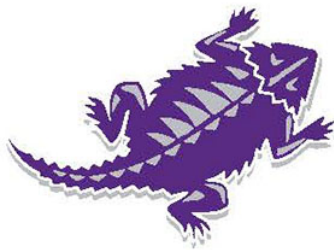


TCU
Silver Frogs



Course & Lecture Catalog
Spring 2019

TCU Silver Frogs

Course and Lecture Registration: Opens Wednesday, January 9th

Your membership allows you to register for up to:

- 3 four-week courses (courses beginning with the code SF19SC)
- 3 one-time lectures (lectures beginning with the code SF19SL)

Have backup selections in mind in the event your top choices are taken—there are a lot of folks interested in the same programs and there is limited space!

Please note that some courses and lectures run concurrently!! Check your schedule before double-booking yourself!

You cannot waitlist yourself for a lecture or course. We will open waitlist registration after registration.

Luncheon Lecture Registration will take place approximately six weeks before the luncheons. This will help course and lecture registration go quicker!

On a following page is a registration worksheet you can use to help select your top picks

Registration: Online Only!!!

- Members will be randomly assigned to one of 3 groups: A, B, or C. You will receive an email with your Group information.
- Each group will be assigned a specific timeframe to register:
 - 8:30am – 10:30am—Group A
 - 12:00pm – 2:00pm—Group B
 - 3:30pm – 5:30pm—Group C
- Each group will have equal registration spots in courses and lectures—1/3 of the total available seats.
- Remaining spots will open on January 10 at 9am
- You can only register others (spouses, friends) during their group time
- The Secret Wible classroom will be available with up to 20 laptops for those who prefer to register at TCU. Staff and volunteers will be available to answer questions, **but will not register for you**. You must know how to access your email and your TCU password. This option does not provide any advantage over registering at home.

Keep in mind that high volume may slow the system—be patient!

- a) www.lifelong.tcu.edu
- b) Click on Courses/Register Now
- c) Click on TCU Silver Frogs
- d) Select a course or lecture
- e) *Helpful Hint:* when looking at the courses & lectures online, you can sort the listings by code or begin date just by clicking on “Code” or “Begins”
- f) Select Enroll Yourself or Enroll Someone Else (if enrolling your spouse or friend—it must be during their group time)
- g) Enter your email address and password (click Forgot password if you don’t remember it).
DO NOT CREATE A NEW ACCOUNT IF YOU HAVE DIFFICULTY—your membership is tied to your current account—contact TCU Extended Education (817-257-7132).
- h) Click Add More Courses or Proceed to Checkout—there are no additional fees for courses and lectures!
****your selections are not saved or final until you see Transaction Complete on the screen and the enrollment progress bar is totally green!!!****

Registration is on a first-come/first served basis. If a class or lecture you want is full, select something else—you cannot waitlist yourself for courses or lectures. We encourage you to try a class or lecture topic you might not know much or

anything about—you'll be surprised at what you learn! Only Silver Frog members can register for Silver Frog classes and lectures! If you cannot register beginning January 9th, you can have someone register for you—they need to know your email address and group time.

Locations: TCU Shuttles available from many parking lots

- Secrest Wible Building, Room 119: 3015 Merida Avenue (home to TCU Extended Education)
- TCU Brown Lupton University Union-Beck/Geren Rooms: 2901 Stadium Drive
- Dee J. Kelly Alumni and Visitors Center Murphy Conference Room: 2820 Stadium Drive
- Annie Richardson Bass Building Room 1004: 2800 W. Bowie Street
- TCU Contemporary Art Gallery: 2900 W. Berry Street

Silver Frogs Meet & Greet Coffee: Tuesday, January 29

Please join us on Tuesday, January 29th at 10:00am in the Brown Lupton University Union (BLUU) Ballroom for our Meet & Greet Coffee. You'll learn what all the committees do, sign up for committees and Special Interest Groups (SIGs), meet your fellow Silver Frogs, receive your course transcript and parking hangtag, have your TCU ID photo taken (if you are receiving an ID for discounts and library access—info due to Extended Ed by January 11th), receive your name tag and go over program details and updates. If you can't make it, don't worry—we'll make sure you get all the information you need!



Spring 2019 Course & Lecture Registration Worksheet
****Please note that some courses & lectures run concurrently****

Name: _____

Four-Week Courses (code begins SF19SC...)

<u>Course Title</u>	<u>Course Code</u>
1.	
2.	
3.	

Alternate Courses (if top choices are full)

<u>Course Title</u>	<u>Course Code</u>
1.	
2.	

One-Time Lectures (code begins SF19SL...)

<u>Lecture Title</u>	<u>Lecture Code</u>
1.	
2.	
3.	

Alternate Lectures (if top choices are full)

<u>Lecture Title</u>	<u>Lecture Code</u>
1.	
2.	

Luncheon Lecture Registration will take place closer to the lecture time

Title	Type	Code	Instructor(s)	Location	Session I Feb 11 - Mar 8			Session II Mar 18 - Apr 12			Session III Apr 22 - May 17		
					Begin	End	Time	Begin	End	Time	Begin	End	Time
German Language, Culture & Bon Mots	C	SF19SC160	Gerlinger	SW119	2/11	3/4	M 9a						
Quilts - Not Just a Blanket Anymore	L	SF19SL212	McClellan & Coolidge	BLUUBG	2/11	2/11	M 9a						
Four Film Noir Classics and the Novels They are Based On	C	SF19SC110	Calvin	SW119	2/11	3/4	M 11a						
Cemeteries: The Ins and Outs, Ups and Downs	L	SF19SL213	McClellan	BLUUBG	2/11	2/11	M 11a						
The Beauty of Wyoming	L	SF19SL214	Stelljes	BLUUBG	2/11	2/11	M 1p						
Faith and Doubt in Southern Fiction	C	SF19SC53	Grebel	SW119	2/11	3/4	M 3p						
Dangerous Animals, Spring Cleaning and Family Safety Outdoors	L	SF19SL215	Taylor	BLUUBG	2/11	2/11	M 3p						
Important Poets Who Happen to Be Women	C	SF19SC184	Soriano	SW119	2/12	3/5	T 9a						
Introduction to Digital Photography	C	SF19SC86	Smith	SW119	2/12	3/5	T 11a						
Here's to Your Health	C	SF19SC185	Anderson	SW119	2/12	3/5	T 1p						
Required Minimum Distributions & How to Manage Them	L	SF19SL210	Shannon	SW119	2/12	2/12	T 3p						
Religion in George Eliot's Fiction	C	SF19SC126	Middleton	KCMC	2/13	3/6	W 9a						
The Oil Industry: From Prospect to Pipeline	C	SF19SC164	Roberts	SW119	2/13	3/6	W 9a						
The Cullen Davis Murder Case & its Aftermath	C	SF19SC138	Shannon	KCMC	2/13	3/6	W 11a						
Introduction to Cruise Vacations	C	SF19SC151	Woodard	SW119	2/13	3/6	W 1p						
Fashion and Appearance in Art from Cave Drawings to Star Wars	C	SF19SC189	Kaigler-Walker	KCMC	2/13	3/6	W 1p						
Introduction to Fly Fishing	C	SF19SC09	Bowers	KCMC	2/13	3/6	W 3p						
Comanche Barrier - The Spanish, Texans and Comanches 1598 to 1840	L	SF19SL211	Martin	SW119	2/13	2/13	W 11a						
Lost Tribes of Israel	C	SF19SC71	Norman	SW119	2/13	3/6	W 3p						
Why Europe? Why Britain? The Stories Economic Historians Tell about Industrialization	C	SF19SC50	Lovett	SW119	2/14	3/7	Th 9a						
Bucket List Books	C	SF19SC08	Barnes	SW119	2/14	3/7	Th 11a						
The Thunderstorm Project of 1946	L	SF19SL65	Smith	SW119	2/14	2/14	Th 1p						
Investing Foundations: Investing in Plain English	C	SF19SC157	Tacco	SW119	2/14	3/7	Th 3p						
Baker's Dozen: Cookies	C	SF19SC186	Harrelson	SW119	2/15	3/8	F 9a						
Never Too Late To Begin Again - Discovering Creativity and Meaning at Midlife and Beyond	C	SF19SC181	Sunkel	Bass1004	2/15	3/8	F 9a						
Exploring Ft Worth: Wandering Through Our Western Heritage	C	SF19SC188	Wimp	Bass1004	2/15	3/8	F 11a						

Title	Type	Code	Instructor(s)	Location	Session I Feb 11 - Mar 8			Session II Mar 18 - Apr 12			Session III Apr 22 - May 17		
					Begin	End	Time	Begin	End	Time	Begin	End	Time
The Geology of Texas	C	SF19SC80	Busbey	Bass1004	2/15	3/8	F 1p						
Beginning Mah Jongg (American) - Part I	C	SF19SC175	Taylor & Corcoran	SW119	2/15	3/8	F 3p						
Exploring America's National Parks	L	SF19SL159	Hares	BLUUBG	2/19	2/19	T 9a						
Political Psychology: A Brief Introduction	L	SF19SL216	Gilbert	BLUUBG	2/19	2/19	T 11a						
Aloha Hawai'i	L	SF19SL217	Woodard	BLUUBG	2/19	2/19	T 1p						
European Travel Skills	L	SF19SL218	Walker	BLUUBG	2/19	2/19	T 3p						
Italy: Land of Festivals	L	SF19SL219	Parr	SW119	2/19	2/19	T 3p						
Joint Forces Security Operation/NAS Fort Worth	L	SF19SL220	Townsend	SW119	2/20	2/20	W 11a						
TCU Athletics Through Five Decades	L	SF19SL176	Sybesma	BLUUBG	2/27	2/27	W 9a						
Aging in Place Gracefully	L	SF19SL221	Towle	BLUUBG	2/27	2/27	W 11a						
Marfa. Ft. Davis. Alpine. Marathon and Big Bend - Why Go?	L	SF19SL200	Furche	SW119	2/27	2/27	W 11a						
Changes in Immigration Policies From 2016 to the Present	L	SF19SL206	Cox	BLUUBG	2/27	2/27	W 1p						
Aging in Place - Family Caregiving Challenges	L	SF19SL222	Burrell	Bass1004	3/1	3/1	F 11a						
Cancer Care Services - How Your Community Cares for Patients, Caregivers, and Survivors	L	SF19SL223	Willingham	BLUUBG	3/7	3/7	Th 9a						
Theological Issues in the Major Works of John Milton	L	SF19SL224	Mathews	BLUUBG	3/7	3/7	Th 11a						
Bone Loss in Space	L	SF19SL162	LeBlanc	Bass1004	3/8	3/8	F 11a						
Don't Just Do Something, Stand There!	L	SF19SL119	Beck	SW119	3/8	3/8	F 1p						
Anchors Aweigh! Around the World with Theodore Roosevelt's Great White Fleet	L	SF19SL227	Knudson	Bass1004	3/8	3/8	F 3p						
BeLovEd - Living Life with Heart	C	SF19SC170	Fitzgerald	SW119				3/18	4/8	M 9a			
Greek Mythology in the Visual Arts	C	SF19SC191	Cecere	SW119				3/18	4/8	M 11a			
The Art and Spirituality of Authenticity	C	SF19SC192	Godby	SW119				3/18	4/8	M 1p			
Practical T'ai Chi	C	SF19SC149	Beck	SW119				3/18	4/8	M 3p			
Self Defense for Seniors	C	SF19SC99	Wolf	SW119				3/19	4/9	T 9a			
The Music of the '50s: From Big Band to Rock & Roll	C	SF19SC193	Selcer	SW119				3/19	4/9	T 11a			
Bring Out Your Natural Beauty	L	SF19SL225	Dias	SW119				3/19	3/19	T 1p			
What is Too Much Screen Time? Is it an Addiction with Harmful Effects?	L	SF19SL226	Klos	SW119				3/20	3/19	W 9a			
The Gift of Years: Growing Older Gracefully Part I	C	SF19SC135	Bowser	SW119				3/20	4/10	W 11a			
What They Didn't Teach You About the Civil War	C	SF19SC194	Wolf	SW119				3/20	4/10	W 1p			

