how to cast a fly or other very light weight objects. The overhead, side, roll & bow and arrow casts will be demonstrated. Information on fly rods, reels and lines will also be discussed.
14992 T 2/26 1:30-3:30 p.m. Ferris/Rogers

Postcards History, Care, and Collecting for Fun
Tracy Bradford continues his presentations using postcards. This class will cover the history of postcards in the USA, how to care for a postcard collection, and the fun of collecting a wide variety of topics of postcards. Class participants may bring a few of their postcards to the class for discussion.
15155 Th 3/7 1-3 p.m. Bradford

GARDENING

Herb Gardening 101
Kim Perry will provide a basic description on how to grow herbs in Harris County along with which types of herbs to grow, common uses for herbs, why we grow herbs. Common herbs will also be brought to class for a hands on demonstration.
15034 Th 2/14 10 a.m.-12 p.m. Perry

Tree Care for the Homeowner
Ed Dolphin is back to discuss current tree care issues and how a homeowner can deal with them.
15198 T 2/26 1 p.m-3 p.m. Dolphin
HEALTH, FITNESS & NUTRITION

The Human Intestinal Microbiome in Health & Disease
You probably have heard how the gut impacts other parts of the body. This class, led by Harry Adams, M.D. will explain what the intestinal microbiome is and how it affects us in health and disease.
15013  M  2/11  12:30 p.m.-2:30 p.m.  Adams

Understanding Your Metabolism
Learn how to get your metabolic fire burning and reduce stress. By implementing three simple steps into your daily routine you can increase your body’s metabolic process, have more energy, and increase longevity of wellness. Learn how to make better choices to improve your overall vitality.
15199  T  2/19  1:30-3:30 p.m.  Murrell

Chinese Medicine: Meridian Theory and Diagnostic Readings
Come learn the benefits of Traditional Chinese Medicine (TCM) for everyday health including many chronic issues. This next part in the TCM series will emphasize the meridian theory and revisit more forms of diagnosis such as the tongue, pulse, palm, nails and face reading. No requirement of previous course attendance, as it is made to be fun and easy to understand. This class will include a live demo at the end.
15196  Th  2/21  1-3 p.m.  Van Doan

Be Heart Smart
Dr. Khan will discuss risk factors, treatment and prevention of heart attacks.
15201  M  2/25  12-2 p.m.  Khan

Meditation and Effects on Aging
A growing body of research by Harvard, UCLA and Nobel Prize winning biologist Elizabeth Blackburn supports the benefits of meditation. Meditation increases concentration, reduces stress, enhances happiness and improves overall health. Though we cannot change our age we can definitely slow down the pace at which we age by meditation. By attending this class, we can learn how to meditate using our breath and body, chakras and mantra, the technique which is as old as the Indian civilization.
15075  W  2/27  10 a.m.-12 p.m.  Vasireddy

Progression and Onset of Food Allergies
Dr. Susan Jacob will discuss the global increase in the development of food allergies.
16032  M  3/25  12:30-2:30 p.m.  Jacob

Toxin-Free Living
We are exposed to toxins on a daily basis, in the food we eat, the air we breathe, and the products we use in our homes. Discover what is lurking under your kitchen sink! Come learn how to minimize exposure to toxins by using natural, toxin-free household products. You’ll receive common recipes and observe demonstrations using plant-based ingredients for making your own no-toxic bath scrubs, air-fresheners, and more.
15200  W  4/3  1:30-3:30 p.m.  Murrell

HISTORY

THE SILK ROAD: The Past and Future Nexus of Global Trade
The Silk Road is the network of trade routes across Central Eurasia which link China, India, the Middle East and Europe. The ancient glories of the Silk Road were eclipsed after 1500 with the oceanic empires of trade fostered by the Atlantic powers. Presently, the revival of the Silk Road has become a central geopolitical objective of Chinese policy. When the history of the Silk Road is told, we need to consider not only the merchants and travelers on the Silk Road themselves, but also the geographical circumstances which constrained their routes, the communities on the way that profited from the trade, and the nature and sources of the commodities traded. In addition, our survey must consider the horse-riding warriors who plagued the trade with plunder and extortion, and the civilized states which fostered and protected the trade. The Silk Road was also where cultures and faiths intersected: Buddhism, Islam, Christianity, Judaism, Zoroastrianism and Manichaeanism. And, we cannot forget the famous names of travelers: most famous in the West, the intrepid Venetian merchant Marco Polo, but also the Muslim jurist Ibn Battuta, the Chinese diplomat Zhang Qian and the Buddhist monk Xuanzang. Join us on a caravan of discovery! No class on 3/13.
15152  W  2/6-3/20  2-4 p.m.  Fox

Mr. Jefferson: A Holistic Examination into the Life of the Founding Father
Thomas Jefferson: Hero or Villain? Author of the Declaration of Independence, Third President of the United States, founder of the University of Virginia, author of the Virginia statute for Religious Freedom, and slave owner. How do we place his life and contributions into context in the modern world? Professor Luke Bendick offers a comprehensive examination into the fascinating life of this Founding Father.
15019  M  2/11-3/4  3:30-5 p.m.  Bendick

The Old 300: Austin’s First Colony
Join Monte Parks as we look at Austin’s struggle to bring colonists to Texas and the men and women who made up his first colony. Known as the “Old 300” these people forged Texas on its path towards independence and statehood.
15071  W  2/13  10 a.m.-12 p.m.  Parks

The Goliad Massacre: Its History and Importance in the San Jacinto Victory
Join Tom Green as he shares the events that may have had a larger effect on the outcome at San Jacinto than the fall of the Alamo.
15078  Th  3/28  10:30 a.m.-12:30 p.m.  Green

Austin’s Colony: Veterans of the War of 1812
Monte Parks discusses the War of 1812, the ramifications of American expansion, the settlement of Texas and the men who joined Austin’s colony who were veterans of that war.
15072  T  4/9  10 a.m.-12 p.m.  Parks
Battle of San Jacinto
Join Tom Green to learn when and why the battle occurred, the history of how both armies moved before the battle and what happened after the battle.
15083 Th 4/18 10:30 a.m.-12:30 p.m. Green

MOVIES, MUSIC & THEATER

Friday Afternoon Movie Matinee
Join us the first Friday of each month (February-May) to revisit some real favorites. Bring a snack, or get one at the college snack bar, which will be open until show time at 1:00 p.m. This semester we will be continuing in the sports venue featuring inspiring movies representing four different sports. All of these movies are based on real life events.

Rudy (1993)
In this fact-based drama about the triumph of the human spirit, scrappy high schooler Rudy Ruettiger (Sean Astin) dreams of playing football at Notre Dame. But his father (Ned Beatty) can’t afford to send him, so he ends up at a college across the street instead. Undaunted, Rudy eventually transfers to Notre Dame, where he takes on duties assisting the groundskeeper (Charles Dutton) and joins the school’s practice squad. Cast includes Sean Astin, Jon Favreau, and Ned Beatty. 114 minutes.
15166 F 2/8 1-3 p.m. Schloz

Miracle (2004)
Focused on achieving the impossible—defeating the Soviet Union’s unbeaten hockey team at the 1980 Winter Olympics—brash U.S. hockey coach Herb Brooks unites a motley group of college athletes and turns them into a force to be reckoned with. Cast includes Kurt Russell, Patricia Clark, and Noah Emmerich. 136 minutes.
15168 F 3/8 1-3 p.m. Schloz

Hoosiers (1986)
High school basketball is king in small-town Indiana, and the 1954 Hickory Huskers are all hope and no talent. But their new coach, abrasive and unlikely Norman Dale, whips the team into shape…..while also inciting controversy. Cast includes Gene Hackman, Barbara Hershey, Dennis Hopper, Sheb Wooley, and Fern Persons. 114 minutes.
15169 F 4/5 1-3 p.m. Schloz

The Greatest Game Ever Played (2005)
With a pint-sized caddie at his side, amateur golfer Francis Ouimet shocked the world at the 1913 U.S. Open when he outplayed defending British champ Harry Vardon in what was dubbed “The Greatest Game Ever Played”. Cast includes Tyler Brody Stein, and Shia LaBeouf. 121 minutes.
15183 F 5/3 1-3 p.m. Schloz

Guitar
Join instructor Dottie Hershey to learn the basics of playing acoustic guitar including tuning, strumming, chords, etc. Bring your own guitar. The instructor will contact you prior to class concerning a workbook needed.
15031 T 2/19 10 a.m.-12 p.m. Hershey

Pop-Chord Piano
The Pop-Chord style of piano playing uses chords in the left hand making learning and playing songs 50% easier than traditional piano methods. No previous music experience necessary. The “How to Read Sheet Music” class would be helpful, though, if you have no experience. There is a $29 materials fee for a practice book and CD needed for the class. The instructor, Ed White, will contact you prior to the class with instructions for obtaining the materials.
15974 F 2/22 9 a.m.-12 p.m. White

Bass Guitar
This course, taught by Dottie Hershey, will give you the full understanding and fundamentals of playing a bass guitar. Bring your bass guitar and amp. The instructor will contact you prior to the class concerning a workbook and DVD needed for class.
15033 T 3/5 10 a.m.-12 p.m. Hershey

