

SPRING 2022

Course & Lecture Catalog

TCU Extended Education

www.lifelong.tcu.edu

lifelong@tcu.edu

817-257-7132

TCU Silver Frogs

Spring 2022 Course and Lecture Request Process: January 11 – 17, 2022

- Members will have seven days (January 11 @ 9am January 17 @ 4pm) to request and prioritize their courses and lectures. This process is done online on the Silver Frogs website, www.lifelong.tcu.edu
- Members can request up to 6 programs—any combination of courses and lectures
- Members can make adjustments to their requests up until Tuesday, January 18 at 12pm
- TCU will run the computer-generated Request Allocation program to place members in courses and lectures based on listed priorities, space, etc in a lottery fashion.
- Members will receive confirmation of their courses and lectures by Thursday, January 20th
- After the conclusion of the Request and Allocation period, members can sign up for any remaining offerings—no limit beginning on Friday, January 21st beginning at 9am.

See Sample at Back of Catalog!!



Spring 2022 Course & Lecture Request Worksheet **Please note that some courses & lectures run concurrently**

Course or Lecture	Meets	Code	Priority
1.			
2.			
3.			
4.			
5.			
6.			

^{**}You can only request up to 6 programs during the Request period. You can register for additional programs after the Allocation period is complete. If you request more than 6, the additional requests will be removed prior to the Allocation run**

CECCI	ON I. FERRILARY	7 MADOUA						
		1	Start	End	Begin	Finish	DOW	SKU
	71-				-8			
Middleton, Darren	Course	ON-CAMPUS	2/7	2/28	9:00AM	10:30AM	М	F22SSFREL034A
				-				
Cecere, Joseph	Course	ON-CAMPUS	2/7	2/28	11:00AM	12:30PM	М	F22SSFHCE002A
Barth, Crystal	Course	ONLINE	2/7	2/28	11:00AM	12:30PM	М	F22SSFPER006A
House, Jonathan	Course	ON-CAMPUS	2/7	2/28	1:00PM	2:30PM	М	F22SSFFIN009A
Fitzhugh, Hank	Course	ON-CAMPUS	2/7	2/28	3:00PM	4:30PM	М	F22SSFSCT022A
Ancona, Lee	Course	ON-CAMPUS	2/8	3/1	1:00PM	2:30PM	Tu	F22SSFPER026A
Selcer, Richard & Plante, Colin	Course	ON-CAMPUS	2/8	3/1	9:00AM	10:30AM	Tu	F22SSFACT010A
Knudson, Kent	Lecture	ONLINE	2/8	2/8	11:00AM	12:30PM	Tu	F22SSFHCE076A
Malki, Dina	Course	ONLINE	2/8	3/1	11:00AM	12:30PM	Tu	F22SSFREL040A
Smith, Randy	Course	ON-CAMPUS	2/8	3/1	11:00AM	12:30PM	Tu	F22SSFACT045A
Crotty, Barbara	Lecture	ON-CAMPUS		•			Tu	F22SSFWEL022A
Huddleston, Boglarka	Course	ON-CAMPUS	2/9	3/2	9:00AM	10:30AM	W	F22SSFSCT025A
Knudson, Kent	Lecture	ONLINE	2/9	2/9	11:00AM	12:30PM	W	F22SSFHCE066A
Weaver, Diane	Lecture	ON-CAMPUS	2/9	•			W	F22SSFFIN007A
Bowser, Kathy	Course	ON-CAMPUS	•	•		2:30PM	W	F22SSFREL036A
Pawgan, Jane	Course	ON-CAMPUS	2/9	3/2	3:00PM	4:30PM	W	F22SSFHCE045A
Hares, David	Lecture	ON-CAMPUS	2/10	2/10	9:00AM	10:30AM	Th	F22SSFACT047A
	Instructor Middleton, Darren Cecere, Joseph Barth, Crystal House, Jonathan Fitzhugh, Hank Ancona, Lee Selcer, Richard & Plante, Colin Knudson, Kent Malki, Dina Smith, Randy Crotty, Barbara Huddleston, Boglarka Knudson, Kent Weaver, Diane Bowser, Kathy Pawgan, Jane	Middleton, Darren Cecere, Joseph Barth, Crystal Course House, Jonathan Course Fitzhugh, Hank Course Selcer, Richard & Plante, Colin Knudson, Kent Malki, Dina Smith, Randy Course Crotty, Barbara Huddleston, Boglarka Knudson, Kent Lecture Weaver, Diane Bowser, Kathy Pawgan, Jane Course Course	Middleton, Darren Cecere, Joseph Barth, Crystal House, Jonathan Course ON-CAMPUS Fitzhugh, Hank Course ON-CAMPUS Ancona, Lee Course ON-CAMPUS Selcer, Richard & Plante, Colin Knudson, Kent Malki, Dina Smith, Randy Course Course ON-CAMPUS Crotty, Barbara Huddleston, Boglarka Knudson, Kent Lecture ON-CAMPUS Course ON-CAMPUS	Instructor Type Format Start Middleton, Darren Course Course ON-CAMPUS 2/7 Barth, Crystal Course ON-CAMPUS 2/7 House, Jonathan Course ON-CAMPUS 2/7 Fitzhugh, Hank Course ON-CAMPUS 2/7 Ancona, Lee Course ON-CAMPUS 2/8 Selcer, Richard & Plante, Colin Course ON-CAMPUS 2/8 Knudson, Kent Lecture Malki, Dina Course ON-CAMPUS 2/8 Smith, Randy Course ON-CAMPUS 2/8 Crotty, Barbara Lecture Huddleston, Boglarka Course ON-CAMPUS 2/8 Knudson, Kent Lecture ON-CAMPUS 2/8 Crotty, Barbara Lecture Huddleston, Boglarka Course ON-CAMPUS 2/9 Knudson, Kent Lecture ON-CAMPUS 2/9 Knudson, Kent Course ON-CAMPUS 2/9 Course ON-CAMPUS 2/9 Course ON-CAMPUS 2/9 Course ON-CAMPUS 2/9 Pawgan, Jane Course ON-CAMPUS 2/9	Instructor Type Format Start End Middleton, Darren Course ON-CAMPUS 2/7 2/28 Barth, Crystal Course ON-CAMPUS 2/7 2/28 House, Jonathan Course ON-CAMPUS 2/7 2/28 Fitzhugh, Hank Course ON-CAMPUS 2/7 2/28 Ancona, Lee Course ON-CAMPUS 2/7 2/28 Course ON-CAMPUS 2/7 2/28 Fitzhugh, Hank Course ON-CAMPUS 2/8 3/1 Selcer, Richard & Plante, Colin Course ON-CAMPUS 2/8 3/1 Knudson, Kent Lecture ONLINE 2/8 3/1 Smith, Randy Course ON-CAMPUS 2/8 3/1 Crotty, Barbara Lecture ON-CAMPUS 2/8 3/1 Crotty, Barbara Lecture ON-CAMPUS 2/8 3/2 Knudson, Kent Lecture ON-CAMPUS 2/8 3/2 Knudson, Kent Lecture ON-CAMPUS 2/9 3/2 Knudson, Kent Lecture ON-CAMPUS 2/9 3/2 Knudson, Kent Course ON-CAMPUS 2/9 3/2 Course ON-CAMPUS 2/9 3/2 Meaver, Diane Lecture ON-CAMPUS 2/9 3/2 Pawgan, Jane Course ON-CAMPUS 2/9 3/2	Instructor Type Format Start End Begin Middleton, Darren Course ON-CAMPUS 2/7 2/28 9:00AM Cecere, Joseph Course ON-CAMPUS 2/7 2/28 11:00AM Barth, Crystal Course ONLINE 2/7 2/28 11:00AM House, Jonathan Course ON-CAMPUS 2/7 2/28 1:00PM Fitzhugh, Hank Course ON-CAMPUS 2/7 2/28 3:00PM Ancona, Lee Course ON-CAMPUS 2/8 3/1 1:00PM Selcer, Richard & Plante, Colin Course ON-CAMPUS 2/8 3/1 1:00PM Knudson, Kent Lecture ONLINE 2/8 3/1 11:00AM Malki, Dina Course ON-CAMPUS 2/8 3/1 11:00AM Smith, Randy Course ON-CAMPUS 2/8 3/2 11:00AM Crotty, Barbara Lecture ON-CAMPUS 2/9 3/2 9:00AM	Instructor	Note

Title	Instructor	Туре	Format	Start End	Begin	Finish	DOW	SKU
Happier in 2022	Eads, Mary	Course	ON-CAMPUS	2/10 3/	3 11:00AM	12:30PM	Th	F22SSFPER030A
The Making of America:								
Migrations and Immigrations								
from 1800-1965: Part I	Kaigler-Walker, Karen	Course	ON-CAMPUS	2/10 3/	3 1:00PM	2:30PM	Th	F22SSFHCE061A
The 1960's Folk Music Revival in								
Four Acts	Erwine, Michael	Course	ON-CAMPUS	2/10 3/	3:00PM	4:30PM	Th	F22SSFACT004A
Art in the Mary Couts Burnett								
Library	Menchaca, Kerri	Lecture	ON-CAMPUS	2/15 2/1	5 9:00AM	10:30AM	Tu	F22SSFACT044A
Becoming a Grandparent: Part 2	Crotty, Barbara	Lecture	ON-CAMPUS	2/15 2/1	5 3:00PM	4:30PM	Tu	F22SSFWEL023A
Touring Iceland on Your Own	Algermissen, Joe & Tindel, Brenda	Lecture	ONLINE	2/16 2/1	9:00AM	10:30AM	W	F22SSFACT050A
Stories of Bravery, Daring, and								
Compassion by Women Patriots								
in the American Revolution	Crowder, Jack	Lecture	ON-CAMPUS	2/16 2/1	11:00AM	12:30PM	W	F22SSFHCE074A
Cooking (and More!) with								
Pinterest	Harrelson, Sharon	Lecture	ON-CAMPUS	2/17 2/1	7 9:00AM	10:30AM	Th	F22SSFHCR021A
Accessibility Issues for the iPhone	Main, Jeremy	Lecture	ON-CAMPUS	2/18 2/1	9:00AM	10:30AM	F	F22SSFSCT028A
Aloha Hawai'i	Woodard, Lewis	Lecture	ON-CAMPUS	· · · ·	3 11:00AM			F22SSFACT008A
Why Don't Those Millenials and Gen Zers Make Any Sense? Improving Intergenerational								
Communication	Turner, Susan	Lecture	ON-CAMPUS	2/18 2/1	3:00PM	4:30PM	F	F22SSFPER022A
The Four Waves of Immigration	Dawara Kar	Lastura	ON CANADUS	2/22/2/2	2.00014	4.20004	т	E3366E116E003A
from Britain to Colonial America	Bowers, Ken	Lecture	ON-CAMPUS	2/22 2/2	2 3:00PM	4:30PM	Tu	F22SSFHCE092A
Remembering When Fort Worth	Calago Bighand & Blacks Callin		ONL CANADUS	2/22 2/2	11.0044	42.20014		E2266EA6T0404
Rocked to Local Artists	Selcer, Richard & Plante, Colin	Lecture	ON-CAMPUS	2/23 2/2	3 11:00AM	12:30PM	VV	F22SSFACT048A
Understanding Soccer for	Weederd Louis	Lastina	ONL CANADUS	2/24/2/2	0.00444	10.20484	Th	E22CCEUCD042A
Beginners	Woodard, Lewis	Lecture	ON-CAMPUS	2/24 2/2	4 9:00AM	TO:30AM	ın	F22SSFHCR012A

Title	Instructor	Туре	Format	Start	End	Begin	Finish	DOW	SKU
The Old Chisholm Trail: From Cow									
Path to Tourist Stop	Ludwig, Wayne	Lecture	ON-CAMPUS	2/25	2/25	9:00AM	10:30AM	F	F22SSFHCE034A
Warriors in Black Robes: Stories									
of the Chaplains That Served in									
the Revolutionary War	Crowder, Jack	Lecture	ON-CAMPUS	3/2	3/2	11:00AM	12:30PM	W	F22SSFHCE075A
Stetson Hats: A Western Legend	Vartabedian, Laurel	Lecture	ON-CAMPUS	3/3	3/3	9:00AM	10:30AM	Th	F22SSFHCE078A
Exploring America: A									
Photographic Exploration of Our									
National Parks	Hares, David	Lecture	ON-CAMPUS	3/4	3/4	9:00AM	10:30AM	F	F22SSFACT006A
Building Valued, Trusted Relationships with Friends from									
the Middle East	Turner, Susan	Lecture	ON-CAMPUS	3/4	3/4	1:00PM	2:30PM	F	F22SSFACT049A
	SESSION	II: MARCH 14							
Conspiracy Theories	Gilbert, Zelda	Lecture	ON-CAMPUS	3/14	3/14	9:00AM	10:30AM	M	F22SSFHCE090A
Genealogy Research Using Online									
Applications	Barth, Crystal	Lecture	ONLINE	3/14	3/14	11:00AM	12:30PM	М	F22SSFPER020A
Under the Black Flag: A Pirate's									
Life for Me	Seeling, Ken	Course	ON-CAMPUS	3/14	4/4	11:00AM	12:30PM	M	F22SSFHCE054A
Herman Lehmann - Nine Years									
Among the Indians, 1870-1879	Norman, Roger	Lecture	ON-CAMPUS	3/14	3/14	1:00PM	2:30PM	M	F22SSFHCE077A
Understanding Investments in									
Plain English	Tacco, Angela	Course	ON-CAMPUS	3/14	4/4	3:00PM	4:30PM	М	F22SSFFIN010A
Remembering the 1970s: Rock &									
Roll's Third Decade	Selcer, Richard & Plante, Colin	Course	ON-CAMPUS	3/15	4/5	9:00AM	10:30AM	Tu	F22SSFACT055A
Astronomy 101	Smith, Randy	Course	ON-CAMPUS	3/15	4/5	11:00AM	12:30PM	Tu	F22SSFSCT016A
Plug It In: The Best Tools You're									
Not Using	Dulle, Mary & Harrelson, Sharon	Course	ONLINE	3/15	4/5	11:00AM	12:30PM	Tu	F22SSFHCR022A