Title	Type	Code	Instructor(s)	Location	Session I Feb 11 - Mar 8			Session II Mar 18 - Apr 12			Session III Apr 22 - May 17		
					Begin	End	Time	Begin	End	Time	Begin	End	Time
Wreath Making	C	SF19SC195	Hooper	SW119				3/20	4/10	W 3p			
The 1960's Folk Music Revival in 4 Acts	C	SF19SC196	Erwine	SW119				3/21	4/11	Th 9a			
Intro to Meteorology 101	C	SF19SC19	McIntyre	SW119				3/21	4/11	Th 11a			
Pinochle For Fun ... But Not Profit	C	SF19SC197	Davis	SW119				3/21	4/11	Th 3p			
The Gift of Years: Growing Older Gracefully, Part II	C	SF19SC198	Bowser	SW119				3/22	4/12	F 9a			
Beginning Mah Jongg (American) - Part II	C	SF19SC205	Taylor & Corcoran	SW119				3/22	4/12	F 3p			
The Bill of Rights and What It Means Today	C	SF19SC21	Jackson	Bass1004				3/22	4/12	F 3p			
The Great Train Wreck of 1918	L	SF19SL201	Clark	SW119				3/26	3/26	T 1p			
Trees for Texas	L	SF19SL151	Huddleston	SW119				3/26	3/26	T 3p			
How They Made Native American Pottery	L	SF19SL141	Borne	SW119				3/27	3/27	W 9a			
The Old Chisholm Trail: From Cow Path to Tourist Stop	L	SF19SL234	Ludwig	KCMC				3/27	3/27	W 9a			
The Concept of Time Through the Ages	L	SF19SL170	Smith	KCMC				3/27	3/27	W 11a			
General Jacob Wolters and Some Texas History I Bet You Didn't Know	L	SF19SL235	Godfrey	KCMC				3/27	3/27	W 1p			
The Bankhead Highway in Texas	L	SF19SL12	Smith	KCMC				3/27	3/27	W 3p			
Good Children's Books for Adults Too!	L	SF19SL228	Tillman	SW119				3/28	3/28	Th 1p			
Teddy Roosevelt--The Badlands to Brazil: Adventures of a President	L	SF19SL42	Box	SW119				3/29	3/29	F 11a			
Modern Art Can Be Realistic	L	SF19SL229	Rowell	SW119				4/2	4/2	T 1p			
Outstanding Plants for North Central Texas	L	SF19SL115	Huddleston	SW119				4/2	4/2	T 3p			
You are as Young as You Feel: Supplements to Consider	L	SF19SL236	Martin	BLUUBG				4/3	4/3	W 9a			
Staying Active Staying Ageless Wellness Lecture (This is not an exercise class)	L	SF19SL237	Lowery	BLUUBG				4/3	4/3	W 11a			
"A Texan in Search of a Fight": Civil War Soldiers from the Lone Star State, 1861-1865	L	SF19SL244	Bailey	BLUUBG				4/3	4/3	W 1p			
A Legal History of Federal Taxation	L	SF19SL239	Stripling	BLUUBG				4/3	4/3	W 3p			
Had a Good Time: The Social and Historic Importance of Postcards	L	SF19SL114	Smith	SW119				4/4	4/4	Th 1p			
Movement is Medicine	L	SF19SL240	Pruit	BLUUBG				4/9	4/9	T 9a			
A Contemplative Life	L	SF19SL182	Fort	BLUUBG				4/9	4/9	T 11a			
Inside the Piano: Organic Engineering in Your Living Room	L	SF19SL230	Klos	SW119				4/9	4/9	T 1p			
Modern Printmaking Reinvented	L	SF19SL241	Parsons	CAG				4/9	4/9	T 1p			

Title	Type	Code	Instructor(s)	Location	Session I Feb 11 - Mar 8			Session II Mar 18 - Apr 12			Session III Apr 22 - May 17		
					Begin	End	Time	Begin	End	Time	Begin	End	Time
The Current History of Live Theater in Fort Worth	L	SF19SL122	Stanford	BLUUBG				4/9	4/9	T 3p			
Noah, the Ark, and the Flood	L	SF19SL231	Norman	SW119				4/9	4/9	T 3p			
Become a Master of Google Search Techniques	L	SF19SL232	Mhoon	SW119				4/10	4/10	W 9a			
A Walk Down Memory Lane	L	SF19SL242	Armstrong	Bass1004				4/12	4/12	F 9a			
Our Oxygen Environment	L	SF19SL243	Taylor	Bass1004				4/12	4/12	F 11a			
A History of Bluegrass	L	SF19SL189	Stripling	Bass1004				4/12	4/12	F 1p			
Is There Meaning in Suffering? A Dialogue Between Job and Victor Frankl	L	SF19SL233	Grebel	SW119				4/12	4/12	F 1p			
The Canon (Sherlock Holmes)	L	SF19SL247	Bowers	SW119							4/22	4/22	M 9a
Mary Baker Eddy: The History and Theology of Christian Science	C	SF19SC182	Flowers	SW119							4/22	5/13	M 11a
Christian Women Mystics of the Middle Ages and Renaissance	L	SF19SL248	Kaigler-Walker	SW119							4/22	4/22	M 1p
Creation: Scientific Evidence Therefore	C	SF19SC199	Norman	SW119							4/22	5/13	M 3p
Margaret Mitchell's Gone with the Wind Revisited: The True Story of the Civil War in Georgia	L	SF19SL238	Bailey	SW119							4/23	4/23	T 11a
The Early History of Land Grants in Texas & the Disposition of Public Lands Part 2	L	SF19SL250	Brittain	SW119							4/23	4/23	T 3p
Evolution vs. Creation	C	SF19SC177	Bevans & Norman	KCMC							4/24	5/15	W 9a
White Fragility	C	SF19SC201	Bowser	SW119							4/24	5/15	W 11a
Mythology and Spirituality	C	SF19SC139	Tarride	KCMC							4/24	5/15	W 11a
Conversational Spanish	C	SF19SC202	Dias	SW119							4/24	5/15	W 1p
Beginning Genealogy	C	SF19SC58	Barth	KCMC							4/24	5/15	W 1p
Classic Canasta	C	SF19SC109	Dias	SW119							4/24	5/15	W 3p
"To Be Perfectly Clear": An Introduction to the History and "Theology" of Scientology	C	SF19SC132	Flowers	KCMC							4/24	5/15	W 3p
Card Making with Basic Supplies	C	SF19SC203	Burnette	SW119							4/25	5/16	Th 9a
Four Revolutionary Times in Jewish History	C	SF19SC204	Mecklenburger	SW119							4/25	5/16	Th 11a
Climate Change: From Science to Solutions	C	SF19SC92	Theilig	SW119							4/25	5/16	Th 1p
God and the Novel: Cormac McCarthy's "THE ROAD"	L	SF19SL249	Middleton	SW119							4/26	4/26	F 11a
The Imperial Presidency	C	SF19SC155	Jackson	SW119							4/26	5/17	F 3p

TCU
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Four Week Courses

Session I: February 11 – March 8, 2019

German Language, Culture & Bon Motts

This class is intended for those participants who wish to brush-up on the language (limited time) and are interested in reading a German poem - i.e., Der Ring des Polycrates by Friedrich Schiller, Bon Motts and time permitting, German Spas.

Code: SF19SC160

February 11 - March 4, 2019

M from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Helga Gerlinger

Helga Gerlinger was born in Mannheim, Germany and educated in Mannheim and Heidelberg. She attended the Academy of English in Oxford, Germany and received a translator's degree. Helga came to Texas in 1963. She retired in 1996 after 31 years of service with Bell Helicopter Textron as their in-house translator for the German language. Since retirement, Helga has been the German language teacher in the Tarrant County College "Senior Education Program." During the summers, she teaches German for TCCs "College for Kids Program".

Four Film Noir Classics and the Novels They are Based On

We'll discuss and see clips from 4 Classic Film Noir Movies: The Big Sleep - by Raymond Chandler, The Maltese Falcon - by Dashiell Hammet, Double Indemnity - by James Cain, and the The Thin Man - by Dashiell Hammet. Film Noir is largely, but not exclusively, based on hardboiled detective fiction that reached new heights of popularity after World War I. It reflected the cynicism of the times, and recognized many of the frailties of human nature. Often femmes fatale played a central role in entangling the main characters in a web of deceit and betrayal This course seeks to give these classic films and novels a new look when combined with a lively discussion of your observations and experiences. Please try to read the books before we discuss the films in class.

Code: SF19SC110

February 11 - March 4, 2019

M from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Dan Calvin

Dan Calvin is a lifelong film buff, especially for "genre films". He has taught or is teaching Silver Frog classes in Horror Movies, Film Noir and Science Fiction films and has plans for a future class on the topic of Screwball Comedies. Dan is a Fort Worth native, lives just a block or two from TCU, and still works as a System Administrator for Northrop Grumman Corporation.

Faith and Doubt in Southern Fiction

Using the anthology *The Christ-Haunted Landscape* and other materials the class will read four short pieces from southern literature. Through facilitated discussion the class will focus on the impact of the southern religious experience on the selected writers and implications for their lives and current culture. Copies of the selected stories will be provided for the class. Suggested text: *The Christ-Haunted Landscape: Faith and Doubt in Southern Fiction*, Susan Ketchin, 978-0878056705

Code: SF19SC53

February 11 - March 4, 2019

M from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: David Grebel

David Grebel serves as the Director of Extended Education at TCU. He is a past president of the Association for Continuing Higher Education. Active in the Fort Worth community he has served in a variety of board and volunteer roles. Since 2012, David has been the minister at Broadway Baptist Church's Agape Meal for the homeless. He is currently a doctoral student at Brite Divinity School researching the intersection of adult education with social justice ministries in local congregations.

Important Poets Who Happen to Be Women

The class will study the poetry of American women of the 20th and 21st Centuries. What do these poets help us understand about the human condition? Is there a "feminine voice"? If so, how is it manifested? How does it differ from the "masculine voice" in poetry? If so, how? We expect a lively discussion of these and other questions.

Code: SF19SC184

February 12 - March 5, 2019

Tu from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Judy Soriano

Judy Soriano, a retired English teacher and English coordinator of the TCU Advanced Placement Summer Institute, loves reading and then musing over poems with others who understand and value the power of the word.

Introduction to Digital Photography

Introduction to the digital SLR (DSLR) camera for the beginning photographer. This course will review the primary functions of the DSLR camera to allow the user to take advantage for the features other than just Auto mode. Course will review the basics of photography: technical topics such as ISO, aperture, shutter speed, depth of field, focal length, various lenses; and subject matter topics such as choosing subjects, composition framing of the image, artistic use of depth of field, and use of natural lighting. We may experiment with camera-mounted flash, time allowing. Each session will allow the student to actually take pictures with their camera to see the effects of the various principles discussed. Students will also be encouraged to take photos outside of class and bring in for review.

Code: SF19SC86

February 12 - March 5, 2019

Tu from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Randy Smith

Randy Smith received a BS in Aerospace Engineering and a MS Aerospace Engineering. He is an FAA Private Commercial Pilot with instrument rating and a USAF-rated navigator. He has 11 years military flying experience and is a retired Bell Helicopter engineer. Randy has been an avid amateur astronomer for 30 years and has been teaching Scout leaders about the night sky nearly that long.

Here's to Your Health

This course will feature specialists from UT Southwestern Monty and Tex Moncrief Medical Center and Moncrief Cancer Institute who will discuss a variety of conditions that can affect mature adults. Topics will include those related to allergy and immunology, oncology, ophthalmology, otolaryngology, and physical medicine and rehab. Each week different specialists will present a topic related to their area of expertise such as the care, treatment and prevention of back pain from the physical medicine and rehab physician, Dr. Jason Petrasic or hearing and balance disorders presented by Dr. Ilene Chiu and Dr. Ananya Majumder, otolaryngologists with UT Southwestern.

Code: SF19SC185

February 12 - March 5, 2019

Tu from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Randi Anderson

Randi Anderson is the physician outreach liaison for UT Southwestern in Tarrant County. Prior to this position she was the nurse recruiter for Plaza Medical Center (now Medical City Fort Worth) She has previously worked as a nurse in a variety of settings, most recently at Harris Southwest. Randi and her husband, a TCU alum, reside in Fort Worth.

The Oil Industry: From Prospect to Pipeline

We'll discuss the history of the oil business in Texas, then go into how, why, and where a well is drilled, completed and produced. We'll cover geology, prospect generation, leasing, drilling and producing a well from both the mineral owner's and operator's perspective.

Code: SF19SC164

February 13 - March 6, 2019

W from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Tom Roberts

Tom Roberts has 29 years experience as a Petroleum Landman (19 years in-house management and 10 years in the field running title and negotiating leases, agreements and contracts). He is a member of the American Association of Professional Landman, and is the past director of the Fort Worth Landman Association. He received his B.A. from the University of Texas, Austin.

Religion in George Eliot's Fiction

Eliot, operates at the edges of belief and unbelief. Novels such as "Middlemarch" and "Daniel Deronda" reveal a writer searching for significance, raising questions about providence, questioning the role of the church, and probing the source(s) of morality. This course will investigate Eliot's life and literary art, with special reference to religion.

Code: SF19SC126

February 13 - March 6, 2019

W from 9:00 AM to 10:30 AM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive

Instructor: Darren Middleton

Darren J. N. Middleton is Honors Faculty Fellow and Professor of Religion at TCU. He was educated at the Universities of Manchester, Oxford, and Glasgow before teaching in Memphis, and in Fort Worth where he has been since 1998. He has published ten books and a range of articles on religion, theology, and the arts. He is currently researching material for a planned monograph, "For All The Saints: Encountering Our Christian Forebears Through Fiction." In addition, he is working with Dr. Elizabeth H. Flowers on an edited anthology of essays devoted to the history of the Evangelical novel.

The Cullen Davis Murder Case & its Aftermath

This course will review and discuss the background, investigation, homicide, and aftermath of the 1976 murder of two people at the Cullen Davis mansion in west Fort Worth. We will examine the facts as well as the characters involved in the trial, its extensive press coverage, the crime and what followed. Facts that were never published will also be discussed. Davis was acquitted after a five-month trial, but students may draw their own conclusions as to his guilt or innocence. Fort Worth had its own "OJ" before there was "OJ".

Code: SF19SC138

February 13 - March 6, 2019

W from 11:00 AM to 12:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive

Instructor: Joe Shannon

Joe Shannon received BA and Law degrees from University of Texas. He has been a licensed attorney for over 53 years and was chief prosecutor in the Davis murder case. He was District Attorney of Tarrant County from 2009-2014 and was former Chief of the Criminal Division of Tarrant County DA's office, and former Chief of the Economic Crimes Unit. Mr. Shannon served as a member of the Texas House of Representatives from 1964-1971 and was administrative assistant to the Texas House Speaker in 1971.