Ukulele
This class provides a fun, simple approach to learning to play the ukulele. No previous experience necessary. Bring your own ukulele. Instructor, Dottie Hershey, will contact you prior to the class concerning a workbook and DVD needed for class.
15029 T 2/5 10 a.m.-12 p.m. Hershey

PHOTOGRAPHY

Photo SIG
This class of amateur picture takers (not professional photographers) will gather informally to exchange ideas on photography, techniques we have used, share our photographs, share experiences about the different photography software, talk cameras and maybe take field trips to take pictures. This SIG is not limited to any one type of camera or equipment. DSLR’s point and shoot, film cameras (if you have such an antique), cell phone cameras are all welcome. This class will meet three times: 2/22, 3/22, and 4/26.
14981 F 2/22-4/26 10 a.m.-12 p.m. Gillespie

POLITICAL & COMMUNITY AFFAIRS

“Ollie, Ollie Oxen Free”: Seeking Answers to Today’s Social Justice Challenges
Join Kendra Penry as we explore some of today’s most entrenched and challenging social justice issues, such as hunger, poverty and human trafficking, and what YOU can do from right where you are to make a difference.
15027 Th 3/21 10 a.m.-12 p.m. Penry
Join Us for Our Spring Open House

LSC-Tomball
LSC-Creekside Center
Academy for Lifelong Learning

Thursday, January 10
10 a.m.-noon

Beckendorf Conference Center
30555 Tomball Parkway
Tomball, TX 77375
For more information, call 281.357.3676

Exciting Times in Tomball, Texas!
Back by popular demand, Greater Tomball Chamber of Commerce President Bruce Hillegeist presents new information and updates regarding development in Tomball and the region.
15009 F 4/26 10 a.m.-12 p.m. Hillegeist

READING & WRITING

How to Self-Publish a Book
This course, presented by Mike Kowis, author of 14 Steps to Self-Publishing a Book, will help aspiring authors learn the basic steps required to self-publish a book in eBook, paperback and hard cover formats and distribute them on popular websites like Amazon.com, BarnesandNoble.com, etc. The course will also cover the costs to self-publish and common mistakes to avoid.
14999 Th 2/28 10 a.m.-12 p.m. Kowis

SAFETY

AARP Driver Safety Program
AARP Driver Safety Program, a four-hour classroom refresher, is targeted toward individuals who are age 50+ and interested in improving their driving skills. Participants will review the Rules of the Road and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. Time will be provided for registration, instruction, certification preparation and distribution. Most auto insurers will discount your premium if you take this class, but attendance will not allow you to dismiss a moving violation ticket. A course fee payable by check to AARP on the day of the class is $15 for AARP members (must present your AARP card to receive full discount) and $20 for individuals that are not members of AARP. Bring your driver’s license.
15025 T 4/2 9 a.m.-1 p.m. Graham

SCIENCE & NATURE

A Summary Of Human Spaceflight
Reflections of human spaceflight by former flight director and program manager, Tommy Holloway.
16286 W 3/27 10 a.m.-12 p.m. Holloway

Yellowstone
A firsthand look at Yellowstone National Park with a little Geology included.
16285 T 3/26 10 a.m.-12 p.m. Culley/Rogers

The Joy of Bird Feeding—Part III
What birds are in my backyard and which foods should I offer? Based on the book The Joy of Bird Feeding by Jim Carpenter, Founder of Wild Birds Unlimited. We will continue the bird-feeding discussion for our year-round residents, seasonal residents, and the migrating birds in our area. We will also provide recommendations on which foods work best in your yard so that you can increase your joy of bird feeding.
16289 F 3/1 10 a.m.-12 p.m. Edie

Nesting Notes
It’s that time! Time to put up a nest box for your backyard birds. Do you know which birds use nest boxes? Do you know when birds begin using their nest box? Do you know what type of nest box to use? Do you know where to place a nest box? Join us as we answer the most frequently asked questions about nest boxes.
16290 F 3/29 10 a.m.-12 p.m. Edie

Lunar Geology: The Moon from an Apollo Perspective
Come and learn about lunar geology, the science of the moon including rocks, topography, structure, interior, origin, and its history.
14937 T,W 2/5-2/6 10 a.m.-12 p.m. Rogers

The Geology of Mars: The Red Planet
Learn about Mars geology. This will be an introduction to the geology of a complex planet. We will look at geologic processes from orbit and on the surface. Does Mars have water?
14959 T,W 2/19-2/20 10 a.m.-12 p.m. Rogers

Flight of Apollo 11 and Landing Site Geology
Come and listen to how the Apollo 11 got to the moon and what was discovered on the moon.
15003 T,W 3/5-3/6 10 a.m.-12 p.m. Rogers

Let’s Drill a Well and All Get Rich
A factual, but non-technical lecture covering the history of the oil industry. How we look for a lease, drill and complete a well.
14996 Th 3/21 10 a.m.-12 p.m. Kimball
Your Wild Neighbors
Urban sprawl continues to impact the survival of our native wildlife. This lecture will cover how to recognize when an animal is truly orphaned, when assistance is necessary. Also discussed will be what a wildlife rehabber in our area does and the common injuries that we see at our wildlife center daily.
15159  Th  4/4  10 a.m.-12 p.m.  Coudert

SENIOR ISSUES

Organizing Skills for Seniors
Organize for efficiencies, memory retention and fun. Everyone can learn simple techniques to being more organized or, if you are already organized, enjoy extreme organizing practices. Everything in your life can be organized—daily task lists, mail, documents, pills, women’s purses, trash cans, closets, grocery shopping, refrigerators, etc. The instructor has selected various topics and will show you how to stay organized and, if you are so inclined, become an extreme organizer.
15007  Th  2/7  1 p.m.-3 p.m.  Ward

What is Medicare Advantage?
Peggy Mims will show you what the qualifications are, how to enroll, when to enroll, what the costs are, and how Medicare “C” actually works. As always, bring Peggy your questions! Learn if Part “C” is the best choice for you.
15022  T  2/12  10 a.m.-12 p.m.  Mims

How do I Choose a Medigap Policy?
Peggy Mims will show you how to select from among 10 Medigap plans, determine which one is best for you, and how to enroll.
15024  T  2/26  10 a.m.-12 p.m.  Mims

Senior Living 101
Donna Composto, Founder of Mom’s Care Plan and Certified Dementia Practitioner, and Becky Carmichael, LBSW and Certified Dementia Specialist, will take the guesswork out of choosing the right senior living community. A comprehensive explanation of various care environments will be discussed including retirement/independent living, assisted living, memory care, personal care homes and nursing facilities. Know what to look for, what questions to ask, and the costs involved.
15005  Th  2/28  2-3:30 p.m.  Composto/Carmichael

Avoiding the Funeral Trap
15137  T  3/19  10 a.m.-12 p.m.  Lambert

How Full is That Glass Really? Scientific Based Strategies to Increase Happiness as You Age
In this class you will learn why you should care about happiness, things that you think make you happy but do not, and what does make you happy, especially as you age. You will leave with at least ten strategies you can use in your daily life that scientific research proves can increase your happiness and the happiness of those you care about.
15145  W  3/27  1-3 p.m.  Hollas

TRAVEL & CULTURE

Ancient Structures
Add a dimension to your travels to Italy, Greece, etc. While the guide (or guide book) is extolling the artistic wonders of the church, palace, monument, etc., you’re visiting grasp the engineering and science that made it possible. With a little knowledge you can add another “WOW” dimension to your visit. No math needed and none discussed. Join Frank Parker for this enlightening class.
14953  T  2/12  2-4 p.m.  Parker

Cruises, Tours, Disney World and More
Come and hear about cruises, tours, and all-inclusive resorts all over the world. A Disney World visit and Disney Cruises will be a highlight of this presentation. Planning a special anniversary, birthday or family reunion? Roy and Linda Lazenby will help you with the details.
15973  F  4/12  10 a.m.-12 p.m.  Lazenby

“All is a fantastic opportunity for retirees to continue – and even expand – learning interests. “Learning” keeps me engaged and motivated to seek out more information.”

Tonie Johnson, LSC-University Park ALL Member
Table of Contents

Fun, Hobbies & Recreation .................. 71
History........................................... 71
Political & Community Affairs............. 71
Reading & Writing............................ 71
Science & Nature................................ 72
Senior Issues.................................. 72
Travel & Culture.............................. 72

ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register

Attend our Open House:
Thursday, January 10, 2019
10 a.m.-noon
Beckendorf Conference Center
30555 Tomball Parkway
Tomball, TX 77375

If you are unable to attend Open House, visit our Continuing Education Office:

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

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

Contact Us
LSC-CREEKSIDE CENTER
281.357.3676

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

Mail Registration Forms to:
LSC-Tomball/A.L.L.
30555 Tomball Parkway, E166
Tomball, TX 77375

Important Information:

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

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

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

LSC does not endorse the opinions, services or products offered by the instructors.
**JOIN US FOR OUR SPRING OPEN HOUSE**

LSC-TOMBALL  
LSC-CREEKSIDE CENTER  
ACADEMY FOR LIFELONG LEARNING

Thursday, January 10  
10 a.m.–noon

Beckendorf Conference Center  
30555 Tomball Parkway  
Tomball, TX 77375  
For more information, call  
281.357.3676

**MEMBERSHIP - CAMPUS**

Attend many classes at Lone Star College (LSC)-Tomball (including LSC-Creekside Center) Academy for Lifelong Learning for one low fee. Some classes may have additional requirements. Additional event, materials or supplies fees may also apply. See schedule for individual class details. Annual non-refundable membership is $20. If you join in fall 2018, you do not pay again until fall 2019. Please include this registration number on your Membership Registration Form.