Title	Instructor	Туре	Format	Start	End	Begin	Finish	DOW	SKU
Fractious Times: Understanding									
Freedom of Expression in the 21st				l .					
Century	Jackson, Donald	Course	ON-CAMPUS	3/15	4/5	1:00PM	2:30PM	Tu	F22SSFHCE071A
The Professional Organizer's									
Guide to Having the Most									
Organized House on the Block	Jones, Elizabeth	Course	ON-CAMPUS	3/15	4/5	3:00PM	4:30PM	Tu	F22SSFPER008A
Card Making with Basic Supplies	Burnette, Donna	Course	ON-CAMPUS	3/16	4/6	9:00AM	10:30AM	W	F22SSFHCR003A
Italy: My Favorite Memories: Part									
One	Parr, James	Lecture	ONLINE	3/16	3/16	11:00AM	12:30PM	W	F22SSFACT040A
The Gift of Years: Part I	Bowser, Kathy	Course	ON-CAMPUS	3/16	4/6	11:00AM	12:30PM	W	F22SSFWEL016A
Let's Talk Navigating Senior									
Care	Wendt, Tim	Course	ON-CAMPUS	3/16	4/6	1:00PM	2:30PM	W	F22SSFFIN005A
The New London School									
Explosion of 1937	Sheets, Ann	Lecture	ONLINE	3/16	3/16	1:00PM	2:30PM	W	F22SSFHCE081A
The Weirdness of Quantum									
Mechanics	Frey, Robert	Course	ON-CAMPUS	3/17	4/7	9:00AM	10:30AM	Th	F22SSFSCT005A
Political Psychology: A Brief									
Introduction	Gilbert, Zelda	Lecture	ON-CAMPUS	3/17	3/17	1:00PM	2:30PM	Th	F22SSFHCE008A
"Incarceration Nation"?®Debunk									
Headlines, What Really Happens									
in Texas Criminal Courts	Bertram Zeman, Linda	Lecture	ON-CAMPUS	3/17	3/17	3:00PM	4:30PM	Th	F22SSFHCE079A
World War 2 Events Through	,,			-,-:	-, -:				
Literature S	Lanctot, Linda	Course	ON-CAMPUS	3/18	4/8	11:00AM	12:30PM	F	F22SSFHCE080A
Current Trends in Alzheimer's	,			<u> </u>	,				
Disease and Clinical Trials	Large, Stephanie	Lecture	ON-CAMPUS	3/18	3/18	1:00PM	2:30PM	F	F22SSFWEL024A
Wild, Wicked Women of the Old				†					
West	Kaigler-Walker, Karen	Lecture	ON-CAMPUS	3/21	3/21	9:00AM	10:30AM	М	F22SSFHCE091A
Mail Merge – Create	,			<u> </u>	•				
Personalized Mailing Labels in a									
Few Easy Steps	Huddleston, Boglarka	Lecture	ON-CAMPUS	3/21	3/21	1:00PM	2:30PM	М	F22SSFSCT029A

Title	Instructor	Туре	Format	Start	End	Begin	Finish	DOW	SKU
Porch Party Tipples & Snacks	Dulle, Mary	Lecture	ONLINE	3/23	3/23	1:00PM	2:30PM	W	F22SSFHCR019A
A Texan in Search of a Fight: Civil									
War Soldiers from the Lone Star									
State	Bailey, Anne	Lecture	ON-CAMPUS	3/24	3/24	11:00AM	12:30PM	Th	F22SSFHCE082A
Bitcoin, Cryptocurrency, and									
Block-chain: A Very Brief									
Introduction	Frey, Robert	Lecture	ON-CAMPUS	3/24	3/24	1:00PM	2:30PM	Th	F22SSFFIN004A
Different Types and Causes of									
Dementia	Cobb, Jaime	Lecture	ON-CAMPUS	3/24	3/24	3:00PM	4:30PM	Th	F22SSFWEL025A
Capulin Volcano National									
Monument	Main, Lynn	Lecture	ON-CAMPUS	3/25	3/25	9:00AM	10:30AM	F	F22SSFACT051A
Building Lasting Relationships									
with People with an Asia/Pacific									
Heritage	Turner, Susan	Lecture	ON-CAMPUS	3/25	3/25	1:00PM	2:30PM	F	F22SSFACT052A
God and the Novel: Yaa Gyasi's									
"Transcendent Kingdom"	Middleton, Darren	Lecture	ON-CAMPUS	3/28	3/28	0.00414	10:30AM	NA	F22SSFREL035A
Personal Coloring Changes as We	Windercon, Burren	Lecture	OIV CAUNT 05	3/20	3/20	3.00/ ((V)	10.50/ ((V)	141	1223311(2233)
Mature	Stoltz, Elaine	Lecture	ONLINE	3/28	3/28	9:00AM	10:30AM	М	F22SSFPER015A
Macare	Store, Liame	Lecture	ONLINE	3,20	3/20	3.007 (17)	10.507 (17)		1223311 21101371
Laissez Les Bon Temps Rouler!									
Learn Your Mardi Gras History	Seeling, Ken	Lecture	ON-CAMPUS	3/28	3/28	1:00PM	2:30PM	М	F22SSFACT029A
Marfa. Ft. Davis. Alpine.	, , , , , , , , , , , , , , , , , , ,			-, -	,				
Marathon and Big Bend - Why									
Go?	Furche, Judy	Lecture	ON-CAMPUS	3/31	3/31	11:00AM	12:30PM	Th	F22SSFACT007A
What the HAIL is a Supercell?	McIntyre, Buddy	Lecture	ON-CAMPUS	3/31		1:00PM	2:30PM	Th	F22SSFSCT030A
Cricut Overview	Burnette, Donna	Lecture	ON-CAMPUS	3/31		3:00PM	4:30PM	Th	F22SSFACT053A
Soccer Explained	Woodard, Lewis	Lecture	ON-CAMPUS	4/1	4/1	9:00AM	10:30AM	F	F22SSFHCR023A
Black Holes: The Weirdest Objects									
in the Universe?	Frey, Robert	Lecture	ON-CAMPUS	4/4	4/4	9:00AM	10:30AM	M	F22SSFSCT026A
Women's Closet and Wardrobe									
Planning	Stoltz, Elaine	Lecture	ONLINE	4/4	4/4	9:00AM	10:30AM	M	F22SSFPER025A

Title	Instructor	Туре	Format	Start	End	Begin	Finish	DOW	SKU
Spring Rites: Cross-Cultural									
Symbols of Spring	Kaigler-Walker, Karen	Lecture	ON-CAMPUS	4/4	4/4	1:00PM	2:30PM	M	F22SSFACT035A
Italy: Tips for Your First (or									
Second) Trip	Parr, James	Lecture	ONLINE	4/6	4/6	9:00AM	10:30AM	W	F22SSFACT054A
Italy: My Favorite MemoriesPart									
Two	Parr, James	Lecture	ONLINE	4/7	4/7	11:00AM	12:30PM	Th	F22SSFACT043A
Margaret Mitchell's Gone with the Wind Revisited: The True									
Story of the Civil War in Georgia	Bailey, Anne	Lecture	ON-CAMPUS	4/7	4/7	11:00AM	12:30PM	Th	F22SSFHCE035A
Fort Richardson - From the									
Comanches to the Japanese	Main, Lynn	Lecture	ON-CAMPUS	4/8	4/8	9:00AM	10:30AM	F	F22SSFHCE083A
		CLASSES APRIL							
	SESSI	ON III: APRIL 18	8 - MAY 13		l				
Augustinian Motifs in Popular									
Music	Middleton, Darren	Lecture	ON-CAMPUS	4/18	4/18	9:00AM	10:30AM	M	F22SSFREL037A
How to Create a Women's									
Capsule Wardrobe	Stoltz, Elaine	Lecture	ONLINE	4/18	4/18	9:00AM	10:30AM	M	F22SSFPER032A
Stroke Survivor: The Path Back to									
Normal	Williamson, Jeffrey	Lecture	ON-CAMPUS	4/18	4/18	11:00AM	12:30PM	M	F22SSFWEL013A
Explorations of Societal Ethics:		_			- 10				
Discussions of Ethical Dilemmas	Klos, Larry	Course	ON-CAMPUS	4/18	5/9	1:00PM	2:30PM	M	F22SSFPER031A
Retirement 101 You Don't									
Know What You Don't Know!	Tacco, Angela	Course	ON-CAMPUS	4/18	5/9	3:00PM	4:30PM	М	F22SSFFIN006A
Autumn Adventure Travel Log:									
Foliage, Falls, Mountains and									
Mansions	Parr, James	Lecture	ONLINE		•		10:30AM		F22SSFACT032A
Who Sang That Song?	Selcer, Richard & Plante, Colin	Course	ON-CAMPUS	4/19	5/10	9:00AM	10:30AM	Tu	F22SSFACT041A
A SoulCentric Journey: An									
Introduction to SoulCollage	Branch, Abigail	Course	ON-CAMPUS	4/19	5/10	11:00AM	12:30PM	Tu	F22SSFWEL011A

Title	Instructor	Туре	Format	Start	End	Begin	Finish	DOW	SKU
Law and Order vs. Due Process of					_				
Law in Our Criminal Courts	Jackson, Donald	Course	ON-CAMPUS	4/19	5/10	1:00PM	2:30PM	Tu	F22SSFHCE084A
Winchester The Ancient Capital									
of England and Beyond: Part 1	Borne, Sian	Lecture	ON-CAMPUS		-	3:00PM	4:30PM	Tu	F22SSFACT015A
Diamond Dot Painting	Burnette, Donna	Lecture	ON-CAMPUS	4/20	4/20	9:00AM	10:30AM	W	F22SSFACT037A
Mysticism, Science, and									
Spirituality	Tarride, Joseph	Course	ONLINE	4/20	5/11	11:00AM	12:30PM	W	F22SSFSCT009A
The Unbreakable Enigma									
Machine	Smith, Randy	Lecture	ON-CAMPUS	4/20	4/20	11:00AM	12:30PM	W	F22SSFHCE010A
My WWII Experiences and the									
National Mood	Raskopf, Jack	Lecture	ON-CAMPUS	4/20	4/20	1:00PM	2:30PM	W	F22SSFHCE085A
Oh, My, It's Pie, Part 2	Dulle, Mary	Course	ONLINE	4/20	5/11	1:00PM	2:30PM	W	F22SSFHCR020A
The Mystery of Prophecy	Mecklenburger, Ralph	Course	ON-CAMPUS	4/20	5/11	3:00PM	4:30PM	W	F22SSFREL038A
Insights, Lessons and Losses:									
Finding the Hidden Treasure									
Within	Branch, Abigail	Course	ON-CAMPUS	4/21	5/12	11:00AM	12:30PM	Th	F22SSFWEL007A
Vietnam & Afghanistan: The Final									
Curtain?	Ranc, Richard	Lecture	ON-CAMPUS	4/21	4/21	1:00PM	2:30PM	Th	F22SSFHCE086A
Working for Lady Bird	Reidinger, JonAnna	Lecture	ON-CAMPUS	4/22	4/22	9:00AM	10:30AM	F	F22SSFHCE087A
Bucket List Books	Barnes, Shari	Course	ON-CAMPUS	4/22	5/13	11:00AM	12:30PM	F	F22SSFLW002A
Liverpool Rummy	Dias, Virginia	Course	ON-CAMPUS	4/22	5/13	1:00PM	2:30PM	F	F22SSFHCR024A
Classic Canasta	Dias, Virginia	Course	ON-CAMPUS	4/22	5/13	3:00PM	4:30PM	F	F22SSFHCR002A
The History of the Toy Gun	Godfrey, Jim	Lecture	ON-CAMPUS	4/25	4/25	9:00AM	10:30AM	М	F22SSFHCE088A
Vote Smart 2022	Woodard, Lewis	Lecture	ON-CAMPUS	4/25	4/25	11:00AM	12:30PM	M	F22SSFHCE001A
Underage Warriors in the									
Revolutionary War	Crowder, Jack	Lecture	ON-CAMPUS	4/27	4/27	9:00AM	10:30AM	W	F22SSFHCE089A
The Book of Revelation: An									
Interpretation	Norman, Roger	Lecture	ON-CAMPUS	4/27	4/27	11:00AM	12:30PM	W	F22SSFREL039A
Different Ways to Pay for Long									
Term Care	Wendt, Tim	Lecture	ON-CAMPUS	4/27	4/27	1:00PM	2:30PM	W	F22SSFFIN003A

Title	Instructor	Туре	Format	Start	End	Begin	Finish	DOW	SKU
Operation Vengeance, The									
Assassination of Admiral Isoroku									
Yamamoto	Godfrey, Jim	Lecture	ON-CAMPUS	5/2	5/2	9:00AM	10:30AM	M	F22SSFHCE058A
Winchester The Ancient Capital									
of England and Beyond: Part 2	Borne, Sian	Lecture	ON-CAMPUS	5/2	5/2	11:00AM	12:30PM	M	F22SSFACT056A
Painted Churches of Texas	Hooper, Polly	Lecture	ON-CAMPUS	5/4	5/4	11:00AM	12:30PM	W	F22SSFACT016A
Acupuncture 101: Traditional									
Chinese Medicine Therapy for									
Modern American	Zhang, Yan	Lecture	ON-CAMPUS	5/5	5/5	1:00PM	2:30PM	Th	F22SSFWEL026A
Vision Board Workshop	Branch, Abigail	Lecture	ON-CAMPUS	5/11	5/11	9:00AM	10:30AM	W	F22SSFPER033A

ARTS, CULTURE & TRAVEL

60's R&R: When the Music Was Hummable and the Lyrics Mattered

This course covers roughly the years 1960-1970 when Top 40 ruled the airwaves, focusing on the different types of music from folk to pop to psychedelic to the British Invasion. We will put the music of the baby-boomer generation into the context of the "Angry Decade." We will listen to a lot of wonderful music and analyze some lyrics because that's what we did in the '60s! If you've taken this course before, sign up again; there's lots more music to be played and different artists to discuss.

Format: ON-CAMPUS SESSION Course ID: F22SSFACT010A

Instructor: Selcer, Richard & Plante, Colin

MORE Digital Photography

This course will briefly review the material covered in the previous course: the basics of photography, primary functions of the DSLR camera, and introduction to manual and semi-auto modes. A brief review of the basics of photography: such as ISO, aperture, shutter speed, depth of field, focal length, and various lenses will be followed by new topics which will build on these basics. Students will learn about exposure compensation, metering modes, understanding the histogram, and various focus modes. Subject matter topics such as composition, framing of the image, artistic use of depth of field, and use of natural lighting will be covered. Introduction to using the camera-mounted flash and a tripod for low light photography will also be discussed.