Introduction to Cruise Vacations

Learn about cruise ships, cruise lines, destinations, and the cruise experience. This class is designed for those who have never taken a cruise vacation--especially those who are interested in learning about the value cruising offers for a vacation. The class includes ocean, river, and exploration cruises and the

different experiences each offers. Experienced cruisers are also welcome and can get updates on what is changing in the world of cruises.

Code: SF19SC151

February 13 - March 6, 2019

W from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Lewis Woodard

Mr. Woodard had a career with the American Red Cross in accounting and auditing. He has a home-based travel agency and is an experienced instructor with the Silver Frogs. He has presented past courses on cruise vacations, international humanitarian law, Clara Barton, and understanding soccer. As a travel advisor, he has achieved the training status of Hawaii Destination Expert with the Hawaii Tourism Authority.

Fashion and Appearance in Art from Cave Drawings to Star Wars

Using examples of fashion and appearance in fine art, photography and video the course will explore how, from the dawn of history until now, adornment is an important reflection of culture, social class, political beliefs, age, power, etc. The class will discuss how specific aspects of appearance, such as clothing styles and accessories, identify and mirror societal shifts, economics, wars, gender/sex roles, racism and other cultural phenomena. By the end of the course participants should understand the complex relationship between human appearance and the world in which they live.

Code: SF19SC189

February 13 - March 6, 2019

W from 1:00 PM to 2:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive

Instructor: Karen Kaigler-Walker

Karen Kaigler-Walker holds a BS and MS from Texas Tech University, an MA in Theology from Fuller Seminary in Pasadena CA and a Ph.D. from The Ohio State University. She began her teaching career in 1974 at The University of Texas (Austin) where she first taught Fashion History. In 2014 she retired as Professor of Marketing and Psychology from Woodbury University in Burbank CA. She is an expert in the social psychology of women's appearance and has made public speaking appearances in the US, Canada, Europe, the Middle East, Asia, and Africa.

Introduction to Fly Fishing

We will discuss a bit of the history of the sport, but concentrate on what a beginner would need to know about equipment, etymology, ichthyology, selection and presentation of the fly, as well as casting. While fly fishing can be done to any fish, the class will focus on the basics of trout fishing. Give a man a fish and you feed him for a day. Teach him to fly fish and he will need to buy rods, reels, lines, leaders, tippets, flies, waders, boots, nets, vests, fly boxes, a wading staff... We will make sense of all of this during the class.

Code: SF19SC09

February 13 - March 6, 2019

W from 3:00 PM to 4:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive

Instructor: Ken Bowers

Ken Bowers teaches multiple classes with the Silver Frogs. He uses the nom de piscis of Orvis Fenwick in the Silver Frogs Fly Fishing Special Interest Group. He has been fly fishing since the middle of the last century and has fished in many parts of the west as well as internationally. Ken read most of the Canon while on international flights. It sparked an interest in how a supremely rational mind might work. It also led to the exploration of some of the haunts of the stories while in London and Switzerland.

Lost Tribes of Israel

We will examine the history and migrations of the northern ten tribes of ancient Israel, part of God's chosen people. We will explore four major theories. Have the tribes been absorbed into other nations, and thereby simply disappeared from history? Do they exist today in small, isolated groups around the globe? Are they among today's dominant, leading nations of the earth? Did they ever exist in the first place?

Code: SF19SC71

February 13 - March 6, 2019

W from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Roger M. 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.

Why Europe? Why Britain? The Stories Economic Historians Tell about Industrialization

This course investigates the question of "Why was Europe the first region to industrialize?" To a lesser extent, the question of "Why Britain" is investigated. The course opens with an overview of the divergence between Western Europe and the rest of the world followed by an examination of older theories that attempt to explain this divergence. Finally, the class will analyze more recent stories that attempt to explain Europe's, and later Britain's, modernization.

Code: SF19SC50

February 14 - March 7, 2019

Th from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: John Lovett

Dr. John Lovett is a TCU Instructor II in the Economics department. He has been teaching Economic History courses since 2000. He received his PhD and MS in Economics from the University of Colorado Boulder and a BS from Southwest Missouri State University.

Bucket List Books

"There's so much more to a book than just reading," according to author Maurice Sendak. Bucket List Books gives you an opportunity to discuss your views with other literature lovers. Using books selected from PBS' The Great American Read list, this session we will focus on Gilead by Marilynne Robinson (Pulizer Prize 2004), Tales of the City by Armistead Maupin, The Brief Wondrous Life of Oscar Wao by Junot Diaz (Pulitzer Prize 2008), and The Little Prince by Antoine de Saint-Exupery.

Code: SF19SC08 February 14 - March 7, 2019 Th from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Shari Barnes

Retired from TCU as a human resources administrator, Shari's recent activities include membership on three community boards of directors as well as volunteer tutoring, work with homeless people, and lots of church committees. Travel with husband, children and grandchildren is also part of her grand adventure. An interviewer, mediator, published writer, and coffee lover, Shari finds Silver Frogs a great program that allows her to learn and teach simultaneously.

Investing Foundations: Investing in Plain English

Learn the basics of investing in a fun, easily understandable class. Come expand your mind, learn clear definitions to financial jargon and get real life answers to your financial questions. This class should precede the Retirement 101 class but not required.

Code: SF19SC157 February 14 - March 7, 2019 Th from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Angela Tacco

Angela M. Tacco is a full time local financial advisor. Angela graduated from University of Notre Dame and immediately went to work for a National Logistics company. Angela quickly rose to be their National Account Representative in the DFW area. Angela enthusiastically enjoys investing and teaching others about investing, too.

Never Too Late To Begin Again - Discovering Creativity and Meaning at Midlife and Beyond

Do you have the courage to be a beginner? Do you have the thirst to try a first? Do you consider yourself a retiree or a refueled new me? Do you want to step outside your comfort zone and try something new? This course will inspire you to do! Come be a beginner as Cathryn provides and guides us to awaken our inner creativity by learning simple tools that will encourage us to leap out and "Just do it" for the first time.

Code: SF19SC181 February 15 - March 8, 2019 F from 9:00 AM to 10:30 AM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Cathryn Sunkel

Cathryn Sunkel is a graduate of TCU and spent 15 years as a medical technologist followed by 20 years in public education and administration. For the last 10 years, she has taught creativity to people from all walks of life through Julian Cameron's THE ARTIST WAY. A certified mediator, educator, abstract artist, poet, traveler, ukulele beginner, and struggling Italian speaker, Cathryn and her husband recently moved back into Fort Worth to be closer to her daughter and family.

Baker's Dozen: Cookies

Baking is art and science, method and madness, simple and complicated. The key to success is knowing which tools, techniques and ingredients to use. Whether one is an experienced baker looking for new ideas or someone who has never been comfortable baking, all are welcome. Each week the class will explore and sample some of the instructor's favorite cookies. Take-home recipes will include variations for healthier versions and for holidays. Participants will be welcome to share personal experiences and tips.

Code: SF19SC186**February 15 - March 8, 2019****F from 9:00 AM to 10:30 AM****Location: Secrest-Wible Building - Room 119: 3015 Merida Ave****Instructor: Sharon Harrelson**

Sharon Harrelson is a Fort Worth native who has been baking for over 50 years. She's gained her knowledge from many sources, from her mom to amazing local bakers and bakeries to the Internet. She has partaken in cake decorating competitions and operates a home-based wedding and birthday cake business.

Exploring Ft Worth: Wandering Through Our Western Heritage

Come join us for local Ft Worth adventures to reward the soul and taste buds! In this class, we will explore our western heritage with visits to the Amon Carter & Sid Richardson Museums to view the West from an artist's viewpoint and the Cowgirls Museum / Hall of Fame and Cattle Raisers Museums for the practical view. After each class, we'll adjourn to a local BBQ Joint for lunch as a group. Students will be responsible for entry/parking fees and lunch. Schedule: 1. Classroom, Cowgirls and Cousins; 2. Amon and Angelo's; 3. Sid Richardson and Risky's; 4. Cattle Raisers and Railhead

Code: SF19SC188**February 15 - March 8, 2019****F from 11:00 AM to 12:30 PM****Location: Bass Building - Room 1004: 2800 W. Bowie Street****Instructor: Lee Wimp**

Lee is a lifelong resident of Fort Worth and has been active in the museum and cultural work of Ft Worth for over four decades. He had many opportunities to host both domestic and international visitors to Ft Worth and introduced them to the outstanding museums, historical and cultural locations in our city. Lee earned his BBA in Accounting from Texas Wesleyan and his MBA in Management from TCU and has

completed additional studies at TCC and UTA, so his education is truly a product of all the higher learning institutions of Tarrant County.

The Geology of Texas

From Amarillo to Galveston and west to Big Bend National Park, Texas, is an international destination for geologists. Rocks in Texas are as old as 1.2 billion years and tell ancient stories of the origin of complex life, the rising and falling of seas, the collision of continents, and the popular stories of dinosaurs, giant crocodiles, and histories largest flying reptiles. Four lectures will provide a broad geological paintbrush and name some great places to visit.

Code: SF19SC80

February 15 - March 8, 2019

F from 1:00 PM to 2:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Art Busbey

Dr. Arthur Busbey has been a geology professor at TCU since 1985 and is currently coordinator of the geology program of the School of Geology, Energy, and the Environment. His BS and MA are from the Department of Geology at UT-Austin and his PhD is from the Department of Anatomy at the University of Chicago. He has been published on reptilian vertebrate paleontology, geological remote sensing, and aspects of soft rock geology.

Beginning Mah Jongg (American) - Part I

This is NOT Mah Jongg on your phone. It is an ancient Chinese game of skill, strategy, and luck which is played with special tiles - but it plays more like cards with suits and standardized patterns. We will play the National Mah Jongg League variant. It is essential you attend the first session which covers the rules and how to play. You will play the next three weeks with instructor assistance. Game sets will be provided for use during class. No previous experience needed. It is strongly recommended you also sign up for Beginning Mah Jongg (American) - Part II.

Code: SF19SC175

February 15 - March 8, 2019

F from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Carol Taylor & Sharon Corcoran

Carol Taylor decided to learn bridge when she retired. After being lured into Mah Jongg first, she never got around to taking bridge lessons. She has been playing Mah Jongg for eight years. She plays regularly in three different groups and has taught beginners classes repeatedly along with a couple intermediate classes. Although she has played in numerous tournaments, she prefers "social" play where the game is not taken overly seriously.

After graduating from TCU in 1971, Sharon Corcoran had several varied and interesting careers. She started initially as a designer for American Handicrafts, then moved into craft and hobby sales; from there she was a stockbroker for 17 years and many of you have known her for the last 20 years as one of

the "Click" photographers for the Fort Worth Star-Telegram. Sharon has been playing Mah Jongg about 5 years and finds it to be an intriguing and interesting game. Like Carol Taylor she plays Mah Jongg with several different groups and prefers social games.

Session II: March 18 – April 12, 2019

BeLovEd - Living Life with Heart

This course is about leading with your heart and intuitive center. Using metaphysical tools to clear your path, to identify your natural strengths and the souls purpose. Widening a hole into the limitless possibilities of expansion in all areas of life. Its is about spiritual empowerment and becoming the master of YOUR ship and your soul. Releasing fear and control and inviting LOVE to lead the way to unity. It's about expansion body, mind, and spirit.

Code: SF19SC190

March 18 - April 8, 2019

M from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Amy Fitzgerald

I am a seeker of the highest truth, deeply curious and loving. I am a teacher and an eternal student. I seek balance and harmony in all things. I am a minister, Reiki master, mother, daughter, sister, healer, friend and a global citizen. Fiercely dedicated to soul discovery and healthy relationship to all things. My name means beloved and my middle name means rebirth. I am here to live a loving existence and guide others in self discover and unity consciousness.

Greek Mythology in the Visual Arts

The course will explore Greek Mythology and how, through the centuries, it has helped artists to communicate love, anger, loyalty, danger, justice and injustice. The Greeks did not worship ugly idols but created instead a constellation of beautiful radiant gods. We will discuss the most salient myths and legends of the Greek lore over the first three meetings. At the last meeting we will tour the Kimbell Art Museum and view those art works in the permanent collection which use Greek mythology as a medium and what contemporary theme they were trying to communicate.

Code: SF19SC191

March 18 - April 8, 2019

M from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Joseph Cecere

Joseph Cecere, DMD is a retired Oral and Maxillofacial Surgeon. He recently completed the docent training program at the Kimbell Art Museum in Fort Worth.

The Art and Spirituality of Authenticity

In this class we will explore authenticity. Through the artistry and spirituality that we experience in films (The Truman Show, Dead Poet's Society, Enchanted April, Babette's Feast), we will look at what it means to be authentic, the role of relationships and individuality in becoming authentic, the paradoxes involved in authenticity, how we let go of our cover stories, suffering and joy as portals to authenticity, and more. Participants will be asked to have viewed the films noted above (on their own and prior to class) as a focal point for our discussions each week.