**MEMBERSHIP - GLOBAL**

Upgrade and enjoy the membership benefits at all six Lone Star College campuses and three off-site centers. The non-refundable $55 membership fee entitles you to take courses and use the other selected services at LSC-CyFair, LSC-Kingwood (including LSC-Atascocita Center), LSC-Montgomery, LSC-North Harris (including LSC-Victory Center), LSC-Tomball (including LSC-Creekside Center), and LSC-University Park. Please include this registration number on your Membership Registration Form.

**FUN, HOBBIES & RECREATION**

**Recreational Bicycling**

This class will include how to get started in cycling, travel opportunities, experiences from vacations around the world, health benefits, and social interactions. Join instructors Marion and Alice Campbell.

**HISTORY**

Austin’s Colony: Veterans of the War of 1812  
Monte Parks discusses the War of 1812, the ramifications of American expansion, the settlement of Texas and the men who joined Austin’s colony who were veterans of that war.

Texas Historical County Courthouses  
Did you know that Texas has 254 counties—and all of those counties have courthouses? Join Pat Townzen who will share photos, facts and anecdotes accumulated during a three-year project to photograph all 254 Texas County Courthouses.

**POLITICAL & COMMUNITY AFFAIRS**

“Ollie, Ollie Oxen Free”: Seeking Answers to Today’s Social Justice Challenges  
Join Kendra Penry as we explore some of today’s most entrenched and challenging social justice issues, such as hunger, poverty and human trafficking, and what YOU can do from right where you are to make a difference.

**READING & WRITING**

How to Self-Publish a Book  
This course, presented by Mike Kowis, author of 14 Steps to Self-Publishing a Book, will help aspiring authors learn the basic steps required to self-publish a book in eBook, paperback and hard cover formats and distribute them on popular websites like Amazon.com, BarnesandNoble.com, etc. The course will also cover the costs to self-publish and common mistakes to avoid.

The True Story of Candace Mossler and America’s Strangest Murder Trial  
The author, Ron Smith, will provide a look at a fascinating murder trial from the 1960’s and share some of his experiences in publishing and marketing his first book.
### Science & Nature

**Let's Drill a Well and All Get Rich**  
A factual, but non-technical lecture covering the history of the oil industry. How we look for a lease, drill and complete a well.  
15289  Th  3/7  10 a.m.-12 p.m.  Kimball

### Senior Issues

**Senior Living 101**  
Donna Composto, Founder of Mom’s Care Plan & Certified Dementia Practitioner and Becky Carmichael, LBSW & Certified Dementia Specialist will take the guess work out of choosing the right senior living community. A comprehensive explanation of various care environments to include retirement/independent living, assisted living, memory care, personal care homes and nursing facilities. Know what to look for and what questions to ask as well as cost involved.  
15303  Th  2/14  1:30 p.m.-3:30 p.m.  Composto

**Avoiding the Funeral Trap**  
15340  W  2/27  10 a.m.-12 p.m.  Lambert

### Travel & Culture

**Ancient Structures**  
Add a dimension to your travels to Italy, Greece, etc. While the guide (or guide book) is extolling the artistic wonders of the church, palace, monument, etc., you’re visiting grasp the engineering and science that made it possible. With a little knowledge you can add another “WOW” dimension to your visit. No math needed and none discussed. Join Frank Parker for this enlightening class.  
15286  Th  2/21  10 a.m.-12 p.m.  Parker

**Living in Singapore as an Expat**  
Join David and Donna Mitchell as they discuss life in a city of “Crazy Rich Asians.” They will provide photos of experiences in Singapore and surrounding Asian countries and discuss life as an Expat.  
15344  Th  2/21  1-3 p.m.  Mitchell

The classes give us a lifeline to what is important and what is helpful in our everyday lives. One class in particular stands out. My husband and I were displaced from our home due to Hurricane Harvey flooding. Although we had much business that we had to take care of at the time, we both looked forward to our class “Legacy” being held at the Victory Lone Star College for a sense of normalcy. Ms. Dobay brought a scrapbook as an example of one way to leave important memories for future generations. My husband and I got a chance unwind from the day to day tension by cutting out pictures, gluing, drawing, coloring and journal writing about our experiences of the past few weeks so that we could share pictorially what had occurred. Suffice it to say, we are truly blessed to be connected with the ALL program.

Sigmund and Elena Johnson, LSC-Victory Center ALL Member
ALL membership for the 2018-2019 Membership Year is required to register for classes.

How to Register
Attend our Open House:
Friday, January 11, 2019
10 a.m.-noon
Lobby of EMI Building
11521 Compaq Center West

EMI: From SH 249, west on Louetta to 1st light. Left on Compaq Center West Dr. EMI is 1/2 mile down on right, a gray 2-story building with plenty of easy parking right outside building.

Come by the EMI building any time after Open House to register for ALL membership and classes, or go to:

LSC-University Park
CE Department, Building 13, 3rd floor
20515 SH 249 at Louetta Rd.
Houston, TX 77070

Important Information:
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Main Switchboard: 281.290.2600

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7116  ALL Membership  9/1/18-8/31/19

MEMBERSHIP – GLOBAL
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7115  Global Membership  9/1/18-8/31/19

Hidden Benefits Of ALL
Kick off your ALL semester by joining Jerry Matson to learn about the benefits of the Academy for Lifelong Learning membership: free Microsoft Office 365 software and cloud space, use of campus facilities, discounts and freebies you can get with your student card and/or student email that is yours as an ALL member. All this plus access to wonderful plays, concerts, exhibitions and more to entertain and educate.
14236  T  1/22  9-10:15 a.m.  EMI 212  Matson

Tour de LSC-UP Campus
Randy Hall and Nancy Kral, members of the Advisory Committee for ALL, will lead ALL members on a tour of LSC-University Park. People will be available to answer questions and help ALL students register for sessions. This walking tour will include a general overview of the LSC-University Park campus. The group will tour EMI, Buildings 12, 13, the Visitors Center, and Cafeteria. You will also have the opportunity to get your photo ID in the SLRC (library).
14359  T  1/22  10:30-11:45 a.m.  EMI Lobby  Hall

Photo ID’s
Arcelia Macedo, from University Park’s SLRC (library), will be at the EMI Lobby to make Lone Star College photo ID’s for ALL members. Walk-ins are encouraged and welcomed!
14532  T  2/5  9-11 a.m.  EMI Lobby  Macedo
14849  W  3/6  9-11 a.m.  EMI Lobby  Macedo

Fall 2019 Pre-Registration & Party!
Celebrate summer! Enjoy this end of the semester get together with the ALL-UP Advisory Board. Sign up for Fall 2019 ALL-UP classes; new members can join ALL. Beat the August Open House rush. Casual get-together and light snacks.
15565  F  5/10  10 a.m.-12 p.m.  EMI 212  Advisory Board

COMPUTER & TECHNOLOGY
Registering for a computer class? You MUST bring a Lone Star College student login and password with you to class so you can log on to our college computers. Use the following instructions to set up your login and password from your home computer BEFORE you attend the class:
• Go to LoneStar.edu
• Select myLoneStar near the top right on your screen.
• Select Forgot Password? and complete the next steps until you have both your Lone Star username and password. Make a note of your new username and password to bring to class!
If you are unable to complete the above, call 832.813.6600 for assistance.

Microsoft Office
Learn how to use Word, Excel, and PowerPoint in classes for beginner and intermediate level users of Microsoft Office in this multi-session class. This ongoing session is taught by Kenneth Flowers, Technical Trainer with the Harris County Public Library System. Have your Lone Star account/login set up before attending the first class. Students are welcome to bring in their own laptop computers and are encouraged to attend all sessions, but not required.
14493  W  1/30-5/1  10:30-11:45 a.m.  EMI 214  Flowers

Mac Familiarization
Ed Tarver, former Apple employee & popular ALL instructor, presents an overview on Mac systems. This class is designed to familiarize all levels of users with Mac computers and the newest operating systems. He will assist with any issues you have with your device so you can get the most from it.
14972  W  3/27  1:30-2:45 p.m.  EMI 212  Tarver

Google Apps: Do Your Work “In the Cloud”?
What does it mean to work “in the Cloud”? Learn about cloud computing and how to use Google applications. If you have a Google Gmail account (you can get one for free), you already have access to 15 GB of free online storage with Google MyDrive and the free web applications such as Google Docs, Google Sheets, and Google Slides. Jerry Matson will show you how to create, edit, and share documents using only your browser. There are no applications to download and you never have to back up your files. You will learn how to access MyDrive, upload documents, edit them, and share them with others.
14361  T  1/22  12-2:45 p.m.  EMI 212  Matson
14866  T  3/19  2-2:45 p.m.  EMI 212  Matson

Advanced Google Apps
Google Apps are Google’s equivalent to Microsoft Office. While they are not as powerful, they are free and have distinct advantages such as universal access, sharing, and collaboration. Jerry Matson will give detailed instructions on how to use Docs, Sheets, and Slides with examples. Students should have an existing Google or Gmail account.
14373  W  1/23  12-2:45 p.m.  EMI 212  Matson
Advanced Excel: How to Manage Lists
For all of its analytical power, it has been observed that 90% of all users of Microsoft Excel use it to keep simple lists. Microsoft has recognized that and has built in very useful functions specifically for lists, but a list in Excel has a special meaning and definition. Jerry Matson teaches what a list is and how to organize, sort, filter, and report on various lists of information using data filters, VLOOKUP, and pivot tables.