Format: ON-CAMPUS SESSION Course ID: F22SSFACT045A

Instructor: Smith, Randy

The 1960's Folk Music Revival in Four Acts

The history of this revival illustrated by using 4 musical acts (approximately) to explain aspects of what Dave Van Ronk called "The Great Folk Scare". The Kingston Trio (and others): making folk music safe. Dave Van Ronk (and Joan Baez): the revenge of the "pure" folksingers. Bob Dylan: the rise of the singer/songwriters. Artist(s) to be named later: the folk revival evolves.

Date(s): 2/10/2022 - 3/3/2022 Time: 3:00PM - 4:30PM Session(s): 4 Day: Th

Format: ON CAMPUS SESSION Course ID: F22SSFACT004A

Instructor: Erwine, Michael

Exploring Alaska: An Exploration of the National Parks in Alaska

This lecture is an interactive exploration of Alaska and its 8 National Parks. Alaska is not an easy state to explore and often takes a lot of planning (and sometimes a little luck) to get to these 8 very remote parks. We will walk through all the steps it took to visit these parks over 38 days, including: 9 commercial airline legs, 4 airplane charters, 6 float planes, a research boat, a tour boat, a bus, an UnCruise, an old pickup truck, and more…

Date(s): 2/10/2022 - 2/10/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFACT047A

Instructor: Hares, David

Art in the Mary Couts Burnett Library

Come join us for a walking tour of the Mary Couts Burnett Library and learn about the library's art collection. You'll see a wide array of art from original Rembrandt Etchings to Andy Warhol Screen prints (and everything in between). We'll look at the artworks themselves and discuss how the university acquired them. Participants will also learn about the library's efforts toward conservation and academic research.

Date(s): 2/15/2022 - 2/15/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 1 **Day:** Tu

Format: ON CAMPUS SESSION Course ID: F22SSFACT044A

Instructor: Menchaca, Kerri

Touring Iceland on Your Own

Join Brenda Tindel and Joe Algermissen as they share what they learned from traveling through Iceland by auto. Their trip included both the Golden Circle and the complete Ring Road around the island nation. See geysers, glaciers, icebergs, waterfalls, a junction of continental plates, and the amazing variety of terrain along the country's only highway. Also see sheep, Icelandic horses, seals, and puffins. Add in the striking Hallgrimskirkja church, the Sun Voyager sculpture, and the famous Blue Lagoon, and you'll get an idea what Iceland has to offer. This might even help you plan a trip to this fascinating country.

Format: ONLINE ZOOM SESSION Course ID: F22SSFACT050A

Instructor: Algermissen, Joe & Tindel, Brenda

Aloha Hawai'i

Been cooped up too long? Learn more about our 50th state than you see on Hawaii Five-0 and Magnum P.I. As we seek the spirit of Aloha, we will briefly explore the history of the Hawaiian Islands before spending time learning the distinctions among the major islands of this tropical paradise and the primary attractions of Oahu, Maui, Kauai, and Hawaii.

Date(s): 2/18/2022 - 2/18/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: F

Format: ON-CAMPUS SESSION Course ID: F22SSFACT008A

Instructor: Woodard, Lewis

Remembering When Fort Worth Rocked to Local Artists

In the 1960s and early '70s, the Fort Worth-Dallas music scene was vibrant with lots of popular groups playing in local clubs and battle-of-the-band contests. Getting your songs on local radio stations was the measuring stick of success. Some bands never went beyond their local fan base. A few made the national charts. Join us as we listen to the music of some of the most beloved of those artists.

Format: ON-CAMPUS SESSION Course ID: F22SSFACT048A

Instructor: Selcer, Richard & Plante, Colin

Exploring America: A Photographic Exploration of Our National Parks

This lecture is an interactive exploration of our National Parks and many of the places in between. We will discuss the uniqueness of different parks, photography techniques, and various stories that occurred to get these photographs. We will also have a short presentation of photographs that are possible with your cell phone or tablet.

Format: ON-CAMPUS SESSION Course ID: F22SSFACT006A

Instructor: Hares, David

Building Valued, Trusted Relationships with Friends from the Middle East

What is the key to world peace? I believe it centers around building one-on-one trusted relationships. Valuing those who are different than us. Listening to different opinions and respecting other cultures. The list is endless yet totally achievable! Join me as we explore the cultural differences between born-and-bred-Americans and people with a Middle Eastern heritage. Whether you are interacting with those with an Arab culture here in the U.S. or in their country, we need to do so from a place of understanding and respect. We will talk about all things Arab including food, attire, beliefs and more - AND I'll be sharing a lot of funny stories from the years I've worked with many dear, Middle Eastern friends.

Date(s): 3/4/2022 - 3/4/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: F

Format: ON-CAMPUS SESSION Course ID: F22SSFACT049A

Instructor: Turner, Susan

They Wrote the Songs

We remember our favorite songs from the '60s and who sang them, but seldom can we identify who wrote the song -- or care! But there would have been no hit without the songwriter(s). A surprising number of hits came from the same handful of writers, solos and teams. "Words & music by" is an unexplored area of '60s music. We'll explore it! Optional reading: Always Magic in the Air, by Ken Emerson (New York: Penguin Viking Books, 2005).

Date(s): 3/15/2022 - 4/5/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 4 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFACT039A

Instructor: Selcer, Richard & Plante, Colin

Remembering the 1970s: Rock & Roll's Third Decade

By 1970 Rock & Roll was in its 3rd decade and continuing to evolve even as 3 chords and a good beat still dominated what we listened to. The coming decade saw the breakup of beloved groups like the Beatles plus the rise of singer-songwriters and the heyday of the disco sound. Join us as we take a multimedia stroll through those golden years.

Date(s): 3/15/2022 - 4/5/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 4 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFACT055A

Instructor: Selcer, Richard & Plante, Colin

Italy: My Favorite Memories: Part One

Having traveled extensively in Italy (pre-covid), I have many memories of special places and unique experiences. This class lets me share a glimpse of many of those memories. While this class is a companion to "Italy: My Favorite Memories Part 2", it provides totally different material. Students can take either or both, in either order.

Date(s): 3/16/2022 - 3/16/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** W

Format: ONLINE ZOOM SESSION Course ID: F22SSFACT040A

Instructor: Parr, James

Capulin Volcano National Monument

Located in northeastern New Mexico, Mt. Capulin is an extinct volcano located in the remains of an 8000 square mile volcanic field. Declared a national monument in 1916, from the rim you can see 4 states. Learn about the first woman to be named a custodian of the park service, the man who built the road to the top and the how you can hike the rim and see the remains of lava flows from the last eruption 60,000 years ago.

Date(s): 3/25/2022 - 3/25/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 1 **Day:** F

Format: ON-CAMPUS SESSION Course ID: F22SSFACT051A

Instructor: Main, Lynn

Building Lasting Relationships with People with an Asia/Pacific Heritage

What is the key to world peace? I believe it centers around building one-on-one trusted relationships. Valuing those who are different than us. Listening to different opinions and respecting other cultures. The list is endless yet totally achievable! Join me as we explore the cultural differences between born-and-bred-Americans and people from Japan, The Republic of Korea, and other magnificent countries in the Asia-Pacific region of the world. Whether you are connecting here in the U.S. or in their country, we need to do so from a place of understanding and respect. We will talk about the many things that make these cultures so wonderful while also discussing the ways Americans can so easily (and unintentionally) come across offensively AND I'll be sharing a lot of crazy stories from the years I've worked with many dear friends from this charming area of the world.

Date(s): 3/25/2022 - 3/25/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: F

Format: ON-CAMPUS SESSION Course ID: F22SSFACT052A

Instructor: Turner, Susan

Laissez Les Bon Temps Rouler! Learn Your Mardi Gras History

So, you're new to Mardi Gras and don't want to act like it? Here, in brief, are the basic facts, history, and traditions about America's greatest party. Learn why revelers from around the globe gather for the doubloons, beads, balls, festivities, and general good times - all before the reflective season of Lent.

Format: ON-CAMPUS SESSION Course ID: F22SSFACT029A

Instructor: Seeling, Ken

Marfa. Ft. Davis. Alpine. Marathon and Big Bend - Why Go?

Marfa has been described as "Tough to Get To, Tougher to Forget, But Once You Get Here...You Get It..." The history, geology and attractions of the towns in the Big Bend Area will be explored. The presentation will include photos and descriptions of the attractions in each area such as art galleries, museums, hiking trails, shopping, restaurants and lodging. Opportunities for tours such as those at McDonald Observatory, Marfa Maid Goat Farm, Big Bend Brewery in Alpine, and Angell Expeditions in Big Bend National Park will be highlighted in a power point presentation.

Date(s): 3/31/2022 - 3/31/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** Th

Format: ON CAMPUS SESSION Course ID: F22SSFACT007A

Instructor: Furche, Judy

Cricut Overview

This will be a demonstration of some of the capabilities of Cricut cutters. A Cricut is a machine that is much like a printer except that it can cut, etch, or draw. Materials that can be used are many. The usage is too vast for complete coverage, but you will be able to see it in use and ask questions. I will have a variety of samples made with the Cricut.

Date(s): 3/31/2022 - 3/31/2022 Time: 3:00PM - 4:30PM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFACT053A

Instructor: Burnette, Donna

Spring Rites: Cross-Cultural Symbols of Spring

From pagan religions to Passover to Easter, the end of winter and the beginning of spring have been celebrated across the globe as a time of new beginnings. The course will examine the common themes among these rites from the earliest civilizations to the present.

Format: ON-CAMPUS SESSION Course ID: F22SSFACT035A

Instructor: Kaigler-Walker, Karen

Italy: Tips for Your First (or Second) Trip

Italy is a fascinating country filled with history, art, scenery, and culture. Oh, and the food and wine aren't bad either! With all it has to offer, Italy is very welcoming to the U.S. tourist. This class is designed for the first (or second) time

visitor to Italy. It provides information on the history and special attributes of Italian culture, and tips on making the most of your visit there, all from the experience of a Texan with sixteen trips to the country since 2011 (and two more planned in 2022.)

Date(s): 4/6/2022 - 4/6/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: W

Format: ONLINE ZOOM SESSION Course ID: F22SSFACT054A

Instructor: Parr, James

Italy: My Favorite Memories--Part Two

Having traveled extensively in Italy (pre-covid), I have many memories of special places and unique experiences. This class lets me share a glimpse of many of those memories. While this class is a companion to "Italy: My Favorite Memories Part 1", it provides totally different material. Students can take either or both, in either order.

Date(s): 4/7/2022 - 4/7/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: Th

Format: ONLINE ZOOM SESSION Course ID: F22SSFACT043A

Instructor: Parr, James

Winchester -- The Ancient Capital of England and Beyond: Part 1

Part 1: Explore the sites and learn some of the history of this ancient city, famous for its Cathedral, Winchester College, the Great Hall & Round table, the oldest charitable foundation in the UK and much more.

Date(s): 4/19/2022 - 4/19/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 1 **Day:** Tu

Format: ON CAMPUS SESSION Course ID: F22SSFACT015A

Instructor: Borne, Sian

Autumn Adventure Travel Log: Foliage, Falls, Mountains and Mansions

Thinking about a driving adventure next Autumn? This lecture presents a possible itinerary you may want to consider. This flexible ten-to-fourteen day route takes us east from Fort Worth to explore the colorful fall foliage of the scenic Smoky Mountains and the Blue Ridge Parkway. We will make stops along the way at iconic mansions and incredible waterfalls.

Date(s): 4/19/2022 - 4/19/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 1 **Day:** Tu

Format: ONLINE ZOOM SESSION Course ID: F22SSFACT032A

Instructor: Parr, James

Who Sang That Song?

Some of our favorite songs were actually the 2nd or 3rd version of that song on the charts, recorded by someone else before or after or maybe both. They are called "cover versions," and we're going to play not "Who Did It First?" but "Who else did it?" We will cover some of the best-known hits of the '50s, '60s, and '70s. Join us in this walk down Memory Lane.

Optional Readings: 1) Always Magic in the Air: The Bomp and Brilliance of the Brill Building Era. Ken Emerson (2005 hardback, reissued as paperback); 2) The Girl in the Song: True Stories Behind 50 Rock Classics. Michael Heatley and Frank Hopkinson (2010 paperback only).

Date(s): 4/19/2022 - 5/10/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 4 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFACT041A

Instructor: Selcer, Richard & Plante, Colin

Diamond Dot Painting

Diamond dot painting is like cross stitch but using resin dots to create the design instead of thread. Come join me while we create a design. I will give you tips on applying dots, sealing the design and ideas for framing.

Date(s): 4/20/2022 - 4/20/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: W

Format: ON CAMPUS SESSION Course ID: F22SSFACT037A

Instructor: Burnette, Donna

Winchester -- The Ancient Capital of England and Beyond: Part 2

Travel to sites within easy access of Winchester, such as Salisbury, Broadlands (home of the Mountbatten's), Romsey Abbey, Portsmouth, HMS Victory, Highclere Castle (of Downton Abbey fame), Carisbrooke Castle, on the Isle of Wight & other sites in Hampshire.

Date(s): 5/2/2022 - 5/2/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFACT056A

Instructor: Borne, Sian

Painted Churches of Texas

Come take a virtual trip through photos of a Texas hill country treasure. Learn about the immigrants who painted them and how to tour them. At the conclusion you'll receive handouts detailing all the painted churches in Texas, other things to do and where to stay.

Date(s): 5/4/2022 - 5/4/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ON CAMPUS SESSION Course ID: F22SSFACT016A

Instructor: Hooper, Polly

FINANCIAL MANAGEMENT

Turn Retirement Savings Into Retirement Income

This course, which is for those who are or will soon be retired, addresses the many options for retirement income. Subjects include Social Security, IRA Required Minimum Distributions, the "Bucket System," and annuities. Those who

take the class should have a basic knowledge of investments. To gain the maximum value from the course, participants must complete some basic computations involving their personal finances.

Format: ON-CAMPUS SESSION Course ID: F22SSFFIN009A

Instructor: House, Jonathan

What Your POA/Executor Needs to Know

If something happens to you, will your family, Power of Attorney (POA) or the Executor of your estate know how to handle your affairs? We will go over a list of items that your POA/Executor needs to know to find documents, pay bills, handle assets, etc. A "templateâ€② MSWord document will be provided that can be used to create an "Emergency Documentâ€② with everything that will be needed by someone that needs to step in and take over your accounts.