Code: SF19SC192

March 18 - April 8, 2019

M from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Katherine Godby

Rev. Dr. Katherine Godby is retired clergy. Ordained in the Christian Church (Disciples of Christ) and having held Ministerial Partnership status with the United Church of Christ, she has 20 years of experience as pastor in local churches, hospice chaplain, and spiritual director. She earned her Ph.D. from Brite Divinity School in pastoral theology and pastoral counseling in 2005. Her dissertation explored 'The Authentic Self' and served as one helpful step in her own journey of being and becoming more real.

Practical T'ai Chi

T'ai Chi is a centuries-old Chinese system of physical exercise and mental conditioning that elevates body and spirit. It is characterized by slow, relaxed movements, and is unlike any other exercise system in either Asia or the West. One of our goals is to learn to do movements with diminishing physical effort. We'll learn a short form from the Sun style of T'ai Chi. The harmony-bringing effects lead to a unique composure that naturally allows us to better handle the trials of daily life. Wear comfortable clothes.

Code: SF19SC149

March 18 - April 8, 2019

M from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Dennis Beck

Dennis Beck has taught Tai Chi for TCU for at least the last 20 years, He also has helped others to explore relaxation and related arts at Trinity Terrace and The Vantage at Cityview. He knows these ideas work because he feels it himself when he's teaching, doing tai chi, or dancing the boogie woogie.

Self Defense for Seniors

This course is a no-nonsense, realistic, but fun instruction on how to defend yourself from an attack. It is not designed to teach students how to fight, but to escape and survive an assault. A life-like striking dummy will be used to show what is like to strike an individual. Students will learn numerous techniques

on how to escape from holds, chokes, and grabs of an assailant. There will be discussions on the pros and cons of carrying various weapons such as guns, knives, clubs, etc. Students will not be any striking or throwing each other. This class is completely safe and physical fitness level is not an issue; student using walkers and canes are welcome.

Code: SF19SC99

March 19 - April 9, 2019

Tu from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Richard Wolf

BS in Sociology and MS in Counselling. USAF Retired Security Police Officer. Taught USAF ROTC at TCU. Former member of organizations with Civil War theme. Been to and walked almost every major Civil War battlefield. Western and Civil War Reenactor. Great -great Grandfather and Uncles Confederate Soldiers and fought at Shiloh. Many year experience teaching in the Military.

The Music of the '50s: From Big Band to Rock & Roll

Are you curious about the music your parents listened to? It wasn't just Vienna waltzes and Benny Goodman. The Fifties was a decade that saw the end of the Big Band sound and the beginnings of rock 'n' roll. It also had R&B, doo-wop, the crooners, and other styles barely remembered today. Come take a sentimental journey through the last innocent era of music.

Code: SF19SC193

March 19 - April 9, 2019

Tu from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: 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.

The Gift of Years: Growing Older Gracefully 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

Code: SF19SC135

March 20 - April 10, 2019

W from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Kathy Bowser

Kathy, a recently retired pastor, currently leads contemplation, meditation and prayer groups in the Ignatian tradition. Her professional education includes studies in Christian theology, scripture interpretation, world religions, worship and prayer practices from institutions as diverse as Immaculata University and Brite Divinity School. Her 35+ year career in the not for profit sector is just as eclectic as her formal training, encompassing fund raising, volunteer development, staff training, organizational design, and executive management with the American Heart Association and the March of Dimes.

What They Didn't Teach You About the Civil War

Most Americans know something about the Civil War, but there are many interesting facts that very few know. This course will explore some of the lesser known interesting facts about the Civil War. We will examine obscure details, and overlooked information about America's most debated and discussed war.

Code: SF19SC194

March 20 - April 10, 2019

W from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Richard Wolf

BS in Sociology and MS in Counselling. USAF Retired Security Police Officer. Taught USAF ROTC at TCU. Former member of organizations with Civil War theme. Been to and walked almost every major Civil War battlefield. Western and Civil War Reenactor. Great -great Grandfather and Uncles Confederate Soldiers and fought at Shiloh. Many year experience teaching in the Military.

Wreath Making

We will assemble a deco mesh wreath that you can decorate for Easter or spring. Supply list will be provided in the first class.

Code: SF19SC195

March 20 - April 10, 2019

W from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Polly Hooper

Polly Hooper is a 35 year resident of Fort Worth and native Texan. She love crafting, photography, and her three grandsons.

The 1960's Folk Music Revival in 4 Acts

The history of this revival illustrated by using four 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; and artist(s) to be named later: the folk revival evolves. This class will feature discussion, videos, and songs for all those who also love the music of this era or want to know more.

Code: SF19SC196

March 21 - April 11, 2019

Th from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Michael Erwine

Michael Erwine has loved folk music since the day he first heard a Peter, Paul, and Mary album at his uncle's house 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 (and other music as well) are among Michael's favorite pastimes.

Intro to Meteorology 101

Weather makes the news every day - hurricanes, tornadoes, floods, droughts, heatwaves, forest fires! We are all affected. Sometimes it can be life-threatening. In this class we will examine basic meteorological principles and then apply those to understand how extreme weather events develop. You will become an amateur storm spotter, knowing when and where severe weather develops and how to protect yourself. Major weather events over the past year will be reviewed and we will look at climate change to understand what the future holds.

Code: SF19SC19

March 21 - April 11, 2019

Th from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: 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 Texas Christian University and has a M.S. in meteorology from Utah State University.

Pinochle For Fun ... But Not Profit

A little like some other card games, like Bridge or Whist, yet unique. Is it the funny deck with two aces of each suit? Is it the bidding? Is it the melding? Is it the trumping? (Not Trumping, but trumping.) Learn to play single-deck, auction pinochle 3-handed, 4-handed, and 6-handed.

Code: SF19SC197

March 21 - April 11, 2019

Th from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Jerome Davis

Jerry Davis has been playing pinochle his entire adult and most of his pre-adult life. While he has many other credentials, none are relevant to pinochle beyond his numerous successful bids ... and his too many failed bids.

The Gift of Years: Growing Older Gracefully, Part II

The completion of Part I is helpful but NOT required. Using Joan Chittister's book, *The Gift of Years*, the class will reflect on and discuss additional aspects of this specific time of life (after retirement) as expressed by the author. Our major themes and engagement will come under these topics/chapters: authority of age and using this time, solitude and outreach, wisdom and limitations, legacy and the time of twilight. Our learning methods are to: 1) read and reflect on assigned chapters (prior to class), 2) consider how and if this topic intersects with your own life experiences, and 3) be ready to participate in class discussion. FIRST ASSIGNMENT: Read or reread INTRODUCTION, pp. vii-xvi, LEARNING, pp. 95-99, Authority, pp. 33-38, and THE PRESENT, pp.201-206.

Code: SF19SC198

March 22 - April 12, 2019

F from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Kathy Bowser

Kathy, a recently retired pastor, currently leads contemplation, meditation and prayer groups in the Ignatian tradition. Her professional education includes studies in Christian theology, scripture interpretation, world religions, worship and prayer practices from institutions as diverse as Immaculata University and Brite Divinity School. Her 35+ year career in the not for profit sector is just as eclectic as her formal training, encompassing fund raising, volunteer development, staff training, organizational design, and executive management with the American Heart Association and the March of Dimes.

Beginning Mah Jongg (American) - Part II

Why take this course? Mah Jongg is a complicated game which requires significant practice in order to become a confident player. Taking only the Part I course simply is not enough. This course consists of four weeks of practice play (American Mah Jongg, National Mah Jongg League variant) with personal instructor assistance. As the players become more familiar with the game, new strategies will be introduced. Game sets will be provided for use during class. Students are expected to have taken Beginning Mah Jongg (American) - Part I or have equivalent basic knowledge of the rules, game play, and the card.

Code: SF19SC205

March 22 - April 12, 2019

F from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Carol Taylor & Sharon Corcoran

Carol Taylor decided to learn bridge when she retired. After being lured into Mah Jongg first, she never got around to taking bridge lessons. She has been playing Mah Jongg for eight years. She plays regularly in three different groups and has taught beginners classes repeatedly along with a couple intermediate classes. Although she has played in numerous tournaments, she prefers "social" play where the game is not taken overly seriously.

After graduating from TCU in 1971, Sharon Corcoran had several varied and interesting careers. She started initially as a designer for American Handicrafts, then moved into craft and hobby sales; from there she was a stockbroker for 17 years and many of you have known her for the last 20 years as one of the "Click" photographers for the Fort Worth Star-Telegram. Sharon has been playing Mah Jongg about

5 years and finds it to be an intriguing and interesting game. Like Carol Taylor she plays Mah Jongg with several different groups and prefers social games.

The Bill of Rights and What It Means Today

This course will focus on the limitations imposed on the United States national government in the original Constitution (1789), and especially in the Bill of Rights (1791), and on the limitations imposed by subsequent amendments, especially those imposed on the states (and local governments) through the 13th (1865), 14th (1868) and 15th (1870) Amendments. While we will respond to your interests as we go through topics, we will spend most of our time on Freedom of Speech, Freedom of Religion, Due Process of Law, and Equal Protection of the Laws.

Code: SF19SC21

March 22 - April 12, 2019

F from 3:00 PM to 4:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Donald Jackson

Don Jackson has spent his career on issues involving the Constitution of the United States and on human rights law. He attended SMU Law School and then was chosen as a Supreme Court Fellow and was assigned to work in the office of Chief Justice Warren Burger. He then became a consultant to the American Bar Foundation and pro bono counsel with the Greater Fort Worth Civil Liberties Union. Don was a member of the National Board of the American Civil Liberties Union and a board member of the Executive Council of Americans United for Separation of Church and State.

Session III: April 22 – May 17, 2019

Mary Baker Eddy: The History and Theology of Christian Science (Registration Closed)

The question is often asked if Scientology and Christian Science are the same, or at least similar. The short answer is "no, they are VERY different." Providing the long answer is the reason we offer courses on Scientology and Christian Science the same term, back to back. Of course, to get the full effect of the discussion just suggested, one would have to take both courses. But in case that is not possible, each course stands alone as a distinct entity and one could get a good introduction from taking either course. This course will trace the career of the "discoverer" of Christian Science, Mary Baker Eddy. Interwoven with the biographical presentation will be a description of her philosophy and theology. A principal focus of the course will be that for which Christian Science is most known, its views of and impact on physical health.

Code: SF19SC182

April 22 - May 13, 2019

M from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Ronald Flowers

Dr. Ronald B. Flowers is John F. Weatherly Emeritus Professor of Religion at Texas Christian University. He taught at TCU for 37 years and was chair of the Religion Department for nine years. He is the author or co-author of ten books and 56 articles in scholarly publications, 96% of which were on church-state relations in the United States. He is a member of the Editorial Council of the Journal of Church and State. He still teaches his church-state course at TCU.

Creation: Scientific Evidence Therefore

Biological, astronomical and geological evidence, as well as common sense, will be presented to compare the Biblical creation model with the evolutionary model. Topics to be covered: Molecules-to-man evolution, the Big Bang theory, contradictions of theistic evolution against the Biblical account, and compatibility of a 6,000 year old Earth with stars and galaxies 14.8 billion light-years from Earth.

Code: SF19SC199**April 22 - May 13, 2019****M from 3:00 PM to 4:30 PM****Location: Secrest-Wible Building - Room 119: 3015 Merida Ave****Instructor: Roger M. 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.

Evolution vs. Creation

Evolution vs. Creation; which worldview is supported by the evidence? Scientists on both sides of the issue possess the same facts, observations, and data, so why do they have opposing interpretations? The course will be co-taught by Roger Bevan who will present the case for evolution and by Roger Norman will present the case for creation.

Code: SF19SC177**April 24 - May 15, 2019****W from 9:00 AM to 10:30 AM****Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive****Instructor: Roger M. Norman & Roger Bevan**

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.

Roger Bevan is a native New Englander. He received a BA in Mathematics from Bowdoin and an MBA from Dartmouth. He taught math for a few years between the two degrees, but spent most of his career managing IT for home and auto insurance companies. He and his wife moved to this area in 2015 to be near their son and his family, and to enjoy the great city of Fort Worth.

Mythology and Spirituality

This course will include a discussion of mythology and spirituality and how they relate to each other and to Carl G. Jung's conception of the mind and the archetypes of the collective unconscious. A description of the myths and rituals of Paleolithic and Neolithic humans and the shaman will also be included. Finally, there will follow a discussion of how mystical traditions and modern science are similar.

Code: SF19SC139

April 24 - May 15, 2019

W from 11:00 AM to 12:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive: 2820 Stadium Drive

Instructor: Joseph Tarride

Joe Tarride is a retired pathologist, with interests in science and philosophy. He is especially interested in astronomy, quantum physics and neuroscience, as well as the relationship of mythology and science to spirituality.

White Fragility

Using Robin Diangelo's recently published book, *White Fragility: Why It's So Hard for White People to Talk About Racism* as our text, this class will seek an understanding of how being white shapes our perspectives, experiences and responses in conversations about race. We will discuss several key themes from Diangelo's book, including: the mythology of whiteness, the power of socialization and culture, implicit bias, the evolution of our language around racial comments. In addition, we will consider some new definitions of racism, prejudice, discrimination and white supremacy as the author applies them in our 21st century America.

Code: SF19SC201

April 24 - May 15, 2019

W from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Kathy Bowser

Kathy, a recently retired pastor, currently leads contemplation, meditation and prayer groups in the Ignatian tradition. Her professional education includes studies in Christian theology, scripture interpretation, world religions, worship and prayer practices from institutions as diverse as Immaculata University and Brite Divinity School. Her 35+ year career in the not for profit sector is just as eclectic as her formal training, encompassing fund raising, volunteer development, staff training, organizational design, and executive management with the American Heart Association and the March of Dimes.