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

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Gmail For Power Users
Many people use Google’s Gmail every day without realizing the amazing power built into it. You will learn how to customize its appearance, how to search, sort, and organize your email, filters, folders, forwarding, and much more. Jerry Matson will help you see why Gmail is the most popular and powerful web-based email system today.

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Why Your Next Computer Should Be A Chromebook
A Chromebook is a laptop of a different breed. Instead of Windows 10 or Mac OS X, Chromebooks run Google’s Chrome OS. These machines are designed to be used primarily while connected to the internet, with most applications and documents living in the cloud. As a result, they don’t have much local storage, but they don’t have very large price tags, either. They don’t need antivirus software and you never need to back them up. And they boot up in just 10 seconds! Jerry Matson will discuss why you might want to consider a Chromebook for your next computer.

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

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Cut the Cord
Cut the cord! Leave cable behind and discover how to bring more entertainment into your life using the internet. Join us as we look into Roku, YouTube, Netflix, and similar sites to give you a glimpse into streaming movies, TV Shows, and music. Already there? Join instructor Richard Gillespie in the discussion as he helps others in leaving cable.

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Google Photos
Google Photos gives you a single, private place to keep a lifetime of memories, and access them from any device. They’re automatically backed up and synced, so have the peace of mind that photos are safe and available across all devices. Richard Gillespie will teach students how to sync photos to a desktop and devices, and then how to share them with friends and family. Bring your smartphone, tablet, and/or laptop. You will need a Lone Star username and password and a Google (Gmail) account before the start of class.

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iPhone, iPad Familiarization
Is your smartphone smarter than you? Former Apple employee, Ed Tarver, will help you learn some of the amazing things you can do with your iPhone and iPad. This session is designed for all users of the iPhone and iPad. It will help you get the most out of your devices and understand the newest iOS operating system. You can bring your device to class.

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Do We Need a Technology Detox?
Dings, bells, emergency alerts, upgrades, dead batteries, passwords... and on it goes. Do we need to detox from the internet and cell phones? ALL favorite instructor Mike Moriarty brings his humor into this serious topic of how much is too much technology.

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**FUN, HOBBIES & RECREATION**

Monday Games
Continuing this semester, join us each Monday afternoon for socializing and games! The class will vary games each week to include Canasta, Trivial Pursuit, Mexican Train Dominoes, Rummikub, Bingo, and MahJongg. (The group is always open for new games to be added to the mix!) Very minimal (or no) skill needed, just a fun attitude, and a willingness to laugh and have a good time. We invite you to join the games any Monday even if you aren’t registered; you are welcome to show up and try it out. Beverly Santin coordinates this class, meeting every Monday.

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### Genealogy and Family History

He’s back! Reed Farrar brings his very popular class back to UP for another semester! Class members will be instructed in genealogical principles, where and how to find information. The first two sessions will be instructional and setting up personal accounts. The third session will be spent finding and entering data with the assistance of experienced genealogy workers.

#### What's In Your Pet's Health Cabinet?

Learn what products, used on a regular basis, are healthy for your pets. Instructor Susan Goldsmith will teach you ways to make changes to keep your pets healthy and happy. You will understand what products do to the immune system, good or bad. Solutions to animal problems will be discussed.

#### Reclaim Your Health

Today is a day to be excited because you finally have a chance to feel better, end the never-ending pain cycle, and get your life back through stem cells. They not only heal and repair but also improve overall function of the affected area, often returning the patient to levels that far exceed the normal. Latronica Fisher explains the impact of these breakthroughs on life as we know it.

#### Living to Be 120

For most of our lives we work hard, reaching for success, until we’re faced with retirement. If you retire at age 65, you may think you have about 20 more years to relax and enjoy your life. But what if you had another 40 or 50 years to live? Would it make a difference in how you lived? Learn the secrets to longevity in this class taught by Alex Lee. The class will not meet 3/13.

#### Brain Fitness

Learn how the brain is organized and how it works. What are the signs/symptoms of cognitive decline? What are the general measures one can take to slow or prevent cognitive decline? What are some specific “brain training” measures? Dr. Harry Adams updates his past presentation with more about keeping your brain fit.

### JOIN US FOR OUR SPRING OPEN HOUSE

**LSC-UNIVERSITY PARK**

**ACADEMY FOR LIFELONG LEARNING**

**Friday, January 11**

10 a.m.–noon

Lobby EMI Building

11521 Compaq Center West Drive

Houston, TX 77070

For more information, call 281.290.1899

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### Bridge Series Continues

Join certified bridge instructor Debbie Jackson in this five-part class. This course is intended for beginners or if you played many years ago and need a refresher. The course will be a combination of lecture and play. The lecture will address the rules of bridge, the etiquette of play, scoring, and bidding. Once the background has been laid, you will use group practice play, followed by dividing into tables of four for actual play. Class does not meet 2/28.

14780  Th  1/31-3/7 | 1-3 p.m. | EMI 211 | Jackson |

### Quilting: Turning Twenty

Use your stash of fat quarters to make a beautiful, fun, and fast quilt. This is a lovely quilt for beginners and experienced alike. This is also share time. Bring your projects to show the class. Debbie Jackson leads this class.

14812  T   2/19         | 1:30-2:45 p.m. | EMI 212 | Jackson |

### Wines of Chile

Come join an exciting look into the up and coming world of Chilean wine. From Spanish monks to the modern day, join Andrew Dunsky as we look at the history and current state of the Chilean wine industry.

14805  W   2/20         | 3-4:15 p.m.    | EMI 212 | Dunsky  |

### Powerboating

Doug Hissong will present information about powerboating for those who enjoy it, are thinking about it, or just curious. Discussion will include types of boating activities, boats and propulsion systems, boat selection criteria, boat terminology, boat handling, boating safety, and navigation rules and aids. Summer's coming!

15080  T   4/16         | 12-1:15 p.m.   | EMI 212 | Hissong |

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**HEALTH, FITNESS & NUTRITION**

#### What's In Your Pet's Health Cabinet?

What products, used on a regular basis, are healthy for your pets. Instructor Susan Goldsmith will teach you ways to make changes to keep your pets healthy and happy. You will understand what products do to the immune system, good or bad. Solutions to animal problems will be discussed.

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### Food and Mood

Does your energy level plummet mid-afternoon? Do you crave chocolate? Registered Dietitian and Certified Diabetes Educator, Michelle Ott explains why what you eat has a direct influence on how you feel, think, act, and sleep. Learn to balance your moods and boost your energy level. Food & Mood is complex scientific information presented in practical tips and suggestions that are easy to incorporate into even the busiest lifestyle. Not only are you what you eat, but you also eat what you are.

### Introduction To Essential Oils

The unique plant extracts known as essential oils have the power to change lives. Come learn from instructor Mary Ellen Waskow how they support body systems and brain health, uplift your spirits and can be used as an alternative to toxic-laden cleaners. Experience 100% pure, therapeutic grade essential oils and learn how easy it is to incorporate them into your daily routine. Safety, usage and application methods will be taught. This class is presented two times.

### Tai Chi I For Beginners

Tai Chi/Qigong is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. NASM-Certified Personal Trainer Diane Simmons will teach 8 Treasures and Form 24. Movements will be gentle and easy, nevertheless, participants with a Chronic health condition are encouraged to get medical clearance from their physician. No experience necessary—just a willingness to learn something.

### Tai Chi II

A continuation of the Beginner Tai Chi class, Diane Simmons continues teaching the gentle and easy movements that can greatly improve health. Tai Chi II will cover Form 18 and Five Animal Frolics Qigong. Movements will be gentle and easy, nevertheless, participants with a chronic health condition are encouraged to get medical clearance from their physician.

See an interesting class for Spring 2019, but haven’t had a chance to register ahead of time? That’s OK! As long as there is space in the class, you are welcome to show up for any session. Pre-registered/enrolled students’ slots are released 10 minutes after the start of a session. So, come on over!

### Mindfulness & Meditation

There are multiple benefits of meditation. Through regular practice, subtle transformations take place in one’s body, mind, and consciousness. Some of these benefits are experienced right away while others unfold progressively. You may find inner peace, greater clarity, understanding, and guidance from within, just to name a few. Meditation brings greater harmony and joy to relationships and family life, awakening the capacity to give—and receive—unconditional love and the ability to create a better environment. If you want to improve your life quality, then Alex Lee’s class is for you.

### Baby Steps to Toxic Free Living

Would you like to make strides in creating a toxic-free home? Come learn from Mary Ellen Waskow measures you can take to replace those products which may be negatively affecting your health with simple, safe, and cost effective natural options. Your family will thank you!

### How Full Is That Glass Really? Scientific-Based Strategies to Increase Happiness as You Age

In this class you will learn why we should care about happiness, things we think make us happy but do not, and what actually does make us happy, especially as we age. After listening to this presentation from Betty Hollas, you will leave with at least ten strategies to use in your daily life that scientific research proves can increase your happiness and that of your loved ones.