Date(s): 2/9/2022 - 2/9/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ON CAMPUS SESSION Course ID: F22SSFFIN007A

Instructor: Weaver, Diane

Understanding Investments in Plain English

Learn the basics of investing in a fun, easily understandable class presented by experienced Financial Planner Angela Tacco. Come expand your mind, learn clear definitions to financial jargon and get real life answers to your financial questions. This is a good precursor to the class "Retirement 101".

Date(s): 3/14/2022 - 4/4/2022 Time: 3:00PM - 4:30PM Session(s): 4 Day: M

Format: ON CAMPUS SESSION Course ID: F22SSFFIN010A

Instructor: Tacco, Angela

Let's Talk -- Navigating Senior Care

This class consists of 4 classes: one on navigating the health care system, second on Senior living options from saying at home to moving to a community -- buying vs rental, third we discuss Medicare and the pros and cons of traditional vs advantage programs and finally we walk through all the documents you need while living and then after your death and finish up with a discussion on the different ways to pay for long-term care. The format is set as a family talk so you will take the knowledge and share it will your loved ones so they know what you want.

Date(s): 3/16/2022 - 4/6/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 4 **Day:** W

Format: ON CAMPUS SESSION Course ID: F22SSFFIN005A

Instructor: Wendt, Tim

Bitcoin, Cryptocurrency, and Block-chain: A Very Brief Introduction

Bitcoin was the first of many cryptocurrencies. It's based on some cryptographic concepts and a technology called blockchain. This lecture will discuss what cryptocurrencies are and their possible advantages and disadvantages, using bitcoin as the example. It will also describe the underlying technology in a very elementary way. This will NOT be an investment seminar or a "how toâ€② seminar. The instructor finds the technology and the sociology of bitcoin to be very interesting, but he has not invested in any cryptocurrency.

Date(s): 3/24/2022 - 3/24/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFFIN004A

Instructor: Frey, Robert

Retirement 101 --- You Don't Know What You Don't Know!

This class will help guide you along the path to and through retirement. We will go through the process to identify retirement needs and develop strategies to prepare for and live the retirement life you want. We'll discuss tradeoffs between risk and return, portfolio transition and the different tax treatments of specific investments and account types. Discussions on social security, Medicare, life insurance and estate planning will also be included. Whether you are already retired or still working, this class is for you.

Date(s): 4/18/2022 - 5/9/2022 Time: 3:00PM - 4:30PM Session(s): 4 Day: M

Format: ON CAMPUS SESSION Course ID: F22SSFFIN006A

Instructor: Tacco, Angela

Different Ways to Pay for Long Term Care

During this class we will talk through the different ways to pay for long term care -- currently about 8% of Americans had a plan and about 70% will need some kind of LTC. We will go into detail all the ways you can cover this costs for you and your loved ones.

Date(s): 4/27/2022 - 4/27/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: W

Format: ON CAMPUS SESSION Course ID: F22SSFFIN003A

Instructor: Wendt, Tim

HISTORY & CURRENT EVENTS

The Rise and Fall of the Roman Republic

The course focuses on the foundation of Rome, its evolution from a backwater settlement to the major force in the Mediterranean, and its unique representative form of government and how the years as a republic were a major factor in its success.

Date(s): 2/7/2022 - 2/28/2022 Time: 11:00AM - 12:30PM Session(s): 4 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE002A

Instructor: Cecere, Joseph

Borderline: The Punitive Expedition, 1916-1917

On March 9, 1916, Mexican bandit Francisco "Pancho" Villa raided the border town of Columbus, New Mexico with approximately 485 men. From March 16, 1916, to February 14, 1917, an American expeditionary force of over 14,000 soldiers commanded by Brigadier General John J. Pershing operated in northern Mexico in pursuit of Villa. The lecture will provide a brief overview of the Mexican Revolution of 1910-1920. It will then trace the campaign south of the border, the expedition's return, and the aftermath of the pursuit in American and Mexican relations and its role in the preparation of the U.S. Army on the eve of World War I.

Date(s): 2/8/2022 - 2/8/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** Tu

Format: ONLINE ZOOM SESSION Course ID: F22SSFHCE076A

Instructor: Knudson, Kent

Jews in American History

This course will cover the contributions of a small religious minority to the general America culture. Jewish influence in science, medicine, the arts, politics, and the military will be discussed.

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE045A

Instructor: Pawgan, Jane

The Boxer Rebellion: 55 Days in Peking

In the summer of 1900, increased Western encounters with an increasingly destabilized Chinese Qing Dynasty led to the rise of the anti-foreigner movement led by the "Boxers." As the insurrection spread in China, by June they had converged on Peking in a siege of the foreign legations that lasted for 55 days. A multinational relief force, including the United States, arrived by sea and fought their way to the capital to relieve the legations. The lecture will include material on the origins of the Boxers, the Legations, the Relief Expedition (with emphasis on the use of American forces) and the aftermath of the event.

Date(s): 2/9/2022 - 2/9/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ONLINE ZOOM SESSION Course ID: F22SSFHCE066A

Instructor: Knudson, Kent

The Making of America: Migrations and Immigrations from 1800-1965: Part I

From the westward movement following the Revolutionary War, to the mid 19th century opening of the West, to the Dust Bowl exodus from the Midwest to the resettling of Appalachians into Northern cities, Americans have left their homes in search of better lives. So, too, have people from around the world come to America, looking for opportunities for betterment. The class will analyze the cultural, social and economic impacts that under-girded these major population shifts.

Date(s): 2/10/2022 - 3/3/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 4 **Day:** Th

Format: ON CAMPUS SESSION Course ID: F22SSFHCE061A

Instructor: Kaigler-Walker, Karen

Stories of Bravery, Daring, and Compassion by Women Patriots in the American Revolution

This is a presentation of women in the American Revolution who risked their lives by standing up against the British Army and their allies. It describes the various roles the women played and numerous stories of their bravery. Learn about women such as Mother Batherick. After capturing 6 British soldiers she said, "if you ever live to get back, you tell King George that an old woman took six of his grenadiers' prisoner."

Date(s): 2/16/2022 - 2/16/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE074A

Instructor: Crowder, Jack

The Four Waves of Immigration from Britain to Colonial America

This lecture is based on David Hackett Fischer's 1989 "Albion's Seedâ€②. Other sources and a wider frame of reference is used to compare the different waves as to timing and why they came. The waves were the Puritans, the Cavaliers, the Quakers and the Scots-Irish. The idiosyncrasies of each wave will be discussed in terms of dress, child rearing, speech, marriage and language. The impact and legacy of the English Civil War on these migrations and possible relation to the American Civil War will be posited.

Date(s): 2/22/2022 - 2/22/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 1 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE092A

Instructor: Bowers, Ken

The Old Chisholm Trail: From Cow Path to Tourist Stop

Controversy over the name and route of the Chisholm Trail has persisted over time; and the popularity of late nineteenth-century Wild West shows, dime novels, and twentieth-century radio, movie, and television western drama has propelled the bygone era of the cattle trail into myth. The rise of automobile tourism, potential economic impact of tourists, and the appearance of numerous "historical" markers based on little more than hearsay contributed to the Chisholm Trail legend. Primary documents and sources that may have been unavailable to previous historians will be used to offer a new look at the Old Chisholm Trail.

Format: ON CAMPUS SESSION Course ID: F22SSFHCE034A

Instructor: Ludwig, Wayne

Warriors in Black Robes: Stories of the Chaplains That Served in the Revolutionary War

"In the language of the Holy Writ, there is a time for all things. There is a time to preach and a time to fight. And now is the time to fight.� With those words Rev. John Muhlenberg stepped from his pulpit, removed his clerical robe, and revealed the uniform of a colonial officer. He then marched off to war. This presentation is about ministers that became chaplains in the American Army during the Revolution. Most of the men were not content with just administering to the spiritual needs of the troops, but they also took up the musket for the cause of liberty.

Date(s): 3/2/2022 - 3/2/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE075A

Instructor: Crowder, Jack

Stetson Hats: A Western Legend

Come along for a ride through 150 years of history with the hat that defined western culture. The Stetson hat known as "The Boss of the Plains" and its creator John B. Stetson are only one part of this story. If you enjoy western heritage, you will be intrigued by the full story of the enduring brand of Stetson that is now manufactured in Garland, Texas.

Date(s): 3/3/2022 - 3/3/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE078A

Instructor: Vartabedian, Laurel

Under the Black Flag: A Pirate's Life for Me

An entertaining account of the golden age of piracy including the methods, means of recruitment, way of life and dismal ends of the pirates who flourished during the Golden Age of Piracy in the late 17th/ early 18th century. The aim of the class is to examine the popular image of pirates today and to compare it with the real world of pirates.

Date(s): 3/14/2022 - 4/4/2022 Time: 11:00AM - 12:30PM Session(s): 4 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE054A

Instructor: Seeling, Ken

Herman Lehmann - Nine Years Among the Indians, 1870-1879

Herman was a ten year old son of German immigrants in 1870 when he was taken captive by Apache raiders at the family homestead in the Texas hill country about twenty-five miles northwest of Fredericksburg. He later lived and raided with both Apaches and Comanches for a time before being returned to his family. He was later adopted by Quanah Parker. After restoration his life gradually changed to that of a civilized person as he gained spiritual and Biblical insight and gave thanks for the prayers of his Godly mother.

Date(s): 3/14/2022 - 3/14/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE077A

Instructor: Norman, Roger

Conspiracy Theories

A social psychological look at conspiracy theories and what the research has to say about who believes them (almost everyone) and why. Are they more prevalent now than ever? Is there, in fact, a global, world-wide cabal that controls everything? Was Kennedy killed by a CIA conspiracy? Is Elvis living in northern Minnesota with his wife and sixteen grand children? Let's find out.

Date(s): 3/14/2022 - 3/14/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE090A

Instructor: Gilbert, Zelda

Fractious Times: Understanding Freedom of Expression in the 21st Century

Why is Washington so dysfunctional? We will review our history and current events to understand how we have coped with freedom of expression when faced with threats of Fascism and Communism, issues of Racism in America, and the polarization of American "Identity Politics." We will consider the many divisive issues that continue to make it more difficult for us to live together peacefully and compete in a friendly and helpful manner in our democratic society.

Date(s): 3/15/2022 - 4/5/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 4 **Day:** Tu

Format: ON CAMPUS SESSION Course ID: F22SSFHCE071A

Instructor: Jackson, Donald

The New London School Explosion of 1937

On March 18, 1937, a spark ignited a large pool of natural gas that had collected beneath the school building in New London, a small town in East Texas. The resulting explosion leveled the four-year-old structure and resulted in a death toll of more than three hundred--most of them children. It is the worst school disaster in the history of the United States.

Format: ONLINE ZOOM SESSION Course ID: F22SSFHCE081A

Instructor: Sheets, Ann

Political Psychology: A Brief Introduction

What shapes political behavior more: the situations in which individuals find themselves or their internal psychological makeup? The discipline of political psychology takes the psychological viewpoint and looks at how heredity, environment, emotions, and reason combine to drive our political choices. Topics include voter behavior, the moral philosophy behind partisanship, the conflict between rational thought and emotional behavior, personality differences between liberals and conservatives, and bio-politics and brain function.

Date(s): 3/17/2022 - 3/17/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE008A

Instructor: Gilbert, Zelda

"Incarceration Nation"? Debunk Headlines, What Really Happens in Texas Criminal Courts

Terms like "Incarceration Nation" continue in national headlines… but is it really true? How are sentences determined in state & federal criminal courts? And how do cases in Texas - and the defendants who are charged- get to court in the first place? This course will briefly explain that procedure then focus on sentencing considerations & ask the question: how would YOU balance interests of victims, crime prevention, and the long-term interest of a defendant.

Date(s): 3/17/2022 - 3/17/2022 Time: 3:00PM - 4:30PM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE079A

Instructor: Bertram Zeman, Linda

World War 2 Events Through Literature

This course will explore major events from World War 2. Each session will explore one event, based on a novel. The instructor will provide the list to read in advance (not required). The course will cover the Poland Occupation; the Holocaust; the Exodus from Paris/Life under Vichy; Fall of Berlin; Aftermath, What We Knew.

Date(s): 3/18/2022 - 4/8/2022 Time: 11:00AM - 12:30PM Session(s): 4 Day: F

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE080A

Instructor: Lanctot, Linda

Wild, Wicked Women of the Old West

The West wasn't a place where only men became legendary for their wild days and wicked nights. Women were right there with them. We will explore such notables as Annie Oakley, Belle Starr, "Big Nose Kate" and a host of other women who simply wouldn't stay in their place!

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE091A

Instructor: Kaigler-Walker, Karen

A Texan in Search of a Fight: Civil War Soldiers from the Lone Star State

Texas soldiers were different. Soldiers from the other states, both North and South, knew the reputation of the Texans for hard fighting. Men from the Lone Star state had an image to uphold from the days when Texas had been an independent Republic. We will look at how Texans earned this unique status and why they thought it was important. We will also look at some of the best-known units from Texas as well as their families. Most men who fought in the war were citizen-soldiers, not professionals, and while they fought to defend their beliefs, a primary goal of a citizen-soldier was always to ensure the safety of his family at home.

Date(s): 3/24/2022 - 3/24/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE082A

Instructor: Bailey, Anne

Margaret Mitchell's Gone with the Wind Revisited: The True Story of the Civil War in Georgia

More than 30 million copies of Gone with the Wind have been sold worldwide and it was one of the most influential books of the twentieth century. The movie version in 1939 remains one of the most successful films in box-office history. But does Mitchell's story live up to the expectations of a Civil War historian? We will discuss the wartime events depicted in the book, with a focus on Gen. William T. Sherman's capture of Atlanta and his March to the Sea (from Atlanta to Savannah) in 1864 and how it touched the people of Georgia, especially Mitchell's fictional characters of Scarlett O'Hara, Rhett Butler, and others.

Date(s): 4/7/2022 - 4/7/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE035A

Instructor: Bailey, Anne

Fort Richardson - From the Comanches to the Japanese

The history of Fort Richardson located just outside Jacksboro, TX. An outpost protecting Texas settlers to a training site for soldiers who inspired The Bridge on the River Kwai. At one time the largest army installation in the United States. And only 50 miles from Fort Worth.

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE083A

Instructor: Main, Lynn

Law and Order vs. Due Process of Law in Our Criminal Courts

Key elements from the Bill of Rights have separated many Liberals from Conservatives in America on issues related to our criminal justice systems (federal, state, and local). We will examine important divisions observed from the votes on decisions of the Justices of the Supreme Court of the United States (SCOTUS). We'll explore the enduring division of views as we seek to understand how the due process of law is applied through our criminal courts to maintain law and order.