Conversational Spanish

If you would like to improve your conversational skills in Spanish, this is the right class. We will concentrate on speaking and understanding the language, along with some grammar, new vocabulary, and cultural insights. Having some knowledge of Spanish, and the ability to hold a very basic conversation in the language, is recommended for taking this class.

Code: SF19SC202

April 24 - May 15, 2019

W from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Virginia Dias

Virginia Dias is a native of Lima, Peru. She has a bachelor's and a master's degree from TCU. She has 25 years of experience in teaching ESL and Spanish at pre-school, middle, and high schools, college, certification, and community levels. She is also a Certified Command Spanish Instructor. 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.

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 to pass on to your descendants.

Code: SF19SC58

April 24 - May 15, 2019

W from 1:00 PM to 2:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive: 2820 Stadium Drive

Instructor: Crystal Barth

Crystal is a retired government employee who took up the challenge of tracing her family genealogy after she retired, more than 20 years ago. Her ancestors hail mainly from England and Germany, with a little French added, and have spread all over the USA. Her paternal line has been traced back to 1538 England. She is a member of several national, state, and county genealogical societies and is currently Treasurer for the Fort Worth Genealogical Society.

Classic Canasta

Canasta originated in Uruguay in 1939 and spread to the rest of South America in the following years. It came to the United States in 1949, where some variations of this game were born. This original Canasta will give you a good base for the different variations played nowadays. Please bring to class a set of plastic cards with large letters or numbers (you can purchase them at Barnes & Noble), and a manual or battery powered card deck shuffler.

Code: SF19SC109

April 24 - May 15, 2019

W from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Virginia Dias

Virginia Dias is a native of Lima, Peru. She has a bachelor's and a master's degree from TCU. She has 25 years of experience in teaching ESL and Spanish at pre-school, middle, and high schools, college, certification, and community levels. She is also a Certified Command Spanish Instructor. 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.

"To Be Perfectly Clear": An Introduction to the History and "Theology" of Scientology

(Registration Closed)

My one-sentence description of Scientology is that "It is pseudo-Freudianism with Hindu overtones." This course will sketch out the history of the origin and development of Scientology in order to elucidate that description. This will necessarily require a description of its founder, Lafayette Ronald Hubbard (known to Scientologists and historians alike as "L. Ron"). We will describe the belief system of Scientology and understand the goals of its faith and practice.

Code: SF19SC132

April 24 - May 15, 2019

W from 3:00 PM to 4:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Drive

Instructor: Ronald Flowers

Dr. Ronald B. Flowers is John F. Weatherly Emeritus Professor of Religion at Texas Christian University. He taught at TCU for 37 years and was chair of the Religion Department for nine years. He is the author or co-author of ten books and 56 articles in scholarly publications, 96% of which were on church-state relations in the United States. He is a member of the Editorial Council of the Journal of Church and State. He still teaches his church-state course at TCU.

Card Making with Basic Supplies

This class will focus on making greeting cards with basic supplies. Create beautiful cards for any occasion with your own hands without expensive material or machines. I will show you how to make cards using different methods including layering, Iris folding and stamping. Come join me and let's have some fun!

Code: SF19SC203

April 25 - May 16, 2019

Th from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Donna Burnette

Donna Burnette worked for a major medical company as a parametric draftsman/designer of surgical instruments for over 20 years. Having discovered the joy of being a grandparent she decided to retire and focus on her growing brood of grandchildren and her lifelong love of crafting.

Four Revolutionary Times in Jewish History

Jewish monotheism began with the semi-legendary figure of Abraham and reached its biblical heights with exilic prophecy. Then it was re-invented by the early rabbis, with long-lasting implications for Judaism, Christianity and Islam. The seeds of further revolutionary developments were sewn in Muslim

Spain a thousand years later, and it again seemed a new world when western Jews met emancipation thought, the scientific revolution, and secularism in modern Europe and America.

Code: SF19SC204 **April 25 - May 16, 2019** **Th from 11:00 AM to 12:30 PM**

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: 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 of "Our Religious Brains," a book on cognitive studies and theology, as well as numerous magazine articles and newspaper Op Ed columns.

Climate Change: From Science to Solutions

This course examines the science behind climate change, the observed and anticipated impacts on both physical and social systems, and the solutions already helping to mitigate the symptoms of a warming planet. Global attention has brought unparalleled cooperation in addressing the underlying causes. Entrepreneurial spirits are creating technological breakthroughs. The picture is not all gloom and doom but does depend on our collective action.

Code: SF19SC92 **April 25 - May 16, 2019** **Th from 1:00 PM to 2:30 PM**

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Eilene Theilig

Eilene Theilig combines her background in science and theology to address current issues in today's world. She earned a PhD in Geology from Arizona State University with a concentration in planetary studies. For 14 years, Eilene was part of NASA's Galileo Mission to Jupiter, serving as Project Manager for the final two years of the mission. Afterward, she received an MDiv from Pacific School of Religion. She is Director of Lay and Continuing Education at Brite Divinity School and an ordained Disciples of Christ minister.

The Imperial Presidency

Arthur M. Schlesinger Jr. wrote his book, *The Imperial Presidency*, following the demise of President John F. Kennedy, the Great Society under Lyndon B. Johnson, and during the unusual presidency of Richard M. Nixon, but the motives and impulses for the expansion of presidential powers go far back into our history. We will begin with a chronology of America's interventions abroad and conclude with the nature of the modern hegemonic/bureaucratic state. Suggested purchase: Arthur M. Schlesinger Jr, *The Imperial Presidency*, Mariner Books, 1973 (various editions).

Code: SF19SC155 **April 26 - May 17, 2019** **F from 3:00 PM to 4:30 PM**

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Donald Jackson

Don Jackson has spent his career on issues involving the Constitution of the United States and on human rights law. He attended SMU Law School and then was chosen as a Supreme Court Fellow and was assigned to work in the office of Chief Justice Warren Burger. He then became a consultant to the American Bar Foundation and pro bono counsel with the Greater Fort Worth Civil Liberties Union. Don was a member of the National Board of the American Civil Liberties Union and a board member of the Executive Council of Americans United for Separation of Church and State.

TCU
Silver**Frogs**



One-Time Lectures

Session I: February 11 – March 8, 2019

Quilts - Not Just a Blanket Anymore

Participants will learn about types of quilts ranging from traditional to contemporary to modern art quilts; how a quilt is constructed (the quilt sandwich); applique, embroidery and other fun embellishments; and the joy of the quilting community. Today quilting is considered an art form that the class will explore in this lecture. Barbara and Judy will bring many quilts to show, but would love for other Silver Frog quilters to bring some of their quilts to share as well.

Code: SF19SL212

February 11, 2019

M from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Barbara McClellan & Judy Coolidge

Barbara McClellan is a retired TCU IT employee with a security and computer training background. After retirement Barbara became involved in the quilting community. Several of her quilts have earned first place ribbons including the National Association of Certified Quilt Judges Award of Merit for Outstanding Achievement in Quilt making.

Judy Coolidge is excited to share her love of quilts and the art of quilting with fellow Silver Frogs. Intertwining fabric patterns, colors, and shapes with a little math for good measure is a hobby she began over 20 years ago.

Cemeteries: The Ins and Outs, Ups and Downs

An interesting look at burial traditions, unusual headstones, including the humorous and bizarre, and we'll discuss Texas burial laws.

Code: SF19SL213

February 11, 2019

M from 11:00 AM to 12:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: David McClellan

David admits to being a Taphophile. His interest is in cemeteries, tombstones, or memory of past lives. Since retiring as a school administrator, he has photographed cemeteries from Alaska to the Grand Canyon, Texas, New Orleans, and Connecticut. He led a volunteer group working with the Texas Historical Society and TxDot to relocate a cemetery in the path of an I-35 expansion.

The Beauty of Wyoming

Explore the beautiful scenery of Wyoming. If you love the outdoors, there is much to see in this large but sparsely populated state.

Code: SF19SL214

February 11, 2019

M from 1:00 PM to 2:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Laurie Stelljes

Laurie Stelljes is a native of Wyoming and grew up hiking, cross country skiing and exploring the mountains around Dubois. She and her husband love to travel to areas of the country where they can enjoy nature. They have visited most of the national parks.

Dangerous Animals, Spring Cleaning and Family Safety Outdoors

Lecture covers safety precautions for yard cleaning, picnicking, hiking and camping. We will address ecology and activity patterns of animals, along with environmental parameters of animal activities. We will also discuss details of weather, azimuth of solar radiation and prevailing winds, beginning in your yard all the way to field trips to a wild environment. Special emphasis will be placed on exothermic (cold blooded) animals and their activity patterns.

Code: SF19SL215

February 11, 2019

M from 3:00 PM to 4:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Bill Taylor

Bill is a 30 year veteran of the U.S. Air Force mainly as an Aerospace Physiologist, professional military educational instructor and a human resource manager. He has two degrees in biological science and chemistry with upper/graduate level course work in plant and animal ecology. He researched Diamondback Rattlesnake venom for his master's degree thesis. He has devoted time to giving field trips and classroom instruction for all age groups in the area of wild life ecology and conservation from 1957 to present.

Required Minimum Distributions & How to Manage Them

Individual Retirement Accounts (IRA) have a Required Minimum Distribution (RMD) at age 70 1/2 and above. There are many strategies that can be started before that age to manage the RMD's to your advantage. Even after RMD's start there are ways to minimize the tax effect.

Code: SF19SL210

February 12, 2019

Tu from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Wes Shannon

Wes Shannon has a Bachelors of Business Administration from the University of North Texas majoring in financial services. He is a Certified Financial Planning practitioner (CFP). As a native of Fort Worth he has worked in the financial services business in Fort Worth for 32 years. He owns SJK Financial Planning, LLC an independent fee only registered investment advisory firm. He is a member of Partners for Success BNI group and is the former president of Cowtown Toastmasters.

Comanche Barrier - The Spanish, Texans and Comanches 1598 to 1840

This lecture explores the historical relations of the Spanish and the Texans with the Comanche Indians from the colonization of New Mexico in 1598 to the Battle of Plum Creek in August 1840. The presentation addresses the conflicts in culture and economics of the competing societies and the resultant Comanche barrier to the settlement of the vast uplands of New Mexico and Texas.

Code: SF19SL211

February 13, 2019

W from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Michael Martin

'Mike' Martin is a Fort Worth lawyer who obtained his JD degree from Texas Wesleyan and his undergraduate degree from UTA. He is long time student of Comanche culture and history.

The Thunderstorm Project of 1946

Aviation advanced during WW-2, but it was clear afterward that weather remained a serious problem to flight safety. In 1945 Congress directed the Weather Bureau to learn more about thunderstorms. Fortunately, tools and manpower were at hand at war's end for "The Thunderstorm Project." Using radar, aircraft and dense observations, all for the first time, data were collected in Florida (1946) and Ohio (1947). Results were taken to the University of Chicago where project scientists and technicians, working without computers, of course, compiled and published a final report in 1949. "The Thunderstorm," usually referred to simply as "Byers & Braham, 1949" is the most-often cited reference in meteorological literature.

Code: SF19SL65

February 14, 2019

Th from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Dan Smith

Dan Smith: After graduating from Florida State University, Dan Smith began a forty year career with the National Weather Service. He is a Fellow of the American Meteorological Society. His first encounter with the Bankhead Highway occurred while bicycling on back roads in Parker County near Aledo. The narrow country road seemed to belie the nearby street sign which identified it as the Old Bankhead Highway. Few seemed to know much about the old road, and even less was known about the Bankhead Highway. Years later the author began his research and discovered the roads historical significance.

Exploring America's National Parks

This lecture is an interactive exploration of our National Parks and additional areas. The photographs will be used to trigger memories of times participants spent in these places, to inspire participants to revisit them or to experience them for the first time. The class will explore the uniqueness of different parks, photography techniques, and stories that occurred while the instructor took the photographs.

Additionally, the class will examine photographic tips and tricks to capture better photographs. A short presentation will focus on how to take photographs with a cell phone and tablet.

Code: SF19SL159

February 19, 2019

Tu from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: 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. Even though he had always traveled and taken photographs, he refined his photography skills by studying with several professional photographers. David's photographs were exhibited at the Fort Worth Museum of Science and History in early 2016. Currently his photographs can be found at HaresPhotography.com. David lectures about photography and the National Parks to approximately 5000 people per year including 1000 kids.

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.

Code: SF19SL216

February 19, 2019

Tu from 11:00 AM to 12:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Zelda Gilbert

Dr. Zelda Gilbert is professor emerita of psychology from Woodbury University in Burbank, CA. Her areas of specialty are abnormal behavior, psychobiology, and research design. Her interest in political psychology dates from a 1993 sabbatical at UCLA. Although she is now retired from teaching, she stays active by writing a blog on political psychology.

Aloha Hawai'i

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. Join us and see why Hawai'i should be on your vacation bucket list.

Code: SF19SL217

February 19, 2019

Tu from 1:00 PM to 2:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Lewis Woodard

Mr. Woodard had a career with the American Red Cross in accounting and auditing. He has a home-based travel agency and is an experienced instructor with the Silver Frogs. He has presented past courses on cruise vacations, international humanitarian law, Clara Barton, and understanding soccer. As a travel advisor, he has achieved the training status of Hawaii Destination Expert with the Hawaii Tourism Authority.