### Tick-Borne Disease

Tick-borne diseases are becoming a major problem in the U.S. and especially in Texas. In this presentation Harry Adams, MD, will talk about the life cycle of ticks and how you can protect yourself against being bitten. We will also discuss the diseases they transmit and their manifestations and treatment.

### Mindless Eating

Most of us don’t overeat because we’re hungry. We overeat because of family and friends, packages and plates, names and numbers, labels and lights, distractions and distances, cupboards and containers. Research has shown that the average person makes around 250 decisions about food every day – breakfast or no breakfast? Pop-Tart or bagel? Part of it or all of it? Kitchen or car? Yet out of these food decisions, most we cannot really explain. Registered Dietitian, Certified Diabetes Educator, Michelle Ott shows what these decisions are and how to make them work for you rather than against you.
Chinese Medicine: Food Therapy
How is your diet working for you? This next part in the Traditional Chinese Medicine (TCM) series will emphasize food therapy for many common health issues as well as maintenance of optimal health, following the rules of balancing the five elements. Be prepared to be surprised about the common mistakes in many of today’s diet trends. Previous class attendance is not required, as it is made to be fun and easy to understand. Instructor H. Van Doan will do a live demo at the end of class.
15129 Th 4/18 1:24 p.m. EMI 212 Doan

Chronic Joint Problems
Chronic joint problems are sometimes caused by an autoimmune disorder. Earl Kemper will focus on how the immune system can cause joint problems and how these problems may be corrected with proper nutrition.
15030 W 4/24 1:30-2:45 p.m. EMI 212 Kemper

The Immune System
Many medical problems are the result of a malfunctioning immune system. In this class, Earl Kemper will focus on the immune system; its roles, the signs of a malfunctioning system, and how it can be corrected with proper nutrition.
15099 W 4/17 1:30-2:45 p.m. EMI 212 Kemper

Introduction to Chakra
Chakras are subtle energy centers in your body that affect your physical, emotional, and spiritual well-being. Learn ways to harmonize chakra energy, how stress affects your chakra health, and how to tell if you have any chakras that are stressed, blocked or overstimulated. Brandy Deutsch will open you to a fascinating and different way of looking at your body’s health and energy. This class will meet three times: 2/13, 4/8, and 4/18.
14790 W 2/13-4/18 10:30-11:45 a.m. EMI 212 Deutsch

Finding Joy During the Good, Bad, Ugly
Don’t we ALL need more positive things in our lives? Come learn easy ways to rediscover the JOY that you have misplaced during the difficult times. You will hear great stories and humor that will challenge you, find ways to improve your day to day living, and discover more joy. Instructor Carmalyn McCracken is sure to leave you feeling more positive and joyful.
15057 Th 4/11 10:30-11:45 a.m. EMI 212 McCracken

HISTORY

History of The Silver Dollar
When’s the last time you saw a silver dollar? This class examines the amazing history of the Silver Dollar and how it is intertwined with our history. An ALL favorite, Jim Jolly is back this semester and you’re sure to enjoy his talk.
14418 T,Th 1/29, 1/31 10:30-11:45 a.m. EMI 212 Jolly

At War With the Earth: The French, Suez, and Panama Part 1 & Part 2
Part 1 - French audacity led to triumph at Suez. The same type attempt at Panama was catastrophic and harder on France than a war. The beneficiary of the disaster was America. Part 2 - America steps into the void left by the French and a revolution results. New ideas and new players result in “…the greatest thing in the world, the Panama Canal.” Retired Captain Paul Eschenfelder returns this semester for another interesting presentation.
14839 Th 2/28, 3/7 10:30-11:45 a.m. EMI 212 Eschenfelder

History Of Western Civilization
We will begin with the mysterious Etruscans (two lectures) and move to the ancient Greeks, especially as they related to the Etruscans and Romans, then close with the Roman Republic. Always popular retired History professor Mike Adams teaches this class. This class meets four times: 2/6, 2/20, 3/20 and 3/27.
14795 W 2/6-3/27 12:1-1:15 p.m. EMI 216 M. Adams

Secrets, Symbols, and Hidden Meanings: Deciphering Art History
This course will focus on the branch of art history known as Iconography. Together we will investigate and learn the meanings of famous artworks by analyzing the symbols hidden within them along with their context. Come and join in as we discuss various artworks through history and decipher their hidden meanings with popular ALL instructor Amy Sluis.
14943 F 3/22 10:30-11:45 a.m. EMI 216 Sluis

Postcards History and Collecting
This class will cover the history of postcards in the USA, how to care for a postcard collection, and the fun of collecting a wide variety of topics of postcards. Class participants may bring a few of their postcards to the class for discussion. Tracy Bradford continues his interesting presentations integrating postcards.
14815 W 2/27 9-11:45 a.m. EMI 212 Bradford

Hamilton-His Life & Music
This course will examine the life and times of Treasury Secretary Alexander Hamilton through the sounds of the hit musical, Hamilton and Hamilton’s own writings. Come learn why Hamilton is one of the most compelling founding fathers, how his ideas have shaped our nation, and why this new musical is currently enjoying immense popularity on Broadway. Katherine Truax, history faculty, presents this two-part class.
15843 M,F 2/25, 3/1 9-11 a.m. EMI 212 Truax

Legacies of the Plains Tribes
Join History Professor Andrew Dunskey for an in-depth look at the native cultures who lived on the Great Plains in the 19th century. From the Pawnee to the Sioux and Omaha, this lecture will help construct a picture of Native life both before and after the reservation system. Based on a 2012 National Endowment for the Humanities grant.
14758 W 2/6 3-4:15 p.m. EMI 212 Dunskey
The Road to Independence
This course describes the political, civilian and military actions that led to Texas Independence. We will discuss factors leading up to the revolution, political strategies and military movements. Monte Parks with Harris County Pct. 4 will present the fascinating talk, and right around Texas Independence Day too!
14841 T 3/5 9-10:15 a.m. EMI 216 Parks

Korean War: How We Got There and What Happens Now?
The Korean War is known as the forgotten war, and we technically remain at war. North Korea still threatens the stability of Korea and can also threaten the USA. What happened and what are our options? Join Ed Tarver as we look at this timely topic.
14845 T 3/5 1:30-2:45 p.m. EMI 212 Tarver

Chapultepec Castle
Learn from Sylvia McMillan about the magnificent Castle of Chapultepec, “The Grasshopper Hill” called by the Aztecs. From a mission to a military school and from presidential residency to a museum, this is an important place in understanding Mexican/American history.
15163 T 4/30 10:30-11:45 a.m. EMI 212 McMillan

The Atakapa Groups of Texas: The First Houstonians
Precinct 4 expert and favorite ALL instructor Monte Parks details the Atakapa tribes of the upper Gulf Coast and their importance to the area. We discuss their cultural impact and interactions with early explorers and settlers of the area.
15153 T 4/30 9-10:15 a.m. EMI 212 Parks

A House Divided: The US Civil War
In a three-part series, Professor Katherine Gaskamp will develop the political, social, and economic differences between the North and South prior to the American Civil War. Beginning with English colonization in the Americas, students will examine how settlement patterns, climate, and geography developed three colonial regions in British North America. Then, students will continue the development of regional differences after American independence and see how abolition, economic development, and agricultural industrialization during the early nineteenth century gave rise to two distinct regions in the United States. Finally, students will look at the growing sectional division during the 1850s and discuss the beginning of the American Civil War.
15060 T 4/11-4/25 3-4:15 p.m. EMI 212 Gaskamp

April 14, 1865
In the final act of his storied theatrical career John Wilkes Booth, young, handsome, and profusely talented chose to exit Ford’s Theater a villain. A single shot from Booth’s Derringer pistol forever altered the course of United States history. Popular history instructor Luke Bendick will offer a comprehensive examination into the political career of Abraham Lincoln, his actions during the Civil War, role in Emancipation, as well as the life and political motivations of the conspirators that took his life.
15021 W 4/3-4/24 3:45-5 p.m. EMI 212 Bendick

The Roaring Twenties
History Professor and Department Chair Matt Keyworth will explore American popular, political, and economic culture during one of the most exciting moments of the twentieth century. Topics will include the “new woman,” prohibition, entertainment, and the rural-urban divide.
15064 M 4/8, 4/15 10 a.m.-12 p.m. EMI 212 Keyworth

Victory: President Reagan’s Plan to Defeat the USSR
President Reagan developed a plan to defeat the USSR without employing military force. William Comee will analyze the plan and present how Reagan’s plan was implemented.
15051 W 4/10 12-1:15 p.m. EMI 212 Comee

Covert Operations of the 1960s-1990s
Join William Comee as he presents information about a number of covert operations conducted by the CIA and US Military during the Cold War through the fall of the Berlin Wall.
15097 W 4/17 12-1:15 p.m. EMI 212 Comee

LANGUAGES

Basic Conversational Spanish
Jim Jolly returns with his fun Spanish class! Jim wants you to learn ways to better (and simply) communicate with our Spanish-speaking neighbors. He will cover the basics of conversational Spanish for a beginner with no prior ability in this eight-part class. This course is designed to provide a foundation for further study into the Spanish language.
14721 T 2/5-2/28 10:30-11:45 a.m. EMI 216 Jolly