Date(s): 4/19/2022 - 5/10/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 4 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE084A

Instructor: Jackson, Donald

The Unbreakable Enigma Machine

Prior to and throughout World War II, the German political and military commands encoded all messages sent over their radio networks to prevent the Allies from collecting this invaluable intelligence. They were so positive in the security of their Enigma system that they trusted it until the end of the war. Unknown to the Germans, the Allies had begun intercepting and decoding most of their highest level communications in the early 1930's and continued breaking the code throughout the war. The movie, The Imitation Game, is about Alan Turning, one of the principle code breakers and the work carried out by the British at Bletchley Park. The allies' ability to read the German's daily mail was a very closely guarded secret. This remarkable feat has been credited with shortening WW II by at least two years and saving millions of lives. The phenomenal accomplishments of Turing and the other Bletchley Park cryptanalyst were not publicly acknowledged until the early 1970's and many died without ever being recognized for this miraculous feat. This lecture will review the Enigma machine's history, its operation, and the allies' successful effort to break the code, even as it changed daily throughout the war.

Date(s): 4/20/2022 - 4/20/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE010A

Instructor: Smith, Randy

My WWII Experiences and the National Mood

My experiences in WWII and the mood of the country at that time

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE085A

Instructor: Raskopf, Jack

Vietnam & Afghanistan: The Final Curtain?

A brief history of the conflicts in Vietnam and Afghanistan, the nations involved, from early 19th Century to today, and the similarities and contrasts in these conflicts.

Date(s): 4/21/2022 - 4/21/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE086A

Instructor: Ranc, Richard

Working for Lady Bird

I have some fun & poignant stories about working for Mrs. Johnson. My class would be to honor her brilliance & accomplishments.

Date(s): 4/22/2022 - 4/22/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: F

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE087A

Instructor: Reidinger, JonAnna

Vote Smart 2022

Vote Smart is a non-profit, non-partisan organization that helps educate voters on candidates. Vote Smart has given its website a complete makeover this year, now allowing for head-to-head comparison of candidates. This lecture will explore the resources available from Vote Smart and how to navigate the features on its website. We will also look at several other voter support and fact checker sites. Focus is on the tools available from Vote Smart and not on any specific candidates.

Date(s): 4/25/2022 - 4/25/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** M

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE001A

Instructor: Woodard, Lewis

The History of the Toy Gun

A quick look at the history of toys and the history of guns and their convergence. Includes a study of the golden era of Cap Guns and a look at the major manufacturers as well as a case study of one of the popular factories located in Texas.

 Format: ON-CAMPUS SESSION Course ID: F22SSFHCE088A

Instructor: Godfrey, Jim

Underage Warriors in the Revolutionary War

Henry Hill joined the army in 1776 and was discharged in 1783. He fought in numerous battles and received a yearly pension of \$88 for his service. Henry was a 7-year war veteran at the age of 15. This presentation is the story of how the children too young to serve did serve. They fought in all the major battles, and some were eyewitnesses to the hanging of Major Andre, the surrender at Yorktown, and the Battle of Bunker Hill.

Date(s): 4/27/2022 - 4/27/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFHCE089A

Instructor: Crowder, Jack

Operation Vengeance, The Assassination of Admiral Isoroku Yamamoto

This is the story of the origin, the planning, the execution, and the aftermath of a mission to kill Admiral Isoroku Yamamoto. Operation Vengeance was the American military operation to kill Admiral Isoroku Yamamoto of the Imperial Japanese Navy on April 18, 1943, during the Solomon Islands campaign in the Pacific Theater of World War II. Yamamoto, commander of the Combined Fleet of the Imperial Japanese Navy, was killed on Bougainville Island when his transport bomber aircraft was shot down by United States Army Air Forces fighter aircraft operating from Kukum Field on Guadalcanal.

Date(s): 5/2/2022 - 5/2/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 1 **Day:** M

Format: ON CAMPUS SESSION Course ID: F22SSFHCE058A

Instructor: Godfrey, Jim

HOBBIES, CRAFTS & RECREATION

Cooking (and More!) with Pinterest

Do you go to the Internet to find recipes and information more often than to your cookbook shelf? If you're not already using the Pinterest app to collect, organize and annotate the recipes (and other things) you've found online, you're missing out on a quick and easy visual filing. Before we meet, load the Pinterest app (on your phone, tablet, or computer) and create an account. During class you will use that account as you learn!

Date(s): 2/17/2022 - 2/17/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCR021A

Instructor: Harrelson, Sharon

Understanding Soccer for Beginners

The Men's World Cup will take place in Qatar in November 2022. Qualifying rounds have been under way for months and will conclude in March 2022. There are other tournaments and friendly games being played year-round. This lecture

will provide an explanation of the laws of the "the beautiful game,†with suggestions on how to watch and enjoy a match.

Date(s): 2/24/2022 - 2/24/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFHCR012A

Instructor: Woodard, Lewis

Plug It In: The Best Tools You're Not Using

What unused kitchen appliance is lurking in the back of your cabinet, still in the box? Join Silver Frogs' culinary team, Mary Dulle and Sharon Harrelson, in their kitchens to learn why small kitchen machines are so popular and useful. Each week we will discuss and demonstrate a different family of tools--air fryers, choppers and blenders, instant pots and slow cookers--and share tested recipes that make these indispensable in our own kitchens.

Date(s): 3/15/2022 - 4/5/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** Tu

Format: ONLINE ZOOM SESSION Course ID: F22SSFHCR022A

Instructor: Dulle, Mary & Harrelson, Sharon

Card Making with Basic Supplies

This class will focus on making greeting cards with basic supplies. Create cards for any occasion with your own hands without expensive material or machines. You will learn how to make easy but beautiful cards at a fraction of the cost of cards purchased at stores

Date(s): 3/16/2022 - 4/6/2022 Time: 9:00AM - 10:30AM Session(s): 4 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFHCR003A

Instructor: Burnette, Donna

Porch Party Tipples & Snacks

There's nothing like a small gathering of good friends on a welcoming porch. Having hosted such gatherings in Chautauqua for more than 10 years, I'll share some interesting recipes for tasty delights and luscious libations. Now that we're near the end of COVID, let's celebrate!

Format: ONLINE ZOOM SESSION Course ID: F22SSFHCR019A

Instructor: Dulle, Mary

Soccer Explained

This lecture assumes attendees already have a fundamental understanding of the laws of the game. Discussion includes explanations of the some of the confusing rules of the game (e.g., offside), formations and tactics, and what to expect in the 2022 World Cup. of Extensive Q&A to answer your questions and improve your enjoyment of the beautiful game. If

you are new to the sport, attending the Silver Frogs lecture "Understanding Soccer for Beginners" is recommended as a prerequisite

Date(s): 4/1/2022 - 4/1/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: F

Format: ON-CAMPUS SESSION Course ID: F22SSFHCR023A

Instructor: Woodard, Lewis

Oh, My, It's Pie, Part 2

If you enjoyed the basics of pie making in the first course, you might want to explore further. In this course, we'll work on meringue pie-- both as a topping and as a crust. We'll make a pot pie, a pear tart and something for the holidays.

Date(s): 4/20/2022 - 5/11/2022 Time: 1:00PM - 2:30PM Session(s): 4 Day: W

Format: ONLINE ZOOM SESSION Course ID: F22SSFHCR020A

Instructor: Dulle, Mary

Classic Canasta

The first game of Canasta was originated in Uruguay in 1939 and it was spread to the rest of South America in the following years. Finally, it came to the United States in 1949, where more variations were born since then. This original game of Canasta can be played individually or with one or two partners. Please bring to class a set of plastic cards with large letters or numbers (you can purchase them at Barnes & Noble), and a shuffler.

Date(s): 4/22/2022 - 5/13/2022 Time: 3:00PM - 4:30PM Session(s): 4 Day: F

Format: ON CAMPUS SESSION Course ID: F22SSFHCR002A

Instructor: Dias, Virginia

Liverpool Rummy

This American game is a multi-player, multi-round card game like other variants of rummy that adds features like buying and going out. The ideal number of people playing is 4; however, the number could vary and have as few as 3 or as many as 8. Come and have fun with us. Please bring cards, a shuffler, and card holder.

Date(s): 4/22/2022 - 5/13/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 4 **Day:** F

Format: ON-CAMPUS SESSION Course ID: F22SSFHCR024A

Instructor: Dias, Virginia

LITERATURE & WRITING

Bucket List Books

Our first book is MY BRILLIANT FRIEND by Elena Ferrante; set primarily in Naples, the plot tells of a long friendship between two women. Next, we move to Truman Capote's classic BREAKFAST AT TIFFANY'S wherein country girl turned society girl Holly Golightly takes NYC by storm. Then we will review Willa Cather's O PIONEERS! a historical drama about

immigrants, farming, and regular people. Last on our list is Rudyard Kipling's JUST SO STORIES, a series of delightful tales written for his daughter Josephine and published a year before her death. Come join us as we discuss four very different and very entertaining books.

Date(s): 4/22/2022 - 5/13/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** F

Format: ON CAMPUS SESSION Course ID: F22SSFLW002A

Instructor: Barnes, Shari

PERSONAL DEVELOPMENT

Beginning Genealogy

Truly a beginner's class to help you get started researching your family history. Starting with yourself and working back through your parents, grandparents and beyond, using helpful forms and research guidance, you will be able to compile a family history and family tree to pass on to your descendants. As time permits, online research will be demonstrated.

Date(s): 2/7/2022 - 2/28/2022 Time: 11:00AM - 12:30PM Session(s): 4 Day: M

Format: ONLINE ZOOM SESSION Course ID: F22SSFPER006A

Instructor: Barth, Crystal

Loneliness, Dating, and Other Issues for Adults after 60

Topics about sex and sexuality are specifically targeted for older adults. This course offering is directed toward an interactive discussion with a question and answer period, with no question(s) being excluded. It will be facilitated by an experienced and knowledgeable retired university faculty member.

Format: ON CAMPUS SESSION Course ID: F22SSFPER026A

Instructor: Ancona, Lee

Happier in 2022

Understanding that 50% of our happiness is determined by our predetermined happiness "set-point" and 10% by our circumstances, the class will focus on 12 specific actions that we can take that have been proven to influence our happiness. We will also look at developing our signature character strengths.

Date(s): 2/10/2022 - 3/3/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFPER030A

Instructor: Eads, Mary

Why Don't Those Millenials and Gen Zers Make Any Sense? Improving Intergenerational Communication

So many generations! So much confusion! Traditionalists, Baby Boomers, Gen X, Millennial, and Gen Z are alive and well today and differ greatly. Each brings value to a family or organization. Each also brings unique differences-- oftentimes

evident in communication styles and values. If we better understand what makes each generation tick, we'll have greater success interacting with younger generations. Do you want to improve communication with your children? What about your grandchildren and great grandchildren (what are they saying anyway???!!!) Let's talk about how to bridge these information gaps and see that we really do have a lot to learn from one another. (And by the way, there's a new yet-to-be-named generation now living - the 15-year-olds! Yikes!)

Format: ON-CAMPUS SESSION Course ID: F22SSFPER022A

Instructor: Turner, Susan

Genealogy Research Using Online Applications

Genealogy research online has become more popular as records are digitized and made available through Ancestry, Family Search, Find a Grave, Google, and many, many other web sites. We will look at the more popular ones to see what is available.

Date(s): 3/14/2022 - 3/14/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 1 **Day:** M

Format: ONLINE ZOOM SESSION Course ID: F22SSFPER020A

Instructor: Barth, Crystal

The Professional Organizer's Guide to Having the Most Organized House on the Block

Are you at a loss for what to do with that giant box of family photos? Or that Jadeite glass collection you've been collecting for decades? Or a garage so full you can't park two cars inside? Then this class is for you! Not only is it a step-by-step guide on decluttering and organizing, but you'll learn how to honor the things you love and want to keep.

Date(s): 3/15/2022 - 4/5/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 4 **Day:** Tu

Format: ON CAMPUS SESSION Course ID: F22SSFPER008A

Instructor: Jones, Elizabeth

Personal Coloring Changes as We Mature

This course will examine the properties of color. After learning the properties of color, you will see how the properties of color are used to determine what colors are flattering on a person. For example: why do certain colors of clothing enhance your appearance while other colors are not as flattering? Have you noticed your coloring changes as you mature?

Format: ONLINE ZOOM SESSION Course ID: F22SSFPER015A

Instructor: Stoltz, Elaine

Women's Closet and Wardrobe Planning

Do you ever say the following to yourself: I have a closet full of clothes, but nothing to wear; I get a panicky feeling when I walk into my closet to select an outfit;Â I spend too much time getting dressed; I spend too much money on clothes that I don't wear; I apologize for appearance sometimes. You will learn how to organize the clothes in your closet and how to evaluate what items to keep. It is time to declutter your life by decluttering your closet.

Format: ONLINE ZOOM SESSION Course ID: F22SSFPER025A

Instructor: Stoltz, Elaine

Explorations of Societal Ethics: Discussions of Ethical Dilemmas

The course will present selected societal issues and elicit discussion. Topics will be relevant to today's world, but will be derived from a novel, †Explorations of Societal Ethics', which has a setting which forces ethical decisions. Text excerpts describing dilemmas will be provided in advance. Discussions should stimulate participants to think about the options involved and rationale for decisions. Although fictional, the situations presented in the books are issues that we face during life. All of us, including our grandchildren, could benefit from thinking in advance about how we, and society, should respond to similar difficult ethical situations.

Date(s): 4/18/2022 - 5/9/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 4 **Day:** M

Format: ON-CAMPUS SESSION Course ID: F22SSFPER031A

Instructor: Klos, Larry

How to Create a Women's Capsule Wardrobe

Having a wardrobe that mix and matches and creates numerous outfits saves lots of money. Learn how to create your own capsule wardrobe that fits your wardrobe needs. This capsule wardrobe formula can be used for an entire seasonal wardrobe or just a small travel wardrobe.

Date(s): 4/18/2022 - 4/18/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: M

Format: ONLINE ZOOM SESSION Course ID: F22SSFPER032A

Instructor: Stoltz, Elaine

Vision Board Workshop

In this course we will use some creative and imaginative ways to look at how our life experiences have helped shape who we are. This includes the creative use of images as well as taking a bird's eye view of the seasons of our lives to identify watermark experiences. Using the understanding of the significance of those events, both positive and negative, we'll explore how we might use the wisdom they bring.