European Travel Skills

Overwhelmed with planning a trip to Europe? Learn how to travel smoothly and affordably through Europe with the help of a Rick Steve's tour guide and guidebook researcher. Discover practical ways to plan your trip including transportation, accommodations, and packing light. Then explore ways to make the most of your time and money once you arrive, including sightseeing tips, connecting with locals, and staying safe.

Code: SF19SL218

February 19, 2019

Tu from 3:00 PM to 4:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Cary Walker

Cary Walker discovered international travel during college and has been feeding her wanderlust ever since. A former teacher, she believes that Europe is the best classroom for those who travel with an open mind. Cary spends one-third of every year leading tours and updating guidebooks for Rick Steve's Europe. When back home in Dallas she stays busy helping individuals and families plan trips to Europe and beyond.

Italy: Land of Festivals

Italy is a wonderful travel destination for many reasons. Among them are the colorful and unique festivals held in cities and villages across the country. From medieval jousts to human chess matches, from sacred dramas to silly races, each of them presents a special window on that location's history and culture. This lecture captures the essence of many of the festivals that the independent traveler may wish to consider for a future itinerary.

Code: SF19SL219

February 19, 2019

Tu from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Jim Parr

Jim Parr is a semi-retired commercial realtor and entrepreneur. Having used the principles to build his own nest egg, he now focuses on teaching and managing his own investments. He is approved by the Texas Real Estate Commission to teach all levels of discretionary and mandatory continuing education classes for license renewal. He also offers this class and three classes on traveling in Italy through TCU's Extended Ed program.

Joint Forces Security Operation/NAS Fort Worth

Under the Goldwater-Nichols Act (1986), military advice was centralized in the Chairman of the Joint Chiefs as opposed to the service chiefs. The Chairman was designated as the principal military adviser to the President of the United States, National Security Council and Secretary of Defense. Today's Department of Defense strives to function as a "Joint" Force. Additionally, the challenges of our modern global security environment require drastically different mission sets than traditional kinetic warfare. This discussion will focus on the need for steady state security cooperation in today's threat environment. The goal of all geographic Combatant Commanders is to take national strategic guidance, develop Intermediate Military Objectives which then drive the tactical missions performed in every area of responsibility. Strategy to Task. The role of the Reserve Component and that of NAS, Ft. Worth, Joint Reserve Base will also be discussed.

Code: SF19SL220

February 20, 2019

W from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Jonathan Townsend

Captain Jonathan R. Townsend is the Commanding Officer of Naval Air Station Fort Worth, Joint Reserve Base, Texas. He was commissioned in 1995 through the U.S. Naval Academy and designated a naval aviator in 1997. He has a Bachelor of Science Degree in Economics and a Master of Arts in National Security and Strategic Studies from the College of Command and Staff at the Naval War College.

Captain Townsend's sea duty tours include serving Patrol Squadron Ten (VP-10), where he deployed to Sigonella, Italy and Roosevelt Roads, Puerto Rico with detachments to Forward Operating Locations Manta, Ecuador; Coma Lapa, El Salvador and Bahrain. His shore duty tours include instructor pilot, staff officer as the Campaign Planning Chief for the U.S. Southern Command J5, and most recently the Special Assistant under the Assistant Secretary of the Navy for Manpower and Reserve Affairs.

TCU Athletics Through Five Decades

Richard Sybesma, TCU's longest tenured head coach, is retired and talks about his experience throughout 38 years of service, spanning 5 decades. Talk will include working with four Athletic Directors, 5 head Football Coaches and how far the Sports programs at TCU have come since his arrival at TCU in 1979.

Code: SF19SL176

February 27, 2019

W from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Richard Sybesma

Richard Sybesma has been the TCU Head Swimming and Diving coach for 38 years (1979-2018). He has been the Head Olympic Swimming coach for Nicaragua in the 1996 Olympic games in Atlanta. He is a 5-time coach of the year and has won 7 conference team championships, spanning 6 conferences.

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.

Code: SF19SL200

February 27, 2019

W from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: 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, I have gained more knowledge about the area and experienced additional activities.

Changes in Immigration Policies From 2016 to the Present

In the last two years, immigration issues have exposed flaws in the current immigration structure. Congress has failed to take action. This lecture will look at how administrative actions have been used to limit the persons who may obtain asylum, obtain work permits, and have "temporary permits" to be in the U.S., and whether children brought into this country as infants will be allowed to obtain citizenship as "Dreamers." We will also consider the fate of the families that have been separated at the border.

Code: SF19SL206

February 27, 2019

W from 1:00 PM to 2:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Jackee Cox

Jackee Cox is a retired attorney who has spent lots of time in 2017 and 2018 keeping up with news, government publications, and case law in the area of immigration. She participated in Silver Frogs as a founding board member, and has presented lectures and classes for the program in 2015, 2016, and 2018.

Aging in Place Gracefully

This lecture will provide details on retrofitting your home to allow you to stay in place longer and safer. It will give practical advice on downsizing to a smaller home or apartment, with specifics on storage solutions and deciding what to take and what to leave behind.

Code: SF19SL221

February 27, 2019

W from 11:00 AM to 12:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Melanie Towle

Melanie learned many of these tips while moving her parents from their 41 year dwelling into a condo and subsequently assisted living, and has translated this into her career helping clients embrace and enjoy this process. With collectively 30+years of design and construction experience, both Melanie and her husband pride themselves on thoughtful intentional design, space planning and construction to maximize all living areas.

Aging in Place - Family Caregiving Challenges

Aging in Place! Discussion of a wide range of services which will enable individuals and families to plan for the future and maintaining their standard of living - regardless of life's challenges. Also valuable information about reverse mortgages, Medicare and Medicaid, VA benefits and hospice care. Tena has been caregiving her own family members since the age of 19.

Code: SF19SL222

March 1, 2019

F from 11:00 AM to 12:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Tena Burrell

A member of the Society of Certified Senior Advisors and active in the senior care community of D/FW, Tena is president of Financial and Estate Planning Services with thirty years of experience. Her practice focuses on the unique needs of retirees, including financial management for caregivers, long term care options and social issues facing the family, as well as retirement and estate planning, tax planning and investment portfolio management. Tina is a volunteer board member of the Grapevine Senior Advisory Council, member of the HEB and Grapevine Chambers of Commerce, and works closely with many assisted living, memory care and long term care facilities in the Metroplex. Tena earned her degree at Wichita State University, and has continued her financial education with The American College of Financial Services.

Cancer Care Services - How Your Community Cares for Patients, Caregivers, and Survivors

The cancer journey can be lonely, confusing, and exhausting without assistance. Learn about the resources available in the community to help start a Journey of Hope. Discover what resources are available, how patients, caregivers, and survivors can be supported, and how you can get involved in your community. For individuals affected by cancer, past or present, this class is a chance to learn how to become empowered, and how to advocate for future assistance to be brought to our community.

Code: SF19SL223

March 7, 2019

Th from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Tracey Willingham

Tracey Willingham is a proud alumni member of the University of Texas - Arlington, School of Social Work. After getting her Master's degree 8 years ago, she started working with Cancer Care Services. Tracey has completed her clinical social work hours, and is preparing to sit for the licensing exam. She started as a home visit social worker, and is now the Senior Program Director, providing financial and psychosocial support to individuals affected by cancer. Her favorite policy issues include gender equality, human equality, and advocating for older adults.

Theological Issues in the Major Works of John Milton

John Milton's Paradise Lost and Areopagitica attempt to answer some of the most significant questions of theology, e.g., What is evil? How can evil exist if God is both all-powerful and all good? What is the relationship between free will and faith?

Code: SF19SL224**March 7, 2019****Th from 11:00 AM to 12:30 PM****Location: Brown Lupton University Union: Beck/Geren Rooms****Instructor: Alice Mathews**

As a principal lecturer at UNT, she taught introductory and advanced courses in British literature, with an emphasis on the Renaissance. Her doctoral dissertation was on the paradoxes in Paradise Lost, and she has published a number of essays on the works of John Milton. She retired in 2015 after teaching for 25 years. In 2017 she published a book, The Shooting of Nancy Howard: A Journey Back to Shore, the true account of a Carrollton husband's three-year conspiracy to kill his wife.

Don't Just Do Something, Stand There!

This Chinese method of standing meditation is called Zhan Zhuang (John Ju-wahng or Standing Like a Post) and will do wonders for your health and peace of mind. The group will explore the theories behind this method, learn several useful postures, and actually feel the mysterious intrinsic energy that the Chinese call chi. This is a system where you get more results if you put in less effort. It is the ideal exercise for the truly lazy.

Code: SF19SL119**March 8, 2019****F from 1:00 PM to 2:30 PM****Location: Secrest-Wible Building - Room 119: 3015 Merida Ave****Instructor: Dennis Beck**

Dennis Beck has taught Tai Chi for TCU for at least the last 20 years, He also has helped others to explore relaxation and related arts at Trinity Terrace and The Vantage at Cityview. He knows these ideas work because he feels it himself when he's teaching, doing tai chi, or dancing the boogie woogie.

Bone Loss in Space

NASA and other space agencies plan for long duration space missions including trips to Mars. Without effective countermeasures, living in space can be problematic leading to the deterioration of various bodily systems. In particular, bone loss in crewmembers during long duration space missions is a major concern for NASA. On Earth excessive bone loss, commonly referred to as osteoporosis, has many causes, resulting in poor skeletal health and increased likelihood of fractures. The lecture will describe how NASA microgravity research is useful to our understanding and prevention of osteoporosis.

Code: SF19SL162

March 8, 2019

F from 11:00 AM to 12:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Adrian LeBlanc

Dr. LeBlanc's academic training include: undergraduate degree from the Univ. of Mass, a master degree from Iowa State U., and a PhD from the U. of Kansas. He is an Adjunct Professor in the Department of Medicine and Center for Space Medicine at Baylor College of Medicine and an Adjunct Professor in the Department of Physiology at UNTHSC. He has been an active participant in life science research in bone physiology dating back to early spaceflight, including Apollo, Skylab, MIR and ISS. LeBlanc has over 130 scientific publications and recently retired as Director Emeritus from the University Space Research Association.

Anchors Aweigh! Around the World with Theodore Roosevelt's Great White Fleet

One of the greatest peacetime achievements in United States naval history was the world cruise of the Great White Fleet. During the cruise President Theodore Roosevelt's message on American maritime power was spread. It's recognized to have become a diplomatic and humanitarian success. The lecture will include a prelude as to why TR decided on this deployment in 1907 and then follow the fleet on its first circumnavigation of the world and its numerous port visits. Life in the early years of the "steel Navy" will also be considered as the ships head for home in 1909.

Code: SF19SL227

March 8, 2019

F from 3:00 PM to 4:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Kent Knudson

Kent Knudson is a member of the Tarrant County Historical Commission.

Session II: March 18 – April 12, 2019

Bring Out Your Natural Beauty

This is a fun lecture for ladies over 55 years old. As we age, our skin changes; so, we have to learn how to adapt our make-up to those new changes to look and feel our best. In this class, we will talk about skincare, face shape, make-up tips and much more. Please bring your own make-up, a magnifying mirror, and anything else you think might be helpful.

Code: SF19SL225

March 19, 2019

Tu from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Virginia Dias

Virginia Dias is a native of Lima, Peru. She has a bachelor's and a master's degree from TCU. She has 25 years of experience in teaching ESL and Spanish at pre-school, middle, and high schools, college, certification, and community levels. She is also a Certified Command Spanish Instructor. 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.

What is Too Much Screen Time? Is it an Addiction with Harmful Effects?

This lecture will explore the realities of having extended interaction with electronic devices, and particularly the effects of extended screen time on children. Participants will explore actions that can be taken to re-balance the two-dimensional world with reality.

Code: SF19SL226

March 20, 2019

W from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Ricki Klos

Ricki Klos is a Registered Piano Technician with the Piano Technicians Guild, and has been servicing pianos for 38 years. For five years she has served as the president of the Ft. Worth Chapter of PTG and currently serves as president of the regional conference for PTG. In addition she is a Certified Tuning Examiner in the Guild. She loves what she does and is enthusiastic about educating people about their own pianos.

She is a user of electronics devices. She has explored the topics informally for many years and attended her first professional symposium for professionals in the field in Boston in the spring of 2018. During the course she will share from both of these experiences.

The Great Train Wreck of 1918

On July 9, 1918, two express trains operated by the Nashville, Chattanooga and St. Louis Railway collided head on at Dutchman's Curve west of Nashville killing 127 and injuring 171, the worst train wreck in US history. What happened, why did it occur, how it's connected to my family and a few other interesting historic tidbits.

Code: SF19SL201

March 26, 2019

Tu from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Tom Clark

Tom Clark is a retired pilot and aerospace engineer with a life-long passion for history. Railroading has always been an interest as his grandfather was an engineer for the NC&StL and his great uncles worked in their shops not far from the wreck site. As a kid, Tom remembers his father taking him to the train yards where they hitchhiked rides in the cabs of freight engines, with his mother chasing in the car. On a recent genealogy road trip to Tennessee, Tom discovered a bizarre connection between his family's history and the Great Train Wreck of 1918.