Spanish Basics
Learn basic Spanish conversation skills in this 3-part course taught by engineering professor, Spanish-speaking native, and an ALL favorite, Nolides Guzman. Ph.D. Daily used words and travel vocabulary will be included.
15010 W 4/3-4/17 9-10:15 a.m. EMI 212 Guzman

Interpersonal and Communication Skills
Feel like you speak and no one’s listening? Learn practical information on improving interactions with others, including understanding others and having a positive impact on them. Learn about various communication modes, and how to be both an effective listener and question asker. Author Doug Hissong presents tips on improving communications and also covers how to develop clear, concise documents.
15008 T 4/2, 4/9 12-1:15 p.m. EMI 212 Hissong

Never Fight Again
This class will explain all the things we do wrong when we argue and how to resolve conflict in a productive way. University of Houston Professor Deborah Shelley, Ph.D. presents this class.
14804 M 3/4 10:30-11:45 a.m. EMI 212 Shelley
PHOTOGRAPHY

Scanning & Preserving Photos
What do you do with the documents and photos that you have collected from your various projects? This class will show different methods of scanning and copying. Richard Gillespie will discuss various formats (jpeg and PDF) and the advantages of each. When you have them scanned how and where do you store and back them up? Archival methods and internet security will also be discussed.
14801 T 2/19 10:30-11:45 a.m. EMI 214 Gillespie

Photography Club
Have you always wanted to learn more about photography? Is photography a hobby? Again this semester, Bob Gardner leads a photography club at LSC-University Park for people to share their photography skills, questions, and creative ideas. The club will meet 3 times. Any level of experience or talent welcome. 2/27 class - introduction, share interests. 3/27 class - composition & setting up a camera. 4/24 class - photographic equipment and how to use color profile equipment.
14822 W 2/27-4/24 1:30-3:30 p.m. EMI 214 Gardner

POLITICAL & COMMUNITY AFFAIRS

Fuss & Discuss
As Roseanne Roseannadanna said, “It’s always something…” Back for a second semester, join ALL member Victor Ward and his committee for a casual, civil conversation about a class held that week, something in the news, or whatever you want to discuss. Open mindedness required for a fun, lively conversation. Class meets seven times: 1/25, 2/8, 2/22, 3/8, 3/22, 4/5, and 4/26.
14401 W 1/25-4/26 12:00-1:00 pm EMI 211 Ward

The Conservative Movement & Judicial Politics of the Past 70 years
Political Science Professor and Department Chair Matt Plank will examine the politics behind judicial selection and will critically examine what the Framers of the Constitution had in mind vs. “the reality” of the past 30 years in the process of Supreme Court confirmation. Justice Kavanaugh’s confirmation process will be included in the discussion.
15017 W 4/3 10:30-11:45 a.m. EMI 212 Plank

Port of Houston and the Houston Ship Channel
Learn from former Houston Ship Channel pilot, former Exxon Mobil tanker captain, and a favorite ALL instructor, Captain Mike Morris. The Port of Houston is a 25-mile-long complex of diversified public and private facilities. Learn how “cozy” the channel can feel and how pilots navigate it. Each year, the Houston Ship Channel, one of the world’s busiest, transports over 200 million tons of product. You will hear fascinating facts, interesting stories, and see amazing videos during this class.
15028 Th 4/4 10:30-11:45 a.m. EMI 212 Morris

All about the “ism”s
You’ve heard people refer to capitalism, socialism, and communism. But, do you really understand what the heck they are? And what’s a mixed economy? Join retired political science professor, Nancy Kral, who will explain the differences and key components of each economic system, how each system fits with various types of government, as well as figure out what the United States actually is economically.
15074 T 4/16 10:30-11:45 a.m. EMI 212 Kral

USA’s Great Constitution!
Want to learn a little about the US Constitution? Join retired Political Science Professor Nancy Kral as she goes over the basic principles of the Constitution and the USA, what the Constitution actually says, and how it is a dynamic document. You will be given a copy of your own Pocket Constitution!
15139 T 4/23 1:30-2:45 p.m. EMI 212 Kral

The Iconic Ruth Bader Ginsburg
Ruth Bader Ginsburg forged forward in the face of adversity & broke many barriers on her way to becoming the second woman to serve on the Supreme Court of the United States. An advocate and protector of liberties, gender equality, and fairness, she stands tall as a legal icon. Her challenges, triumphs, and service will be examined in this course presented by popular ALL instructor, attorney Lyn Schuman.
15141 Th 4/25 10:30-11:45 a.m. EMI 212 Schuman

Sex, Love, and Romance
Dr. Deborah Shelley leads this class that describes how we are affected and influenced by unrealistic media messages about sex, love, and romance, leading us to be disappointed in our own relationships.
14868 W 3/20 10:30-11:45 a.m. EMI 212 Shelley

EASY PARKING!
Specific directions to Academy for Lifelong Learning at LSC-University Park: from SH 249 and Louetta, go west on Louetta to the first stop light (Compaq Center West Drive). Turn left there. Go .4 of a mile and look for a gray 2-story building on the right. That’s us! You will pass office buildings, a parking garage, drive under an overhead walkway – keep going until you find the separate Energy and Manufacturing Institute (EMI) building on the right. It has a signs in front of the building. DO NOT go into a parking garage. There is plenty of parking right outside the EMI Building, really close, minimal walking. See you on campus!
### Reading & Writing

#### Writing Group
Writers of all levels and genres will find support & ideas to develop or enhance their own unique writing process. In addition to planned topics from instructor, everyone will be encouraged to share things that work for them so we can all try something new. We’ll do plenty of writing and reading it out loud as we experiment. Instructor Gail Plunkett brings this creative program back to us. This class meets seven times:
1/31, 2/14, 2/28, 3/21, 4/4, 4/18 and 5/2.

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#### Writing a Memorable Memoir Essay
Work with class members on writing memorable memoirs under a central theme and publishing the completed memoirs in an electronic keepsake digital book. Always popular faculty member Rhonda Jackson Joseph teaches this class.

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#### Book Club
Please join us for Book Club. We read titles chosen by our participants and discuss them on the class date. Join us for one month or come every month! Our goal is to read books of different genres and share our views. Kathleen Castro coordinates the Book Club at LSC-UP. Our book for February (2/5) is Into Thin Air by Jon Krakauer, for March (3/5) is The Great Alone by Kristin Hannah, for April (4/2) is Beneath A Scarlet Sky by Mark Sullivan, for May (5/7) is An American Marriage by Tayari Jones. This class meets four times.

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#### How to Self-Publish A Book
Ever want to publish a book? This course is designed to help aspiring authors learn the basic steps required to self-publish a book in eBook, paperback, and hardcover formats. The instructor will also teach students how to make them available for sale on popular websites like Amazon.com and BarnesandNoble.com. This course will also cover costs to self-publish and common mistakes to avoid. The class instructor, Mike Kowis, wrote 14 Steps to Self-Publishing a Book, ISBN: 978-0997994650 (recommended, but not required).

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### Science & Nature

#### Writing a Suspenseful Story
If you want to learn how to write in a suspenseful way and raise goose bumps with a great story then look no further. Learn how to write a captivating and suspenseful story in this 3-part class taught by popular English Professor Rhonda Jackson Joseph. This class includes a workshop opportunity for students too.

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#### Poetry Slam
Instructor Diane Simmons asks that everyone bring an original poem to read to the class. Class will vote on the best poem. Winner gets bragging rights. Favorite poems by other authors may be brought and read if time allows.

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**Entomology 101**
Join Rose Holmes with Precinct 4 Kickerillo-Mischer Preserve for a basic course in arthropod investigation. The session will include a basic introduction to the classification of insects, arachnids, and other arthropods, and will include some identification for common arthropods found in the Houston area. Time to get buggy!

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**Our National Parks**
There are 59 designated national parks in our country, all under the care of the National Park Service. Explore the natural splendor of each park while discovering the events and history which led to the preservation and protection of these majestic lands in this course presented by Lyn Schuman.

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**World’s 6th Sense: Infrared/Thermal Imaging**
Barry Hirst will explain the technique of sensing and recording the heat given off by all objects to produce images. You may not know it but IR energy, although invisible to the naked eye, is all around us. This presentation is designed to make you aware of what Infrared can do! Topics discussed, with graphical representation, include, what is IR, how it works, history, and a few fun facts. If you have never seen an infrared camera, you will be amazed.

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**Energy and You**
Doug Hissong presents information about the very important energy industry. The class will learn where energy comes from, what it’s used for, trends from the past through the year 2040 in sources and uses. Included are the benefits of improved technology in increasing energy production and decreasing environmental impacts, including ethanol in gasoline and hybrid vehicles.

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**Let’s Drill a Well and All Get Rich**
Scott Kimball presents a factual but non-technical lecture about how we drill an oil well. We cover history, how we look for oil, how we drill a well and how we complete a well. We all know oil is important to Houston; now you will learn how we actually get the oil.

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<td>EMI 212</td>
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**Introduction to Drones**
Drones, what are they? How do they work? What can you do with them? Come see how they are becoming integrated in our everyday lives and get your questions answered. Included in the discussion are the safety rules and regulations. See and experience the amazing new technology that can be at your fingertips. Presented by FAA Licensed and Certified Drone Flight Instructor Barry Schleicher.