Format: ON-CAMPUS SESSION Course ID: F22SSFPER033A

Instructor: Branch, Abigail

RELIGION

Reading Christian Historical Fiction

This course surveys historical fictions featuring notable Christian thinkers as protagonists, from an illustrated children's book about St. Irenaeus of Lyons to a novel about St. Hildegard von Bingen's mysticism and from a screenplay about Dietrich Bonhoeffer to a story of Pope Francis narrated in popular manga style.

Date(s): 2/7/2022 - 2/28/2022 Time: 9:00AM - 10:30AM Session(s): 4 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFREL034A

Instructor: Middleton, Darren

Discover Islam

Islam is the faith of more than 1.7 billion people over the world, making it the second largest religion after Christianity. Yet, it is the least understood: more than one out of two Americans have negative views about Islam and Muslims. This course is an introduction to the faith beliefs and practices of Muslims. We will explain a brief historical and cultural background to the rise of Islam and its tenants, a thorough illustration about what Shariah or Islamic law is and is not, and facts about history of America in Islam as well as Muslim American contemporary realities. During the course, we will briefly touch on sensitive topics like religious extremism and violence.

Date(s): 2/8/2022 - 3/1/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** Tu

Format: ONLINE ZOOM SESSION Course ID: F22SSFREL040A

Instructor: Malki, Dina

Building Spiritual Muscles

Participants will explore a variety of spiritual and prayer practices from the Christian tradition -- some are ancient, some more recent. The intention would be that each person finds and uses the ones that resonate with them to grow, develop and transform her/his own inner life. These sessions will include theory, history, famous practitioners and a basic "how to" of topic below, Format for each class will be to: learn, discuss, do, share. Topics include: Spiritual reading and lectio divina, Breath prayer, Journaling, Religious music, Positive Examen, Ignatian Contemplation and silent meditation.

Date(s): 2/9/2022 - 3/2/2022 Time: 1:00PM - 2:30PM Session(s): 4 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFREL036A

Instructor: Bowser, Kathy

God and the Novel: Yaa Gyasi's "Transcendent Kingdom"

Born in Ghana and raised in Alabama, Yaa Gyasi is one of the most intriguing voices in contemporary literature. And her stirring tale of longing and loss in the lives of West African immigrants to the United States raises transcendent questions, the so-called Big Questions about life and meaning and God. Silver Frogs will discuss as well as read Gyasi's novel, which has been called "a book of blazing brilliance," and they will find themselves challenged to see how many of the ideas in this story underlie and influence the way we think today.

Date(s): 3/28/2022 - 3/28/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFREL035A

Instructor: Middleton, Darren

Augustinian Motifs in Popular Music

This one-time multimedia lecture evaluates as well as explores how and why basic theological themesâ€"reverence for the primacy of God, the ubiquity of sin, the value of graceâ€"associated with St. Augustine (354-430), early Christian thinker and now Doctor of the Church, surface in contemporary music.

Date(s): 4/18/2022 - 4/18/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFREL037A

Instructor: Middleton, Darren

The Mystery of Prophecy

What shall we make of biblical prophecy in our scientific era? Prophetic literature is part of the foundation of Western civilization. Did prophets truly speak for God? If so, why do we not have new prophets in our time--or do we? If not, what did prophets and their followers think was going on when they claimed divine authority?

Date(s): 4/20/2022 - 5/11/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 4 **Day:** W

Format: ON-CAMPUS SESSION Course ID: F22SSFREL038A

Instructor: Mecklenburger, Ralph

The Book of Revelation: An Interpretation

The Book of Revelation. Is it that time? What is the goal of our Creator in all of these terrible events? What is its major theme? There are lots of symbols such as a Lion, a Lamb, lampstands, a hat, fine linen, and white horses, some of which can be understood, and some of which are a real challenge. Please read the Book of Revelation prior to class.

Date(s): 4/27/2022 - 4/27/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFREL039A

Instructor: Norman, Roger

SCIENCE, COMPUTERS & TECHNOLOGY

Ancient DNA Provides Clues to Who We Are and How We Got Here

Sequencing modern human DNA has been possible since the 1960s. Sequencing ancient DNA recovered from fossils found in Africa, Eurasia, Oceania and the Americas, which has been feasible for only 10 years, has already revealed details of prehistoric origins, migrations and matings of Homo species over last quarter-million years. In this course, we will review DNA related science and what it has revealed about our ancient ancestors. The course is designed for a lay audience with general knowledge of DNA and interest in ancient human migrations out of Africa into Eurasia, Oceania and the Americas.

 Format: ON CAMPUS SESSION Course ID: F22SSFSCT022A

Instructor: Fitzhugh, Hank

Excel for Beginners

Excel is a spreadsheet program that allows you to store, organize, and analyze information. Excel often is used to process complex data, but in this class, you will learn how to take advantage of its less complicated features to keep a budget, create an invoice, or store and sort different types of data. Topics covered: navigating the interface, creating new workbooks, cell basics, formatting cells, number formats, basic formulas, and functions, creating tables and charts. PREREQ: Basic knowledge of Microsoft Word is required. NOTE: Please bring a flash-drive with you to all classes so you can save your progress.

Date(s): 2/9/2022 - 3/2/2022 Time: 9:00AM - 10:30AM Session(s): 4 Day: W

Format: ON CAMPUS SESSION Course ID: F22SSFSCT025A

Instructor: Huddleston, Boglarka

Accessibility Issues for the iPhone

This presentation will show different ways to change fonts, enlarge the print, change the contrast and make your Apple iPhone or Windows10 PC read aloud to you. This will cover the MS Word program, common internet browsers and the Apple iOS systems on iPhones and iPads. Handouts will include instructions and an introduction to the accessibility options.

Date(s): 2/11/2022 - 2/11/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: F

Format: ON CAMPUS SESSION Course ID: F22SSFSCT028A

Instructor: Main, Jeremy

Astronomy 101

This course will teach you everything you've ever wanted to know about astronomy - or at least we'll cover the basics and try to explain what you are curious about. Topics will include (1) an overview of Earth's night sky; (2) our solar system - origin, geography of the components, and interesting things about our little piece of the universe; and (3) the universe - origin, development of galaxies, stars, and elements. We'll have a night observation session and look at the sky through my telescope and enjoy a laser pointer show-and-tell.

Date(s): 3/15/2022 - 4/5/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFSCT016A

Instructor: Smith, Randy

The Weirdness of Quantum Mechanics

Fundamental physics teaches us about how the universe is designed. Quantum mechanics shows us that at the fundamental level the design is very strange indeed. Particles behave as both particles and waves; properties seem not to exist until they are measured, and entangled particles seem to communicate over long distances almost

instantaneously. All of this defies normal human intuition. This class will discuss these ideas in a non-mathematical way. While we will avoid math, we will discuss experiments that require some thought to understand. People who attend this class should come prepared to think hard about concepts that defy intuition.

Date(s): 3/17/2022 - 4/7/2022 **Time:** 9:00AM - 10:30AM **Session(s):** 4 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFSCT005A

Instructor: Frey, Robert

Mail Merge: Create Personalized Mailing Labels in a Few Easy Steps

Microsoft Word's Mail Merge feature lets you create a batch of documents (mailing lists, letters, envelopes, labels, etc.) that are personalized for each recipient. A data source, like a spreadsheet, is linked to a Word document, then placeholders - called merge fields - tell Word where in the document to include information from the data source. In this class, we will learn how to do this. Worry not! It is not as complicated as it sounds. PREREQ: Basic knowledge of Microsoft Word is required.

Date(s): 3/21/2022 - 3/21/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: M

Format: ON-CAMPUS SESSION Course ID: F22SSFSCT029A

Instructor: Huddleston, Boglarka

What the HAIL is a Supercell?

Supercells are the least common type of thunderstorm, yet they are responsible for the most violent of tornadoes and severest of hailstorms. We will examine how these unique storms develop, how to recognize them, and most importantly, how to survive them.

Date(s): 3/31/2022 - 3/31/2022 Time: 1:00PM - 2:30PM Session(s): 1 Day: Th

Format: ON-CAMPUS SESSION Course ID: F22SSFSCT030A

Instructor: McIntyre, Buddy

Black Holes: The Weirdest Objects in the Universe?

Black holes might be the weirdest objects in the universe. The possibility that they might exist was suggested by Schwartzschild in 1916 using Einstein's theory of general relativity. Einstein commended Schwartzschild's mathematics, but he didn't believe that nature would allow such an odd object to exist. We now know that black holes are common in the universe and recent experiments have allowed them to be directly observed. This lecture will discuss their properties and how they continue to perplex physicists.

Date(s): 4/4/2022 - 4/4/2022 Time: 9:00AM - 10:30AM Session(s): 1 Day: M

Format: ON CAMPUS SESSION Course ID: F22SSFSCT026A

Instructor: Frey, Robert

Mysticism, Science, and Spirituality

A discussion of how Mysticism and Science are related to Spirituality and Carl G. Jung's conception of the mind and the archetypes of the unconsciously. Will also include a discussion of the myths and rituals of Paleolithic and Neolithic humans and the Shaman. And, finally, a discussion of how the Mystical and Science traditions are similar.

Date(s): 4/20/2022 - 5/11/2022 Time: 11:00AM - 12:30PM Session(s): 4 Day: W

Format: ONLINE ZOOM SESSION Course ID: F22SSFSCT009A

Instructor: Tarride, Joseph

WELL-BEING

Becoming a Grandparent: Part 1

For those expecting a grandchild or who have one who is an infant: Learn how to be helpful to your child as he or she becomes a parent (based on feedback from today's new parents). Learn what's new since you had your baby. Understand the current safe sleep and safe car seat practices and get hands-on practice with an infant car seat. In Part 2 we will cover breastfeeding, baby-proofing the home and new research about crying.

Date(s): 2/8/2022 - 2/8/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 1 **Day:** Tu

Format: ON CAMPUS SESSION Course ID: F22SSFWEL022A

Instructor: Crotty, Barbara

Becoming a Grandparent: Part 2

Part 2 will cover what to understand about breastfeeding and introduction of other foods, "baby-proofing" to make the environment safe for a baby, and new research about crying, as well as techniques for calming the crying baby.

Date(s): 2/15/2022 - 2/15/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 1 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL023A

Instructor: Crotty, Barbara

The Gift of Years: Part I

Using Joan Chittister's book, The Gift of Years, as our text, the class will reflect on and discuss this specific time of life (after retirement) as expressed by the author. Our major themes and engagement will come under these topics/chapters: success and accomplishment, finding and giving joy, meaning and purpose, intentional becoming and spirituality for the second half of life. Our learning methods are to: 1) read and reflect on assigned chapters (prior to class), 2) consider how and if this chapter intersects with your own experience of life, and 3) be ready to participate in class discussions. FIRST ASSIGNMENT: Read INTRODUCTION, pp. vii-xvi and MEANING, pp. 7-12

Date(s): 3/16/2022 - 4/6/2022 Time: 11:00AM - 12:30PM Session(s): 4 Day: W

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL016A

Instructor: Bowser, Kathy

The course with discuss Alzheimer's disease pathophysiology and review the risk factors for Alzheimer's disease. It will then discuss health disparities in Alzheimer's disease. Finally, it will describe clinical trials in Alzheimer's disease and review current clinical trials at HSC.

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL024A

Instructor: Large, Stephanie

Different Types and Causes of Dementia

Discover and identify different types of dementia disorders and the characteristics that differentiate each. We will distinguish between reversible and irreversible types of dementia and explore the causes for various common dementias and hallmark signs and symptoms. The dementias we will discuss are Alzheimer's disease, Vascular dementia, Lewy Body dementia, Frontotemporal dementias, Parkinson's dementia, Alcohol & Drug induced dementia, and Traumatic Brain Injuries.

Date(s): 3/24/2022 - 3/24/2022 **Time:** 3:00PM - 4:30PM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL025A

Instructor: Cobb, Jaime

Stroke Survivor: The Path Back to Normal

The trip to wellness after a stroke, and the path back to normal. A real-life experience, and the development of a Pro Team to guide progressive redevelopment to be normal again. Within depth technical data for attendees to use for themselves, a loved one, or a dear friend/relative.

Date(s): 4/18/2022 - 4/18/2022 Time: 11:00AM - 12:30PM Session(s): 1 Day: M

Format: ON CAMPUS SESSION Course ID: F22SSFWEL013A

Instructor: Williamson, Jeffrey

A SoulCentric Journey: An Introduction to SoulCollage

SoulCollage® is a fun and creative process using images to create cards that represent different aspects of ourselves. In this workshop we will find the creative story of various aspects of who we are. We will touch on the foundational principles of SoulCollage®, make some SoulCollage® cards and learn how they might help us in our everyday life.

Date(s): 4/19/2022 - 5/10/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** Tu

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL011A

Instructor: Branch, Abigail

Insights, Lessons and Losses: Finding the Hidden Treasure Within

We'll take a bird's eye view of the seasons of our lives to identify watermark experiences. Choosing key points in our journey we'll focus in on ways to better understand their meaning and value. Significant events, whether positive or

negative, shape us. We will explore how to identify the enrichment that the lessons and losses of our lives offer and how to apply the hard earned wisdom that may be gained.

Date(s): 4/21/2022 - 5/12/2022 **Time:** 11:00AM - 12:30PM **Session(s):** 4 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL007A

Instructor: Branch, Abigail

Acupuncture 101: Traditional Chinese Medicine Therapy for Modern American

National Health Interview Survey reported that about 38% of American adults have used acupuncture. People not only use acupuncture for a specific health condition such as pain, but also use it as a preventive means to promote general health and wellbeing, even beauty and longevity. This class will provide an overview of acupuncture and answer the mostly asked questions including: Does acupuncture hurt? What is an acupuncture treatment like? Are there other forms of treatment besides needle insertion? Is it safe? What conditions can acupuncture help? How can acupuncture benefit people older than 50 years?

Date(s): 5/5/2022 - 5/5/2022 **Time:** 1:00PM - 2:30PM **Session(s):** 1 **Day:** Th

Format: ON-CAMPUS SESSION Course ID: F22SSFWEL026A

Instructor: Zhang, Yan

SPRING 2022 TCU SILVER FROG INSTRUCTOR INFORMATION

Joe Algermissen: Joe Algermissen has a BS Embry-Riddle Aeronautical University, is a retired U.S. Navy Commander, and Retired American Airlines Captain.

Lee Ancona: Lee C. Ancona, PhD is currently a staff Member in the TCU Athletic Department (Tutor/Academic Advisor). He is a volunteer in the Leadership Program, Neeley School of Business at TCU. Lee is a retired Faculty member of the University of North Texas.