Trees for Texas

Trees frame our houses, provide shade, and take the longest of any plant material in the landscape to mature. Winter is an excellent time to plant trees so they can establish somewhat before the heat of summer. The course will examine the best trees (small, large, ornamental and shade) for north central Texas to plant while there's still time before spring.

Code: SF19SL151

March 26, 2019

Tu from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Steve Huddleston

Steve Huddleston is the senior horticulturist at the Fort Worth Botanic Garden where he oversees design, selection, and installation of plant material. He is co-author of Easy Gardens for North Central Texas, writes for Mansfield Magazine and Texas Living Magazine, and broadcasts weekly on Neil Sperry's lawn and garden program on WBAP. He is president of Blooming Concepts, Inc., a landscape consultation, design, and installation company.

How They Made Native American Pottery

A presentation of my collection of 30 years of acquiring Southwest Indian Pottery. It will be shown how the clay is found, where the temper, slip, and paint is all gathered. In addition, we'll show how a pot is formed, burnished, painted, and fired. A history of Maria Martinez will be followed, as she is the most famous potter of all the pueblos. 30 pieces of pottery will be on display for illustration and explanation.

Code: SF19SL141

March 27, 2019

W from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Larry Borne

Larry Borne is an amateur archeologist. He has traveled to Arizona, New Mexico, and Colorado. The one thing that is usually still present at an archeological site is their pottery. He has been in the homes of present day potters and enjoy the conversation of learning how they learned from their mothers & grandmothers. He find it fascinating and realizes the wonderful talent these people have.

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.

Code: SF19SL234

March 27, 2019

W from 9:00 AM to 10:30 AM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Dr.

Instructor: 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.

The Concept of Time Through the Ages

Humans have been keeping time throughout history and this lecture will give some background on how timekeeping developed through the ages. How did we get days, weeks, months, years, and seasons? What's with this leap year and leap second stuff? How did mariners find their way at sea, before GPS? Is a sundial really accurate? How did Greenwich England become the starting point for modern timekeeping? What is the International Date Line? Have you ever heard of the "Equation of time"? Why do we have standard time zones and why do we confuse everyone twice a year with daylight savings time? So what time is it, anyway? Well that depends...

Code: SF19SL170

March 27, 2019

W from 11:00 AM to 12:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Dr.

Instructor: Randy Smith

Randy Smith received a BS in Aerospace Engineering and a MS Aerospace Engineering. He is an FAA Private Commercial Pilot with instrument rating and a USAF-rated navigator. He has 11 years military flying experience and is a retired Bell Helicopter engineer. Randy has been an avid amateur astronomer for 30 years and has been teaching Scout leaders about the night sky nearly that long.

General Jacob Wolters and Some Texas History I Bet You Didn't Know

General Wolters was commander of the Texas National Guard in the 1920's and 1930's. He participated in many major civil actions during that time - Oil Boom Town riots, race riots, a Dock Strike, the East Texas Oil field crisis. He was a horse soldier and was responsible for the military installation that was to bear his name in Mineral Wells, Texas. The lecture includes biographical information about his life and his military service in the National Guard.

Code: SF19SL235

March 27, 2019

W from 1:00 PM to 2:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Dr.

Instructor: James Godfrey

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. Following his military duty Godfrey served as officer of several companies servicing the commercial broadcast industry in Latin America. Godfrey speaks Spanish and Portuguese. Godfrey is retired and is engaged in research on various Vietnam aviation units and writing on the subject. He is also researching the history of Camp and Fort Wolters. He served on the Fort Worth airport advisory board for 7 years.

The Bankhead Highway in Texas

The Bankhead Highway was the nation's first year-round transcontinental highway, extending from Washington, DC, to San Diego. Roughly a third of its 3,000 mile length was Texas Highway No. 1, from Texarkana to El Paso. Alabama Senator John H. Bankhead was influential in passage of the "Good Roads Act," which in 1916 made federal funds available to states, for the first time, to share the costs of better roads. The Texas Highway Dept. followed in 1917, and construction of Texas 1 soon followed. The group will explore how all that came about and the historical significance of the result.

Code: SF19SL12

March 27, 2019

W from 3:00 PM to 4:30 PM

Location: Kelly Center - Murphy Conference Room: 2820 Stadium Dr.

Instructor: Dan Smith

Dan Smith: After graduating from Florida State University, Dan Smith began a forty year career with the National Weather Service. He is a Fellow of the American Meteorological Society. His first encounter with the Bankhead Highway occurred while bicycling on back roads in Parker County near Aledo. The narrow country road seemed to belie the nearby street sign which identified it as the Old Bankhead

Highway. Few seemed to know much about the old road, and even less was known about the Bankhead Highway. Years later the author began his research and discovered the roads historical significance.

Good Children's Books for Adults Too!

How long has it been since you have read a children's book? Maybe you have never read one and maybe you read one to a child last week. Either way, this class will spark some ideas for books that you have not considered on your adult reading list. We will explore classics that you may have read as a child and may want to read again. As well, there will be new titles suggested that you may have missed. We will discuss what makes a good book and how you can judge writers and their works.

Code: SF19SL228 March 28, 2019 Th from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Leta Tillman

Leta Tillman is Professor Emeritus from Hardin Simmons University (HSU). She was the Education and Interlibrary Loan Librarian for 13 years at HSU. Leta wrote over 800 children's book reviews during those years. Previously she has been a middle school librarian, elementary school teacher, and a substitute teacher. Currently she is the volunteer librarian at Broadway Baptist Church here in Fort Worth. Leta and her husband, Bill, have two grown sons and two grandchildren.

Teddy Roosevelt--The Badlands to Brazil: Adventures of a President

This lecture will focus on two chapters from TR's life. The first is about how a rich city kid from New York became a ranch hand in the Dakotas, turning him into a cowboy/outdoorsman/conservationist in the process. The second will recount the expedition down an un-named tributary of the Amazon River in dugout canoes that nearly cost him his life. It is hoped that a discussion can follow. References for further reading will be provided.

Code: SF19SL42 March 29, 2019 F from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: James Box

James Box graduated from Harvard College in 1970 with a BA degree in History and Pre-med. He received an MD degree from Baylor College of Medicine, Houston, Texas in 1973 and recently retired from practicing Orthopaedic Surgery in Fort Worth

Modern Art Can Be Realistic

Modern art can, for many people, elicit images of splatters or drips of paint. "My grandchild could do that," is a common response. "I want art to be realistic," is heard often. Today there are modern art works that are realistic. Many point to either historical events or current social issues. In this session we

will explore examples of realism in modern art and share our responses to what we have seen. There are no 'correct' responses!

Code: SF19SL229

April 2, 2019

Tu from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: J CY Rowell

J. Cy Rowell is Emeritus Professor of Religious Education in TCU's Brite Divinity School, with an academic focus in adult education. He has taught a variety of adult classes in area churches and a retirement center. Current interests focus on the changing American religious landscape (a Pew Study report) and contemplative spirituality.

Outstanding Plants for North Central Texas

The lecture will offer participants the opportunity to learn about the best trees, shrubs, vines, and perennials for north central Texas for fall planting. Fall is the best season to install these stalwart plants in order that they can establish before the next summer's heat. Such native and introduced plants perform well in local soils under local climatic conditions and, once established, will require minimal maintenance.

Code: SF19SL115

April 2, 2019

Tu from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Steve Huddleston

Steve Huddleston is the senior horticulturist at the Fort Worth Botanic Garden where he oversees design, selection, and installation of plant material. He is co-author of Easy Gardens for North Central Texas, writes for Mansfield Magazine and Texas Living Magazine, and broadcasts weekly on Neil Sperry's lawn and garden program on WBAP. He is president of Blooming Concepts, Inc., a landscape consultation, design, and installation company.

You are as Young as You Feel: Supplements to Consider

An overview of common supplements that may be used by older adults to help promote health and wellness. Lecture will include indications, contraindications, and complications. Class will discuss how to talk to a health care provider about these supplements.

Code: SF19SL236

April 3, 2019

W from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Linda Martin

Linda Martin, DNP, RN, CFNP -- Retired Associate Professor of Professional Practice from Texas Christian University and Harris College of Nursing and Health Sciences. She is a Certified Family Nurse Practitioner

with a 38 year career in nursing and medicine. Her primary clinical background is in cardiovascular, acute care, preventive, and holistic nursing.

Staying Active Staying Ageless Wellness Lecture (This is not an exercise class)

This lecture will explore the body, mind and spirit as parts of a single system. Based on the universal desires to look good, feel good, have energy and be productive as we age, the class will examine such keys to maintaining physical wellbeing as utilizing functional movement, developing breathing techniques, dealing with pain and inflammation, staying hydrated, protecting the brain and increasing cognitive thinking and changing thought patterns.

Code: SF19SL237

April 3, 2019

W from 11:00 AM to 12:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Patricia Lowery

Patricia Lowery is a degreed professional in Exercise Science and former owner of an international fitness training business for professionals that produced support materials and workshops and offered continuing education credit. The goal of the business was to assist clients in their desire to look good, feel good, have energy and be productive. The core values of the company were to provide the end user with an opportunity to play and have fun while becoming healthier.

"A Texan in Search of a Fight": Civil War Soldiers from the Lone Star State, 1861-1865

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 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.

Code: SF19SL244

April 3, 2019

W from 1:00 PM to 2:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: 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 review. She has taught at Texas Tech University, the University of Arkansas, Fayetteville, and the University of Georgia system, spending most of her career teaching in Georgia. She has edited the Society of Civil War Historians newsletter for almost 25 years.

A Legal History of Federal Taxation

The lecture will cover the legal history of federal taxation, with emphasis on the income tax and the key judicial decisions addressing Congress' power to tax under the Constitution. If time permits, some of the frivolous arguments made by tax protesters will also be discussed.

Code: SF19SL239

April 3, 2019

W from 3:00 PM to 4:00 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Jim Stripling

Jim Stripling is an attorney who got hooked on bluegrass when he heard an Earl Scruggs banjo instrumental in 1958, and he hasn't been the same since. He has played guitar, banjo, and a little bit of mandolin for over 50 years, including a stint with the not-so-famous Third World String Band that performed at the long-forgotten and since-demolished Tootsie's on White Settlement Road in the 1970's. He received a B.A. from Yale and a J.D. from the University of Texas at Austin, neither of which has had an adverse effect on his picking.

Had a Good Time: The Social and Historic Importance of Postcards

During a "golden age" of postcards, about 100 years ago, millions of postcards served the social purpose of staying in touch, sharing information, educating both senders and receivers, and even passing on critical information -- from weather forecasts to news of illness. Mail was delivered twice a day and cards cost a penny. Without phones or autos (and good roads), how else to communicate? They were commonly saved, and even carefully preserved, so cards can provide important images and messages that are valuable to researchers. They are also just plain interesting ... it's hard to think of a subject that wasn't on a postcard.

Code: SF19SL114

April 4, 2019

Th from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Dan Smith

Dan Smith: After graduating from Florida State University, Dan Smith began a forty year career with the National Weather Service. He is a Fellow of the American Meteorological Society. His first encounter with the Bankhead Highway occurred while bicycling on back roads in Parker County near Aledo. The narrow country road seemed to belie the nearby street sign which identified it as the Old Bankhead Highway. Few seemed to know much about the old road, and even less was known about the Bankhead Highway. Years later the author began his research and discovered the roads historical significance.

Movement is Medicine

Students will learn simple movements that can be incorporated into the daily routine at home to improve strength, posture, balance, mobility, and coordination. The goal is to help each participant to

move better and age better with better functioning in everyday life. This class will be a mixture of lecture, discussion, and physical activity. Please dress accordingly.

Code: SF19SL240

April 9, 2019

Tu from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Shyanne Pruitt

Shyanne Pruitt has a Bachelor of Science in Exercise & Sports Studies. She has been an elementary school physical education teacher and a high school teacher/coach. Now, Shyanne teaches tumbling, cheerleading, and dance classes at Saginaw at Encore School of Dance. Shyanne is in the process of becoming a Human Movement Specialist.

A Contemplative Life

Mindfulness and other contemplative exercises are increasingly popular these days, to address issues of stress and to aid with self-care. They also help us understand ourselves and others better. In this session, we will discuss the variety of benefits such exercises might offer, and practice a few.

Code: SF19SL182

April 9, 2019

Tu from 11:00 AM to 12:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Andrew Fort

Andrew O. Fort is Professor of Asian Religions (emeritus) at TCU, where he taught courses on the religions of India for 35 years. He received his Ph. D. in Religious Studies from the University of Pennsylvania, and his research focused on aspects of Hindu thought. Most recently he started the Contemplative Studies initiative at TCU and is particularly interested in contemplative pedagogy.

Inside the Piano: Organic Engineering in Your Living Room

This lecture offers a detailed overview of what occurs inside of a piano each time it is played. Class discussions will explore why regular piano maintenance is required for performance and to assure that future generations of users will inherit a fine instrument.

Code: SF19SL230

April 9, 2019

Tu from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Ricki Klos

Ricki Klos is a Registered Piano Technician with the Piano Technicians Guild, and has been servicing pianos for 38 years. For five years she has served as the president of the Ft. Worth Chapter of PTG and currently serves as president of the regional conference for PTG. In addition she is a Certified Tuning Examiner in the Guild. She loves what she does and is enthusiastic about educating people about their own pianos.

She is a user of electronics devices. She has explored the topics informally for many years and attended her first professional symposium for professionals in the field in Boston in the spring of 2018. During the course she will share from both of these experiences.