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**Securing Water for Today and Tomorrow**
WATER: It’s simply indispensable! Learn what the North Harris County Regional Water Authority (NHCRWA) is doing to secure a long-term supply for our community and how you can help. Join Alan Rendl, NHCRWA Board President, for a discussion of how the NHCRWA is securing a long-term supply of reliable, quality drinking water for our community. Rendl, an informed and compelling presenter, has been actively engaged in regional water issues for more than two decades. He will address the difficult question, “Why will the cost of water continue to go up?”

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**Climate Change: An Engineering Approach**
What is going on? What can we expect? What can we do about it? And what will it cost? Georg Christensen is a retired chemical engineer (MSc). He has made a thorough study of climate change/global warming, and done some simple calculations. He would like to share his findings, which add interesting background on this important, timely issue.

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**Basic Landscaping 101**
Join Master Gardener and favorite ALL instructor Sherri Harrah from Plants for All Seasons, as she teaches the basic principles of landscaping. What works well where? How hardy is something? Learn all about the latest plants, flowers, accessories, and anything else related to gardening. Pick up tips from an expert.

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**Basic Dendrology & Tree ID**
Join Kickerillo-Mischer Preserve staff, Rose Holmes, to learn about the function and identification of trees found in the Houston area. The session will include a basic instruction on using dichotomous keys and hands-on practice identifying trees from live specimens. Weather and time permitting may include a short walk of the LSC grounds to identify campus trees.

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**SENIOR ISSUES**

**Growing Whole, Not Old**
This class will help you look at life in a new way as we become elders. Ms. Terry Seufert discusses images of aging from our perspective and that of society. Students will also learn how to explore living life more consciously, joyfully and compassionately.

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### Organizing Skills For Seniors: Staying Organized to Extreme Organizing
Organize for efficiency, memory retention, and fun. Everyone can learn simple techniques to being more organized or, if you are already organized, enjoy extreme organizing practices. Everything in your life can be organized – daily task lists, mail, documents, pills, women’s purses, trash cans, closets, grocery shopping, refrigerators, etc. Instructor Maria Ward will show you how to stay organized and, if you are so inclined, become an extreme organizer.

14788  T  2/12  1:30-2:45 p.m.  EMI 212  Ward

### Senior Living 101
Donna Composto, Founder of Mom’s Care Plan and Certified Dementia Practitioner, and Becky Carmichael, LBSW and Certified Dementia Specialist, will take the guesswork out of choosing the right senior living community. A comprehensive explanation of various care environments will be discussed including retirement/independent living, assisted living, memory care, personal care homes and nursing facilities. Know what to look for, what questions to ask, and the costs involved.

14787  T  2/12  12:1-15 p.m.  EMI 212  Composto

### How Do I Choose a Medigap Policy?
Peggy Mims will show you how to select from among 10 Medigap plans, determine which one is best for you, and how to enroll.

15070  Th  4/18  9-10:15 a.m.  EMI 212  Mims

### What is Medicare Advantage?
Peggy Mims will help you learn what the qualifications are, how to enroll, when to enroll, what the costs are, and how Medicare “C” actually works. As always, bring Peggy your questions! Learn if Part “C” is the best choice for you.

15056  Th  4/11  9-10:15 a.m.  EMI 212  Mims

### Recent Medical Advances Relevant to Seniors
Harry Adams, M.D. will present and discuss some of the most recent medical advances that are relevant to senior citizens. Dr. Adams will choose five or six topics based on their significance and how important they might be to students in ALL.

14859  T  3/19  10-30-11:45 a.m.  EMI 212  H. Adams

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### TRIPS & TOURS

#### Meet You There: Playhouse 1960 Opening Nights
Meet your ALL friends at Playhouse 1960 for excellent performances - right in the neighborhood. Playhouse 1960 is located at 6814 Gant Rd, #116, Houston, 77066 (off Cutten Road, south of FM 1960). We will meet there by 7:30 for the 8:00 p.m. Opening Night show for a performance, and then attend an after-show reception. Instructions on purchasing tickets online, including discount code, will be sent to all registered students. We will attend performances on 1/18: Calendar Girls, 3/1: God of Carnage, and 4/12: Comic Potential. For questions and additional information contact cash.t.shipman@LoneStar.edu. Due to unforeseen circumstances, schedule may vary.

14233  F  1/18-4/12  by 8 p.m.  MYT

#### Meet You There: Lizzy G’s
Lizzy G’s Fine Gifts In The Vintage is a store full of unique products that have a story to tell! Meet us there to enjoy a private tour given by Liz Tillman, co-owner, to learn all about the artists they feature, products they love, and to get a head start on spring shopping. 15% off entire store (through 11 a.m.), complimentary gift wrap, brunch, coffee, mimosas, and fun! Due to unforeseen circumstances, schedule may vary.

15994  F  2/1  9:30-11 a.m.  MYT

#### Meet You There: Fine Arts Tour
Check out the LSC-University Park Fine Arts Program. Tour Black Box Theatre at LSC-UP and learn what the Fine Arts Department has planned this semester. Meet faculty and hear of the ambitious future plans for the arts at LSC-UP. Priscilla Arteaga, LSC-UP employee, will meet students in Building 11, 1st Floor, Fine Arts Office, for the tour and discussion. Due to unforeseen circumstances, schedule may vary.

14529  M  2/4  10:30-11:45 a.m.  MYT  Arteaga

#### Meet You There: Plants For All Seasons
Come and visit Plants for All Seasons. Check out the latest plants, flowers, accessories, and anything else related to gardening. Pick up tips from their experts. Whether you are wanting to start a new garden, are already a master gardener, or just want to look around, join us at this nursery. Meet at Plants for All Seasons 21328 Hwy 249, Houston 77070. Phone: 281.376.1646. Due to unforeseen circumstances, schedule may vary.

15570  M  3/4  10 a.m.-12 p.m.  MYT

#### Meet You There: Outdoor Cooking
Meet at the Preserve and join Kickerillo-Mischer Preserve staff Rose Holmes for a lesson on cooking in the outdoors. The session will include instruction on camping, cooking methods, including one-pot meals, “foil-packets” over coals, and Dutch oven cooking. Samples of meals prepared will be offered to taste, but participants are encouraged to bring a sack lunch. Dress comfortably for the outdoors. Chair and refillable water bottle recommended. Due to unforeseen circumstances, schedule may vary.

14800  F  2/15  12:1-30 p.m.  MYT  Holmes

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Every effort is made for ALL sessions to proceed as scheduled. Registered members will be individually notified of any cancellation or change (using email and phone numbers provided on registration form). Also, check the University Park ALL Weekly Newsletter, and a sign will also be placed on the classroom door.
### Meet You There: Three Dimensional Glassworks
Tour the only Houston area open access glass blowing studio. We will meet at 17742 FM 2920, Tomball, for a narrated tour and demonstration of the various types of glass art made here. Meet resident artists and see creativity in action. $15 per person fee, payable at Three Dimensional Glassworks. Due to unforeseen circumstances, schedule may vary.  
14783  F  2/8  1:30-3:30 p.m.  MYT

### Meet You There: Total Wine & More
Join us at Total Wine & More for a fun afternoon of wine tasting. Learn about different types of wines - and even try a blindfolded taste test. Meet at Total Wine, 7640 Cypress Creek Pkwy, Houston, and 281.477.7507. There is a $20 charge payable at Total Wine & More. Due to unforeseen circumstances, schedule may vary.  
14945  F  3/22  2-4 p.m.  MYT

### Meet You There: Beginning Birding 101
Join staff at Kickerillo-Mischer Preserve to learn the basics of identifying birds during peak spring migration season. The class will begin with a session of instruction on bird morphology, using ID field guides, and proper binocular use. Following the instructional session will be a session of practicing learned skills by birding around the preserve on foot. Participants should wear walking shoes, dress for the weather, and bring a refillable water bottle. Binoculars are recommended and loaner pairs are available. Due to unforeseen circumstances, schedule may vary.  
15032  F  4/5  9 a.m.-12 p.m.  MYT  
15068  F  4/12  9 a.m.-12 p.m.  MYT

### Meet You There: Pond Ecology at Kickerillo-Mischer Preserve
Meet at the Preserve and join Kickerillo-Mischer Preserve staff to learn about the health of Marshall Lake by investigating the organisms that live in it. The session will include a hands-on activity including an investigation and identification of macro-invertebrates found in the Lake as water-quality indicators, as well as chemical testing for water quality. Participants should wear comfortable clothes and dress for the weather. Recommended to bring a refillable water bottle. Due to unforeseen circumstances, schedule may vary.  
14944  F  3/22  10:30-11:45 a.m.  MYT

### Meet You There: Campioni-Italian Wine & Food Pairing
Consistently voted one of the best restaurants in our area (and a very popular ALL class), Campioni again welcomes ALL to experience a taste of Italian wines and enjoy a delicious lunch. Manager Pam Aman will guide the group to a better understanding of wines and what foods they complement. Lunch, wines, beverage, tax, and gratuity included. Meet at Campioni, 13850 Cutten, Houston, 281.893.2267. $30 fee payable to Campioni. Due to unforeseen circumstances, schedule may vary.  
14958  M  3/25  11:15 a.m.-2:30 p.m.  MYT