Anne Bailey: Dr. Anne J. Bailey is a specialist in Civil War history. She is the author/editor of eight books, numerous book chapters, and over 300 articles and book reviews. She has taught at Texas Tech University, the University of Arkansas at Fayetteville, and the University of Georgia system, spending most of her career teaching in Georgia, the home of Margaret Mitchell and the setting of the book. She edited the Society of Civil War Historians Newsletter for 26 years and the Georgia Historical Quarterly for 10 years.

Shari Barnes: Shari Barnes is an avid book lover and TCU retiree. She is also a community volunteer who facilitates a book club at True Worth Place (Presbyterian Night Shelter), serves on the board of directors at Stage West Theater, and is active in her church. With an undergraduate degree from California Baptist University and a graduate degree from TCU, Shari is a lifelong learner.

Crystal Barth: Crystal is a retired government employee who took up the challenge of tracing her family genealogy after she retired, 25 years ago. Her paternal line has been traced back to 1538 England. She is a member of several national, state, county and local genealogical societies and is currently Treasurer for the Fort Worth Genealogical Society.

Linda Bertram Zeman: BA (history) 1979, JD 1990 - Texas Tech University. Assistant US Attorney, Western District of Texas, Pecos, Tx; private practice (criminal defense, ad litem attorney for children, court-appointed special prosecutor) Fredericksburg & Hill Country, Assistant District Attorney, Belton, Tx; Assistant District Attorney, San Antonio, post-retirement part-time criminal defense, South Texas.

Sian Borne: Sian is a retired RN and Human Resources Professional who came to Fort Worth from England after graduating with her RN. Winchester is the place she calls home in England and her mother still resides there. She returns to Winchester every couple of years and although the center of the city has changed, much of the essential charm remains.

Ken Bowers: Ken is a quiet, mild mannered gentleman. He has travelled a bit, to some of the odd corners of the world. He adheres to Satchel Paige's advice, Don't look back, they might be gaining on you."

Kathy Bowser: Kathy, as Pastor Emeritus from her founded church, currently serves as the Pastor of Care and Connection at First Congregational Church in Fort Worth. She has led contemplation and meditation groups for several years. Kathy's professional education includes studies of Christian theology, scripture, world religions, worship and prayer practices in institutions as diverse as Immaculata University (Catholic, conservative) and Brite Divinity School (Disciples of Christ, progressive). Her first 35 year career in the not for profit sector is as eclectic as her education. It encompasses fund raising, board and volunteer management, staff training, organizational design and executive leadership with the American Heart Association, National Center and the March of Dimes, Western Region.

Abigail Branch: Abigail's field of training is in Social Work, particularly in community development, with a master's degree from the University of Oklahoma. Over the years, she has facilitated groups in setting intentions, coaching, personal development, reflective writing, and mask making. She is also certified as a SoulCollage facilitator.

Donna Burnette: Donna retired from a major medical company as parametric mechanical drafter/designer in 2014. Her current "occupation" is grandmother to seven wonderful grandkids. She have been crafting her whole life.

Joseph Cecere: Retired Oral and Maxillofacial Surgeon. Studied to become a Docent at the Kimbell Art Museum. He has traveled extensively throughout Italy, Greece, and Spain.

Jaime Cobb: Jaime Cobb, certified Alzheimer's Educator, is the Vice President of Dementia & Caregiver Education at James L. West Center for Dementia Care. Jaime has over 15 years of working with persons with dementia and their families. Since she has been at the West Center, Jaime has developed and implemented a variety of innovative programs that focus on enhancing the quality of life for families living with Alzheimer's disease and related dementias. Jaime is a Master Trainer for Dementia Live, Compassionate Touch programs, Dealing with Dementia, and the Stress-Busting Program for Family Caregivers.

Barbara Crotty: Barbara Crotty is a registered nurse, certified lactation consultant and child passenger safety technician. This course is adapted from the one she created for The Woman's Hospital of Texas in Houston where she was the coordinator of childbirth and parenting education.

Jack Crowder: Jack is a retired teacher and administrator with 40 plus years in the classroom. He holds a B.A. and master's from Texas Christian University. He has published 12 books on the American Revolution and have given talks on the Revolutionary War to school classes, historical societies, and Daughters of the American Revolution Chapters.

Virginia Dias: Virginia Dias is a native of Lima, Peru. She is a TCU graduate. She has 31 years of experience in teaching ESL and Spanish at college, certification, and community levels. Her experience encompasses teaching in countries such as Canada, Hong Kong, Peru, and the U.S. She is an active member of several professional organizations. Table games are one of her hobbies she pursues since her teen years.

Mary Dulle: Mary Dulle, is retired and is as a community volunteer. After a career in public relations, she retired as Director of Strategic Corporate Communications from Alcon in 2005. She was an Adjunct Professor at TCU's Schieffer School of Journalism from 2001 to 2009. She is Secretary for Jubilee Theatre and served on the boards of GFW/PRSA, Berkeley Neighborhood Association, IABC, Fort Worth Sister Cities International, Downtown Fort Worth, The Better Business Bureau of Metropolitan Fort Worth, and Stage West. Mary lives in Fort Worth with her husband, Joe and cat, Cocoa. She enjoys traveling, gardening, reading and cooking.

Mary Eads: I am a Silver Frog, Practicing Attorney, and Student of Positive Psychology. I have studied Positive Psychology with Tal Ben-Shahar through the University of Pennsylvania online and attended 3 International Positive Psychology Congresses. My husband and I are also active Ballroom Dancers (less active during the pandemic!). I believe that the classes and activities offered through Silver Frogs contribute to our well-being!

Michael Erwine: Michael Erwine has loved folk music since the day he first heard a Peter, Paul, and Mary album in 1962. Today Michael participates in three area song circles: The Keller Folk Music Society, The Tarrant County Folk Music Society, and the Hoot at the Birdhouse in Covington. Playing guitar and singing folk music are among Michael's favorite pastimes.

Hank Fitzhugh: Following PhD (Texas A&M) and Post doctorate (Institute Animal Genetics, Edinburgh, UK), Hank Fitzhugh conducted research and taught genetics at TAMU before embarking on a career in international agricultural R&D which eventually led to his appointment as Director General (CEO) of the International Livestock Research Institute, Nairobi, Kenya.

Robert Frey: Robert Frey has had a lifelong interest in science. He has a BA in physics from Duke and a PhD in chemistry (physical) from Johns Hopkins. He spent the bulk of his working career at the U.S. Army Aberdeen Proving Ground working on projects of a military nature.

Judy Furche: Judy Furche: Retired five years ago from the Everman Independent School District where she served as a principal, counselor, and teacher. She has Bachelor's and Master's degrees from TCU and is a charter Silver Frogs member. Judy's love of West Texas began four years ago when she went to Marfa on a girls' trip and has returned several times a year since then. With each visit, she has gained more knowledge about the area and experienced additional activities.

Zelda Gilbert: Zelda Gilbert is professor emerita of psychology from Woodbury University, where she taught for over 30 years. Her areas of specialty include the psychology of mental disorders, statistics and research methods, psychobiology, and currently, political psychology.

Jim Godfrey: James was commissioned as a 2nd Lieutenant and served four years in the US Army as Paratrooper and Ranger before attending Rotary Wing Flight School. After flight school he served as a close air support gunship pilot in Vietnam. He is also researching the history of Camp and Fort Wolters. He served on the Fort Worth Airport Advisory Board for 7 years. He's published a book on Artwork of Single Aviation Unit in the Vietnam War.

David Hares: After 27 years in corporate America and with two kids off to college, David prepared for a life-long dream outside of the corporate world... to explore and photograph the National Parks. David lectures about photography and the National Parks to about 10,000 people per year including 3500 kids.

Sharon Harrelson: Sharon Harrelson is a Fort Worth native who has been baking for over 50 years, since the Christmas when Santa delivered a light-bulb-powered Easy Bake oven. Whether baking lunchbox desserts, celebration cakes or edible gifts, she loves sharing her creations.

Polly Hooper: Polly is an avid photographer who loves to travel. She wants to spread the word about this wonderful Texas treasure.

Jonathan House: Jonathan House served in the U.S. Army for 30 years, retiring as a full Colonel. His second career was in the energy business, where he was the VP of Global Supply Chain for three Fortune 500 companies. His degrees include an M.S. and an M.B.A. Jonathan has a life-long interest in traveling and investing.

Boglarka Huddleston: Boglarka (Bogi) Huddleston has master's degrees in psychology and library/information science. Currently, she is the Health Sciences & Assessment Librarian at TCU. Her work interests include active learning, information literacy, and assessment of learning. While she greatly enjoys working with college students, she finds it equally important to teach people over 50 the computer skills necessary to enhance their work and personal lives.

Donald Jackson: Don's passion is teaching. He is retired from TCU's Political Science Dept. and spent his career on issues involving the Constitution of the United States and global human rights law. Don has a Ph.D. and J.D., practiced law in Dallas, and was a Supreme Court Fellow working with Chief Justice Warren Burger. He has been a consultant to the American Bar Foundation on practical legal education and served on local, state, and national boards of various organizations that seek to protect our legal rights.

Elizabeth Jones: Elizabeth Jones rifles through people's drawers, closets, and cabinets for a living. She started her organizing business in 2012 and is a Golden Circle member of the National Association of Professional Organizers. Elizabeth never gets tired of organizing...or showing people all the fun, innovative ways to showcase their most beloved things.

Karen Kaigler-Walker: Karen is Professor Emitera (Woodbury University) where taught Marketing and Psychology and specialized in the social, psychological, and cultural meaning of Women's Fashion and Appearance. Currently she writes Ageless Beauty/Endless Spirit, a blog for older women. In addition to her Ph.D. she holds an M.A. in Theology and developed and taught the first course in Women's Spirituality at Fuller Theological Seminary in Pasadena, CA.

Larry Klos: Klos is a retired software engineering senior manager from Lockheed Martin with a degree in Physics. He has been writing professionally and as an avocation. He is a charter Silver Frog member and was previously a Silver Frog instructor and Societal Issues SIG leader. He wrote and self-published the "Two Planets, Two Peoples" trilogy from which discussion topics will be excerpted.

Kent Knudson: Knudson has given a number of courses here at TCU Silver Frogs, including The Berlin Airlift; Around the World with Teddy Roosevelt's Great White Fleet; Texas, Mexico, and the Border before World War I; The USS PANAY Incident; and The National Parks of Texas. He is a former member of the Tarrant County Historical Commission and worked with the Texas Historical Commission on its creation of its Texas in World War I Time Travel app.

Linda Lanctot: Linda Lanctot graduated from the University of Texas with a degree in English. She worked for 10 years with Time/Life publishing in sales and distribution. She lived in England for 5 years and traveled throughout Europe, visiting both World War 1 and 2 battlefields and concentration camps.

Stephanie Large: Stephanie has a degree in history from Agnes Scott College. She went to Duke University for her BSN and Emory University for her MSN. Currently, she is a Ph.D. candidate at Texas Woman's University. She works at The University of North Texas Health Science Center at Fort Worth as a nurse practitioner in the Institute for Translational Research. She works in clinical trials and epidemiological studies.

Wayne Ludwig: Wayne Ludwig is an independent cattle trails historian, author of The Old Chisholm Trail: From Cow Path to Tourist Stop (recently released by Texas A&M University Press), creator of the Texas Cattle Trails History Group on Facebook, and member of Western Writers of America. He is a Fort Worth native and a volunteer at the National Multicultural Western Heritage Museum, formerly Cowboys of Color Museum.

Jeremy Main: Jeremy is a TCU graduate who had a career in computers, PCs specializing in the APL language, and consulting in insurance and science areas. Now retired, he's finding low vision techniques are now a requirement to stay informed and active.

Lynn Main: A retired elementary school principal, Lynn lived for 30 years in Washington, DC. During that time her family often returned to Texas to visit family and friends. Now living in Weatherford, she is interested in the historical sites and national parks and monuments she passes on trips to her second home in Colorado.

Dina Malki: Dina Malki has taught courses on Islam for Silver Frogs. She is an avid lifelong learner and a seeker of Islamic knowledge. She holds a MA in Islamic Studies from Hartford Seminary. Dina is also a long time member of the women's interfaith group Daughters of Abraham.

Buddy McIntyre: Buddy McIntyre is a meteorologist with a 30-year career in the National Weather Service. He has considerable experience studying and warning for severe thunderstorms and tornadoes. He's trained thousands of storm spotters across Texas. Buddy is a graduate of TCU and has a M.S. in meteorology from Utah State University.

Ralph Mecklenburger: Ralph Mecklenburger is Rabbi Emeritus of Beth-El Congregation in Fort Worth, and serves as Adjunct Faculty at Brite Divinity School, TCU. He is the author, most recently, of "Why Call It God? Theology for the Age of Science", as well as book chapters, magazine articles, and newspaper Op Ed columns.

Kerri Menchaca: Kerri currently works in the Special Collections Department in the Mary Couts Burnett Library at TCU with the university's art collection. She graduated from the University of Texas at Austin with degrees in Painting, Art History and Geology.

Darren Middleton: Darren J. N. Middleton serves as John F. Weatherly Professor of Religion at Texas Christian University. Born and raised in Nottingham, England, he has published twelve books in the areas of theology and comparative literature as well as religion and the arts. His next book will appear in 2022. He lives in central Texas with his wife, Betsy, an American religious historian, and their son, Jonathan.

Roger Norman: Roger Norman is a retired attorney having specialized in estate planning. He has taught in the Extended Education Department of TCU and as part of the Silver Frogs program. He has a BA degree from the University of Oklahoma and a Law degree from the University of Texas.

James Parr: Jim Parr is a semi-retired Commercial Realtor and entrepreneur. He teaches classes for Realtor groups statewide, and for several years has offered classes through TCU's Extended Ed program. He and wife Kathy have traveled extensively in the U.S., Europe, and the Caribbean.

Jane Pawgan: Jane Pawgan earned a PhD in American history from UNT. She taught American history and government for 19 years in the Dallas County Community College District, and one year at Texas Woman's University. She is the author of several publications, including a chapter in Lone Stars of David: The Jews of Texas.

Colin Plante: Colin is a retired Information Technology Manager who started his career with a degree in Broadcasting and Cinematic Arts, then worked 26 years at a motion picture film laboratory, where he transitioned into an Information Technology career.

Richard Ranc: Retired LTC Artillery, Vietnam 1968-1969 Battery Commander, BA Economics, MBA Management, taught military science Georgetown University, VP Investments Wells Fargo Advisors (retired), Silver Streak contributor, Silver Frogs instructor, member of Curriculum Committee, served on Advisory Board.