Modern Printmaking Reinvented

Sara-Jayne Parsons, Director & Curator of the Art Galleries at TCU, will present a lecture on the history of modern printmaking and lead a guided tour of an exhibition featuring contemporary print work by the French-Swedish artist duo Gfeller & Hellsgard at Fort Worth Contemporary Arts.

Code: SF19SL241

April 9, 2019

Tu from 1:00 PM to 2:30 PM

Location: TCU Contemporary Art Gallery: 2900 W. Berry St.

Instructor: SarahJayne Parsons

Sarah Jayne Parsons: As the Director of the Art Galleries at TCU, Sara-Jayne Parsons drives the international curatorial vision of Fort Worth Contemporary Arts and promotes professional development of students and local artists through programming in Moudy Gallery. Her curatorial practice is informed by working in close partnership with artists to produce new art through commissions, exhibitions and artist residencies. Before moving to Fort Worth in 2014 Sara-Jayne was the Exhibitions Curator at the Bluecoat in Liverpool, UK. She has published critical writing in various contemporary art magazines including Source, Art Monthly Australia and ArtLies, and has published essays in numerous exhibition catalogues.

The Current History of Live Theater in Fort Worth

The history of live theater in Fort Worth is rich and diverse. The majority of theaters in Fort Worth have been producing for more than 40 years. We will learn about their beginnings, the people who founded them, and the varied paths they took. We will take a brief look at other producing theaters in Tarrant County such as 'pop-up' theaters, children's theater, and other forms of local theater.

Code: SF19SL122

April 9, 2019

Tu from 3:00 PM to 4:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Carol Stanford

Carol has been involved with live theater in Fort Worth since the '70's. Her mother was an actress in NYC and her sister is currently an actress in Utah. Carol has supported the local theaters by volunteering and attending them as a patron. She has served on the boards of Stage West and the Live Theatre League. She has attended most of the theaters in Fort Worth since they were formed and enjoys their varied and diverse productions.

Noah, the Ark, and the Flood

We will examine scientific evidence related to the Biblical account of Noah, his Ark and the worldwide Flood. Topics to be covered: Geological evidence supporting the Biblical flood account, fossils, rock layers, dinosaurs, and the formation of Grand Canyon.

Code: SF19SL231

April 9, 2019

Tu from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Roger M. 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.

Become a Master of Google Search Techniques

Frustration appears when a Google search seems to return thousands of results, mostly irrelevant or advertisements. Did you know that Google - globally - crawls and indexes 30 trillion web pages, 100 billion times a month? There are numerous advanced search terms available on Google and this fun - hands on-class will cover twelve of the most important and useful.

Code: SF19SL232

April 10, 2019

W from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Bob Mhoon

Bob Mhoon holds an MSM degree and has taught continuing education programs for over seventeen years. In addition to TCU, he has also taught at UTA and TCC. His career includes submarine intelligence, electronic warfare, and communications systems, as well as executive positions in global networks, and a decade in running his own consulting company.

A Walk Down Memory Lane

Scientists and educators continue to explore the intriguing and challenging world of learning and memory. We have many questions. What is happening in our brains when we process information? How do we learn? Why do we remember some things so vividly and can't remember where we parked the car? This introductory class looks at some of these questions and provides strategies to help us all learn and remember with greater ease!

Code: SF19SL242

April 12, 2019

F from 9:00 AM to 10:30 AM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Penny Armstrong

Dr. Penny Armstrong has been a teacher and school administrator for over 30 years. She has taught at Texas Wesleyan University and Tarleton State University in the areas of learning and cognition and school administration. Penny is the author of "What Teachers Expect in Reform" and is the owner of Armstrong Innovative School Solutions.

Our Oxygen Environment

Lecture begins with the normal oxygen environment at/near Sea Level and progresses to oxygen deficient zones. Oxygen levels above or near sea level environment is administered as a drug in hyperbaric therapy. Like any other drug, oxygen must be administered within acceptable limits to prevent over dosage. Untoward effects of oxygen levels and their prevention will be presented. The full spectrum of oxygen environments will be covered.

Code: SF19SL243

April 12, 2019

F from 11:00 AM to 12:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Bill Taylor

Bill is a 30 year veteran of the U.S. Air Force mainly as an Aerospace Physiologist, professional military educational instructor and a human resource manager. He has two degrees in biological science and chemistry with upper/graduate level course work in plant and animal ecology. He researched Diamondback Rattlesnake venom for his master's degree thesis. He has devoted time to giving field trips and classroom instruction for all age groups in the area of wild life ecology and conservation from 1957 to present.

A History of Bluegrass

The lecture will cover the history of bluegrass music from the pre-war string bands and Bill Monroe to the contemporary musicians. Topics will include major contributors to the music, instruments and instrumental styles, musical influences, and bluegrass in popular culture, all illustrated with audio and video examples of the "high lonesome" sound and instrumental virtuosity.

Code: SF19SL189

April 12, 2019

F from 1:00 PM to 2:30 PM

Location: Bass Building - Room 1004: 2800 W. Bowie Street

Instructor: Jim Stripling

Jim Stripling is an attorney who got hooked on bluegrass when he heard an Earl Scruggs banjo instrumental in 1958, and he hasn't been the same since. He has played guitar, banjo, and a little bit of mandolin for over 50 years, including a stint with the not-so-famous Third World String Band that performed at the long-forgotten and since-demolished Tootsie's on White Settlement Road in the 1970's. He received a B.A. from Yale and a J.D. from the University of Texas at Austin, neither of which has had an adverse effect on his picking.

Is There Meaning in Suffering? A Dialogue Between Job and Victor Frankl

Why do humans suffer? Is there meaning, or is it meaningless? Using selections from the book of Job and Man's Search for Meaning by Victor Frankl, participants, through facilitated discussion, will join with Job and Frankl in grappling with this question.

Code: SF19SL233

April 12, 2019

F from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: David Grebel

David Grebel serves as the Director of Extended Education at TCU. He is a past president of the Association for Continuing Higher Education. Active in the Fort Worth community he has served in a variety of board and volunteer roles. Since 2012, David has been the minister at Broadway Baptist Church's Agape Meal for the homeless. He is currently a doctoral student at Brite Divinity School researching the intersection of adult education with social justice ministries in local congregations.

Session III: April 22 – May 17, 2019

The Canon (Sherlock Holmes)

This lecture will discuss the background and exploits of the gentleman that is currently keeping bees on the Sussex Downs. The origin and development of the World's First Consulting Detective, Mr. S. Holmes, will be described as Sir A. Conan Doyle imagined him. Mr. Holmes' career, as well as his impact on the concept of crime detection and crime writing, will be explored,

Code: SF19SL247

April 22, 2019

M from 9:00 AM to 10:30 AM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Ken Bowers

Ken Bowers teaches multiple classes with the Silver Frogs. He uses the nom de piscis of Orvis Fenwick in the Silver Frogs Fly Fishing Special Interest Group. He has been fly fishing since the middle of the last century and has fished in many parts of the west as well as internationally. Ken read most of the Canon while on international flights. It sparked an interest in how a supremely rational mind might work. It also led to the exploration of some of the haunts of the stories while in London and Switzerland.

Christian Women Mystics of the Middle Ages and Renaissance

Early Christian women mystics lived courageous and often radical lives, pushing their bodies to the extremes of survival, challenging societal norms and, suffering for their faith. As rebels and renegades of strong faith they helped shape Christianity as we know it. The class will survey the

cultural/social/political conditions that spawned such pillars of the Church as Julian of Norwich, Teresa of Avila and Joan of Arc. Students will gain a strong understanding of both the women's personal stories of valor and Christian devotion and the indelible stamp they made on Western Christianity.

Code: SF19SL248

April 22, 2019

M from 1:00 PM to 2:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Karen Kaigler-Walker

Karen Kaigler-Walker holds a BS and MS from Texas Tech University, an MA in Theology from Fuller Seminary in Pasadena CA and a Ph.D. from The Ohio State University. She began her teaching career in 1974 at The University of Texas (Austin) where she first taught Fashion History. In 2014 she retired as Professor of Marketing and Psychology from Woodbury University in Burbank CA. She is an expert in the social psychology of women's appearance and has made public speaking appearances in the US, Canada, Europe, the Middle East, Asia, and Africa.

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 still 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.

Code: SF19SL238

April 23, 2019

Tu from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: 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 review. She has taught at Texas Tech University, the University of Arkansas, Fayetteville, and the University of Georgia system, spending most of her career teaching in Georgia. She has edited the Society of Civil War Historians newsletter for almost 25 years.

The Early History of Land Grants in Texas & the Disposition of Public Lands Part 2

We will discuss the history of the settlement of Texas by land grants, railroads, and surveys, how Texas got its shape, and settlers perfected their title of ownership in the 1700 and 1800's. Six flags over Texas also meant six counties claimed ownership until 1836 when Texas won her independence from Mexico. Their claim to Texas land had to be honored in some areas and still is taken in to consideration in the perfection of titles to individuals.

Code: SF19SL250

April 23, 2019

Tu from 3:00 PM to 4:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: James Brittain

James Brittain is a registered professional land surveyor in Texas. He has been licensed since 1970 and in private practice since 1973. James was one of the original surveyors of DFW International Airport in the 60's and currently surveys all over Texas. His former studies at TCU include Spanish and French language and Ranch management.

God and the Novel: Cormac McCarthy's "THE ROAD"

This course explores issues of faith, hope, and love in Cormac McCarthy's Pulitzer prize-winning novel about a father-son pilgrimage through a post-apocalyptic landscape. Is there a God in this story? If not, why not? If so, how? Discussions will include the film version of McCarthy's story, starring Viggo Mortensen, as well as the novel itself.

Code: SF19SL249

April 26, 2019

F from 11:00 AM to 12:30 PM

Location: Secrest-Wible Building - Room 119: 3015 Merida Ave

Instructor: Darren Middleton

Darren J. N. Middleton is Honors Faculty Fellow and Professor of Religion at TCU. He was educated at the Universities of Manchester, Oxford, and Glasgow before teaching in Memphis, and in Fort Worth where he has been since 1998. He has published ten books and a range of articles on religion, theology, and the arts. He is currently researching material for a planned monograph, "For All The Saints: Encountering Our Christian Forebears Through Fiction." In addition, he is working with Dr. Elizabeth H. Flowers on an edited anthology of essays devoted to the history of the Evangelical novel.

Discover the Nuances of Color

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?

Code: SF19SL169

April 30, 2019

Tu from 9:00 AM to 10:30 AM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Elaine Stoltz

Elaine Stolz is a certified image consultant master. She is one of twelve masters in the world. She has owned Stoltz Image Consulting in Fort Worth for 30 years, specializing in positive first impression and custom color analysis. For the last 15 years Elaine has been teaching others to be image consultants through Stoltz Image Institute.

Organizing Your Genealogy Research Trip

Going on a genealogy research trip at least once will be helpful in researching family history. Being prepared ahead of time will not only make the trip easier but will also increase your chances of success. Knowing where to go and what to expect to find is the adventure.

Code: SF19SL133

April 30, 2019

Tu from 11:00 AM to 12:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Crystal Barth

Crystal is a retired government employee who took up the challenge of tracing her family genealogy after she retired, more than 20 years ago. Her ancestors hail mainly from England and Germany, with a little French added, and have spread all over the USA. Her paternal line has been traced back to 1538 England. She is a member of several national, state, and county genealogical societies and is currently Treasurer for the Fort Worth Genealogical Society.

The United States Military that You Have Not Known

This lecture will present what the news media and public school education do not surface. Topics include: The history of flags (vexillology) and heraldry and their roles in military operations; roles of the elements of national power and how they have been historically used; the Laws of Armed Conflict (LOAC) will be mentioned in the context of contemporary global conflicts; specifically how the U.S targets enemy states within the LOAC; why and how the U.S. was targeted on 9/11; and the military family--peacetime and wartime deployment.

Code: SF19SL245

April 30, 2019

Tu from 1:00 PM to 2:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Bill Taylor

Bill is a 30 year veteran of the U.S. Air Force mainly as an Aerospace Physiologist, professional military educational instructor and a human resource manager. He has two degrees in biological science and chemistry with upper/graduate level course work in plant and animal ecology. He researched Diamondback Rattlesnake venom for his master's degree thesis. He has devoted time to giving field trips and classroom instruction for all age groups in the area of wild life ecology and conservation from 1957 to present.

Philanthropy: Give with Passion, Give with Impact

Scientific research shows giving is a powerful pathway to personal growth and lasting happiness. But how do you make your giving passionate, proactive and impactful? This lecture provides tools to discover your giving interests, identify aligned not-for-profits and determine the effectiveness of different organizations. Whether your interests are local, national or international, find out how you can develop a giving plan with heart.

Code: SF19SL246

April 30, 2019

Tu from 3:00 PM to 4:30 PM

Location: Brown Lupton University Union: Beck/Geren Rooms

Instructor: Sara Woodward

Sara's 30-year career spanned jobs in finance, accounting, business development, strategy and philanthropy. After completing her MBA, Sara worked for Texas Instruments and then Fort Worth-based Alcon Laboratories. Her most enjoyable position was her final one as Alcon's Director of Corporate Giving, where she directed all of Alcon's giving, including grant making, patient assistance, medical missions and employee volunteer programs. After retiring, she volunteers as Everman Education Foundation President and as a board director for Kids Vision Coalition and Legends of Aspen.