### Meet You There: HEB Wine Tasting
Always a popular class with our group! Spend some time at the HEB at Grand Parkway and Champion Forest Drive (20311 Champion Forest Drive). You will learn about the wine and cheese selections at HEB from expert wine manager, David Ely. Small snacks will be served. Due to unforeseen circumstances, schedule may vary.  
15506  F  2/22  2-3:30 p.m.  MYT

### Precinct 4 Bus Trip: Bellville Road Trip
Encore from last fall! Join us for a fun day visit to Bellville, TX. Tour an 1891 Blacksmith Shop and enjoy a live “forged in fire” demonstration by the local blade smith while learning about the history of the Iron Age. Next stop is The Austin County Jail and Museum. Tour an original hanging jail and see what jail cells looked like in the late 1800’s. Lunch buffet at Yani’s Steakhouse, a local favorite, is on your own. Tour cost $10. Due to unforeseen circumstances, schedule may vary.  
14386  F  1/25  8 a.m.-5 p.m.  EMI Parking Lot

### Precinct 4 Bus Trip: Port of Houston
Due to popular demand we’re headed back to the Port! Enjoy a leisurely, 90-minute round-trip, educational tour along the Houston Ship Channel. Learn more about the port and maritime industry through this enjoyable tour. You will enjoy lunch after the morning tour. We will then go to the San Jacinto Monument for a brief stop. Due to unforeseen circumstances, schedule may vary.  
14799  F  2/15  8 a.m.-5 p.m.  EMI Parking Lot

### Precinct 4 Bus Trip: Museum of Fine Arts
Encore from last fall! Join us for a fun day visit to Bellville, TX. Tour an 1891 Blacksmith Shop and enjoy a live “forged in fire” demonstration by the local blade smith while learning about the history of the Iron Age. Next stop is The Austin County Jail and Museum. Tour an original hanging jail and see what jail cells looked like in the late 1800’s. Lunch buffet at Yani’s Steakhouse, a local favorite, is on your own. Tour cost $10. Due to unforeseen circumstances, schedule may vary.  
14942  F  4/5  8 a.m.-5 p.m.  EMI Parking Lot

### Precinct 4 Bus Trip: Beaumont
Join us for a trip to Beaumont where we will visit the McFaddin-Ward House, a Beaux-Arts Colonial Style home built in 1905 and owned by the McFaddin family for 75 years. After lunch we will travel back to January 1901 and learn about “The Lucas Gusher” at Spindletop Hill and tour a replica of the Gladys City Oil, Gas and Manufacturing Company boomtown of Gladys City. Total costs for tours is $9.00 plus your lunch. Due to unforeseen circumstances, schedule may vary.  
14989  F  3/29  8 a.m.-5 p.m.  EMI Parking Lot
Emergency Contact Information:

Name ____________________________________________ Relationship ____________________________
Home Phone ____________________________ Alternate Phone ____________________________
Other:         I am interested in volunteering for ALL.  I am interested in teaching a class for ALL.
               I agree to have ALL volunteers/staff contact me on my personal e-mail or telephone.

Model Release: I acknowledge and consent to the use of my image or voice by Lone Star College (LSC) as captured by
photography, videotape or digital format in any and all publications including but not limited to print, Internet, video or
digital publication, and waive any rights to compensation in any form. LSC is not required to obtain my permission to reuse or republish
my image in the future. My image will remain the property of LSC and be used exclusively to promote LSC.         Yes ☐ No ☐

Bottom portion will be destroyed after processing.

Payment is due at the time of registration. Make checks payable to Lone Star College System.

Affirmative Action/EEO College    Revised November 2014
## Academy for Lifelong Learning (ALL)

### Class Registration Form

***PLEASE PRINT CLEARLY***

Date ___________ Campus:  

- LSC–CyFair
- LSC–Kingwood
- LSC–Montgomery
- LSC–North Harris
- LSC–Tomball
- LSC–UP
- Global

Year 20 ________ Term:  

- Fall
- Spring

Membership status:  

- New ALL Member
- Returning ALL Member

Name ____________________________________ LSC Student ID# ________________________

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<tr>
<th>Registration #</th>
<th>Course Title</th>
<th>Class Location</th>
<th>Start Date</th>
<th>Course Fee</th>
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Office Use Only

Registered by: ____________________________

Date: ____________________________
**Academy for Lifelong Learning (ALL) Membership Registration Form**

***PLEASE PRINT CLEARLY***

Date ___________ Campus: ☐ LSC–CyFair ☐ LSC–Kingwood ☐ LSC–Montgomery ☐ LSC–North Harris ☐ LSC–Tomball ☐ LSC–UP ☐ Global

Year 20 _______ Term: ☐ Fall ☐ Spring Membership status: ☐ New ALL Member ☐ Returning ALL Member LSC Student ID# __________________________

Last name ___________________________________ First ___________________________________ Middle ___________________________________

Previous last name ___________________________________ E-mail address (please print) ___________________________________

Home phone __________________________ Cell phone __________________________ Work phone __________________________

Date of Birth (required) ______ / ______ / _______ Gender: ☐ Male ☐ Female

Current address: Address change? Yes ☐ No ☐

Street __________________________________________ City __________________________ State _________ ZIP ______________ County _________

Mailing address (if different): Street __________________________________________ City __________________________ State _________ ZIP ______________ County _________

**Registration #** | **Membership Category** | **Membership Fee**
--- | --- | ---
ALL Campus Membership | specify campus: __________________________ |
ALL Campus Membership | specify campus: __________________________ |
ALL GLOBAL Membership (all six campuses) | @ $55 |

**NOTE:** Please list your course selection on reverse side of this form.

---

**Emergency Contact Information:**

Name ___________________________________ Relationship ___________________________________

Home Phone __________________________ Alternate Phone __________________________

Other: ☐ I am interested in volunteering for ALL. ☐ I am interested in teaching a class for ALL. ☐ I agree to have ALL volunteers/staff contact me on my personal e-mail or telephone.

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**For Office Use Only**

Method of Payment: __________________________

Entered by: __________________________ Date: __________________________

Code: __________________________

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Member Signature __________________________ Date __________________________

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Bottom portion will be destroyed after processing.

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**Payment is due at the time of registration. Make checks payable to Lone Star College System.**

Charge to my: ☐ AMEX ☐ Discover ☐ Master Card ☐ VISA Card Expiration Date __________ Transaction Date __________

Card # ___________________________________ Security Code _______ Name on Card __________________________

Billing address __________________________________________ ZIP __________________________

Signature __________________________________________

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Lonestar.edu/ALL

Affirmative Action/EEO College Revised November 2014
# Academy for Lifelong Learning (ALL)

## Class Registration Form

***PLEASE PRINT CLEARLY***

Date ___________  Campus: ☐ LSC–CyFair ☐ LSC–Kingwood ☐ LSC–Montgomery ☐ LSC–North Harris ☐ LSC–Tomball ☐ LSC–UP ☐ Global  
Year 20 ___________ Term: ☐ Fall ☐ Spring  
Membership status: ☐ New ALL Member ☐ Returning ALL Member

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Office Use Only

Registered by: ______________________________________

Date: ______________________________________________
Basic Principles of Oil and Gas

As the energy capital of the world, the Houston region leads the world-wide energy industry. Even if you don’t work directly in the energy industry, it impacts you if you live here. Learn the basics of the petroleum industry and how it impacts our economy and business environment.

Basics of Petroleum is a three-day course that teaches basics of the industry for investors, technicians, or anyone interested in understanding this huge economic force.

Students will:
- Learn the basics of the industry
- Learn how hydrocarbon deposits are formed, explored and produced
- Understand how raw products are converted, delivered and traded worldwide
- Experience the drilling industry first-hand on an actual drilling rig

Tuition $599

Don’t miss this opportunity to increase your understanding of this valuable market. For more information, including class scheduling, contact Danny Bacot @ 281.260.3525.
Spring 2019 Open Houses

Thursday, January 10, 10 a.m.-noon
LSC-Tomball/Creekside
Beckendorf Conference Center
30555 Tomball Parkway, Tomball, TX 77375
For more information, call 281.357.3676

Thursday, January 10, 2-4 p.m.
LSC-Atascocita Center
15903 West Lake Houston Parkway, Houston, TX 77044
For more information, call 281.312.1750

Friday, January 11, 10 a.m.-noon
LSC-University Park
Lobby of EMI Bldg.
11521 Compaq Center West Drive, Houston, TX 77070
For more information, call 281.290.1899

Friday, January 11, 10 a.m.-noon
LSC-CyFair
Conference Center, CENT 151
9191 Barker Cypress Road, Cypress, TX 77433
For more information, call 281.290.3460

Saturday, January 12, 11 a.m.-2 p.m.
LSC-Montgomery
Building B-150 Atrium
3200 College Park Drive, Conroe, TX 77384
For more information, call 936.273.7446

Tuesday, January 22, 1-3 p.m.
LSC-Victory Center
4141 Victory Drive, Houston, TX 77088
For more information, call 281.810.5680

Thursday, January 24, 1-3 p.m.
LSC-North Harris
Community Education Building
2700 W.W. Thorne Drive, Houston, TX 77073
For more information, call 281.765.7947

Tuesday, January 29, 1-3 p.m.
LSC-Kingwood
East Montgomery County Improvement District (EMCID)
Off-site Center
21575 Highway 59N, Suite 111, New Caney, TX 77357
For more information, call 281.312.1750