Jack Raskopf: Jack Raskopf was a WWII radio operator on Utah beach and on destroyer ships. He also served as a long-time TCU professor in the marketing department.

JonAnna Reidinger: BS from University of Texas. Worked as personal assistant for Lady Bird Johnson in 1987. Fell in love with this brilliant, kind woman.

Ken Seeling: Ken Seeling is a native of New Orleans, who loves sharing his passion for the unique history, culture, and traditions of the Crescent City. Ken is an avid researcher, and his courses combine his interest of history, genealogy and reading to provide engaging facts and trivia on topics of interest.

Richard Selcer: Dr. Richard Selcer is a Fort Worth author and historian who has taught for 46 years, published 10 books and dozens of articles. He has taught at colleges and universities in both the US and Europe. He is an Austin College (BA and MA) and TCU (PhD) graduate.

Ann Sheets: Ann Sheets is a native of Henderson in East Texas and grew up hearing many stories about the New London school explosion. She retired as the President/CEO of Camp Fire First Texas after a 40 plus year career there.

Randy Smith: Randy is a retired aerospace engineer and former USAF navigator. He has many interests and hobbies beyond his work experience, several of which have been or will be presented as silver Frog classes: astronomy, photography, military history, and woodworking.

Elaine Stoltz: Elaine Stoltz is a Certified Image Master, one of fifteen master image consultants in the world, calling herself, "an architect of the body". She started her consulting business over 30 years ago, specializing in positive first impression. Her passion is performing makeovers on women, enhancing their own natural beauty like the television program What Not to Wear. Her personal image services include custom color analysis, cosmetic makeovers, body shape analysis, wardrobe evaluations, and styling outfits.

Angela Tacco: Angela Tacco has been investing for decades. As a financial planner, Angela works with serious investors and their families making the process simple and easy to understand. Angela provides comprehensive portfolio evaluation and consultation services. She has always loved investing and enjoys igniting the investing fire within her clients and her students.

Joseph Tarride: Joe Tarride is a retired Pathologist who is interested in Science and Philosophy. He is a member of the Board of Visitors of the University of Texas' McDonald Observatory in West Texas. He is especially interested in Astronomy, Archeology, Paleontology, Neuroscience, and psychology.

Brenda Tindel: Brenda Tindel has a BS from TCU, and is retired from Burlington Northern Santa Fe Railroad, Information Systems Design

Susan Turner: Susan works for Lockheed Martin and loves managing a leadership development program for high potential young professionals. She is also currently our TCU Silver Frogs social chairman and gets a total kick out of teaching and participating in Silver Frog classes!

Laurel Vartabedian: Laurel Klinger Vartabedian is a retired university professor. She has written numerous scholarly articles, historical articles, and the books and lyrics for two historically based original musicals. In addition, she has given presentations, workshops, and been a communication consultant throughout her career.

Diane Weaver: Diane holds a Bachelor of Business Administration in Accounting. She is a Certified Public Accountant who spent most of her career in various positions within the oil and gas industry.

Tim Wendt: Tim received a BBA and MBA in Finance. He is the Fort Worth Chair for the Walk to End Alzheimer's 2016-2019. In addition, he is a Board Member for Cuisine for Healing and a Mentor for Academy 4. Tim has 6 years of heath care work experience from Pharmacy to home health.

Jeffrey Williamson: BS Architect/ engineer, UTA. I lived my life 45 years using my Imagination to design and draft plans for: Churches, Motels,a Motion picture sound studio, cafeterias, and corporate campuses for advanced aircraft design. A winner of the Nashville TN historic preservation award for faithful reconstruction of Edgefield Baptist Church in east downtown Nashville, and rebuilding 4 others,ages 98-110 years old, out of 7 churches heavily damaged in the 1998 tornado. Important edifices to their community. These were important to me as I refused to let material matching, lack of skilled craftsmen, and new codes side step restoring these magnificent structures to their original purpose.

Lewis Woodard: Mr. Woodard had a career in accounting and auditing in the non-profit sector and is a travel advisor in his retirement. He is an experienced instructor with the Silver Frogs having presented lectures and classes that include Cruise Vacations, Hawaii, International Humanitarian Law, Clara Barton, WWII in the Caribbean, Vote Smart, and Understanding Soccer.

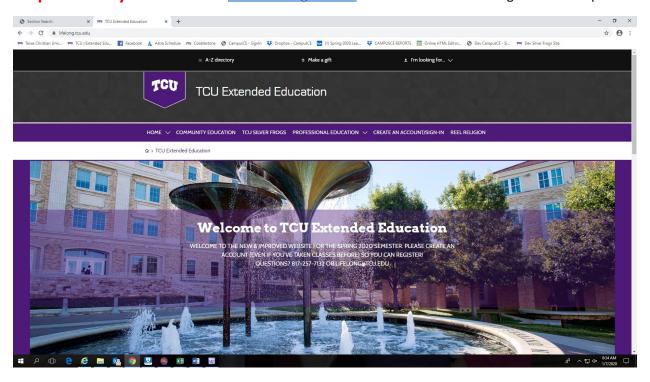
Yan Zhang: Yan Zhang., Ph.D., L.Ac., is an Associate Professor at Harris College of Nursing and Health Sciences, TCU. She received her bachelor and master's degrees in medicine for her training in Traditional Chinese Medicine and Acupuncture in China. Dr. Zhang is a National Certification Commission for Acupuncture and Oriental Medicine certified diplomate of Oriental Medicine and Texas Licensed Acupuncturist. She was the founding director of Division of Integrative Medicine at Texas Tech University Health Sciences Center (2013-19). She also served as the vice chair and chair of the Clinical Working Group of Academic Consortium for Integrative Medicine & Health in 2018-2020.



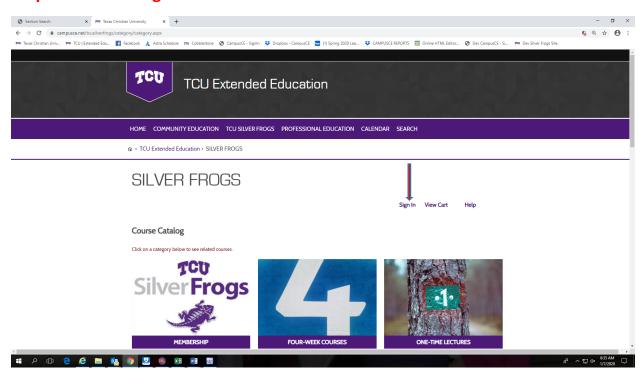
TCU Silver Frogs Spring 2022

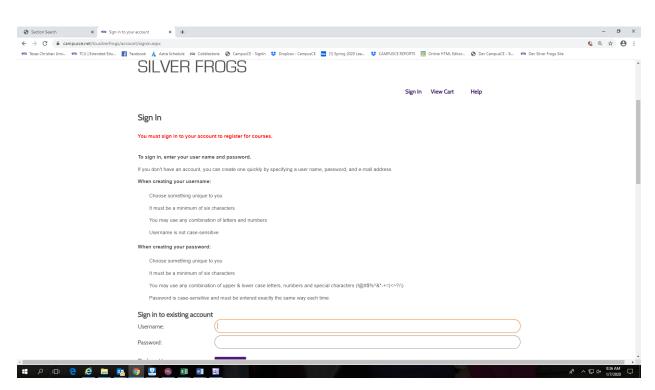
Course & Lecture Request & Allocation Process: January 11 – 17

Step 1: Go to your account: www.lifelong.tcu.edu and select TCU Silver Frogs from the top band.

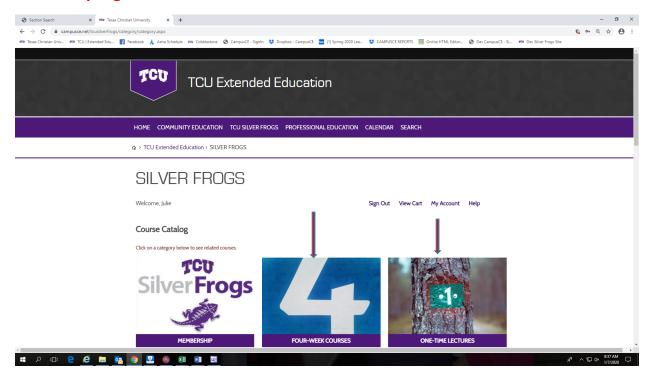


Step 2: Click the Sign-In Button

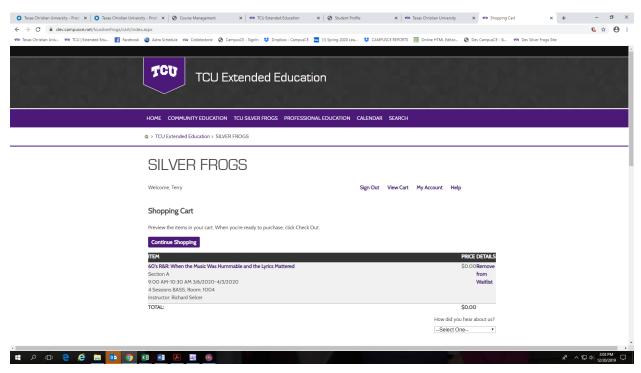




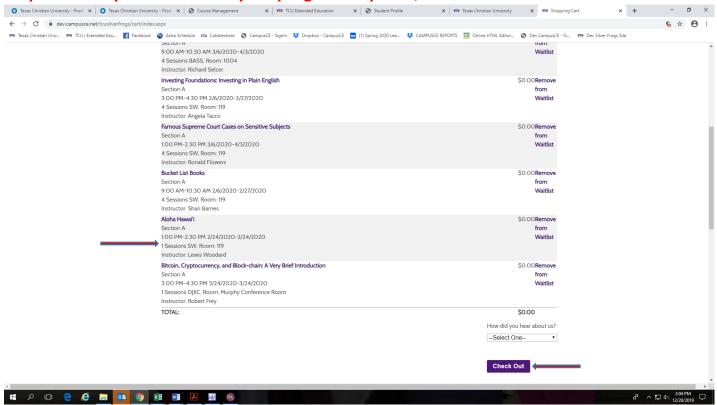
Step 4: Select up to six 4-week courses or lectures or a combination of both for a max of 6 programs total!



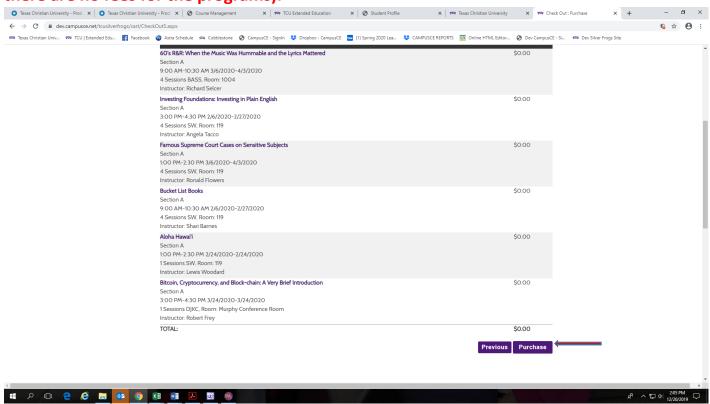
Step 5: Click the Continue Shopping button to add more programs. You can also click the back button or TCU Silver Frogs in the purple banner to navigate between courses and lectures. You have from January 11 – 17 at 4pm to make your selections—there's no rush!!



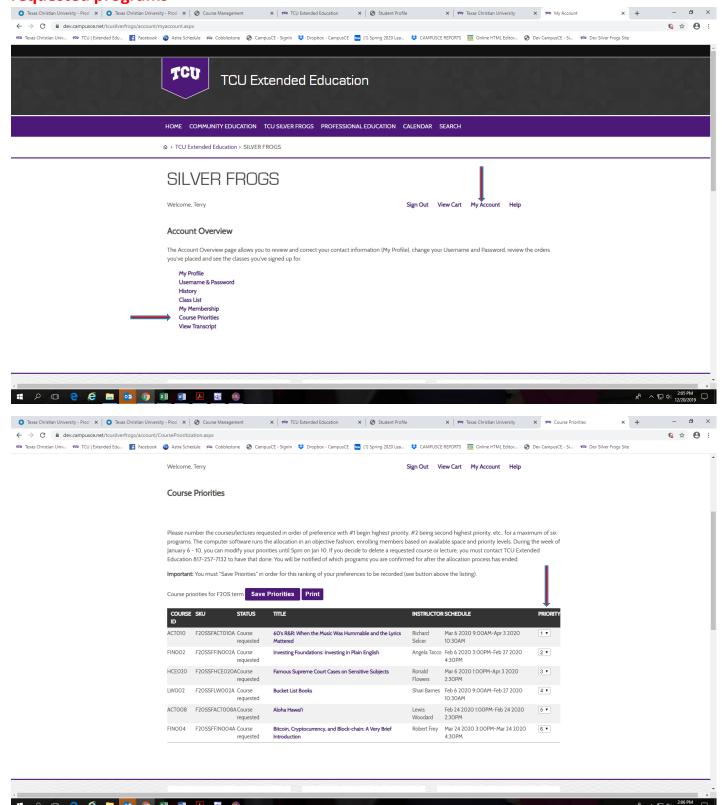
Step 6: When you've selected your program requests, click Check-out



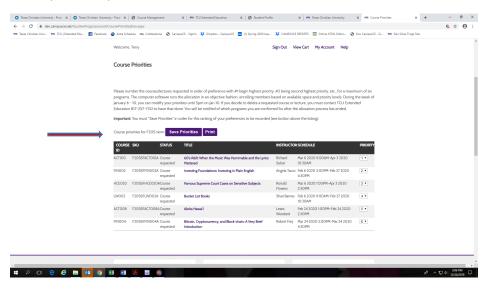
Step 7: You will see the programs you are requesting. Click Purchase (though there are no fees for the programs).



Step 8: Go to My Account and select Course Priorities to rank order your requested programs



Step 9: After you've prioritized your program requests, YOU MUST CLICK SAVE PRIORITIES!!! That's it—you're all done! If you want to change your priorities, just go back to My Account and Click Course Priorities and make adjustments. If you want to drop a request, you must do that by calling TCU Extended Education, 817-257-7132. All requests must be completed by January 18 at 12pm.



You will be notified by email of the programs you have been registered for no later than January 20th. Registration for any open seats will open on January 21 at 9am.