Spring 2020

Course & Lecture Catalog
TCU Silver Frogs

Spring 2020 Course Request Process

The Silver Frogs are moving to a more calm and equitable course/lecture registration process starting with the Spring 2020 semester. Some highlights:

- Members will have five days (January 6 – 10) to request and prioritize their courses and lectures
- Members can request up to 6 programs—a combination of courses and lectures: not limited to 3 course/3 lecture model
- Members can make adjustments to their requests up until Friday, January 10 at 5pm
- TCU will run the computer-generated Request Allocation program to place members in courses and lectures based on listed priorities, space, etc in a lottery fashion.
- Members will receive confirmation of their courses and lectures by Tuesday, January 21
- After the conclusion of the Request and Allocation period, members can sign up for any remaining offerings—no limit!!

Process

1. Between now and January 6, please review all the course and lecture offerings. From www.lifelong.tcu.edu select TCU Silver Frogs and courses and lectures are broken down by 4-week courses and one-time lectures and then by subject area. You can also view the Schedule-at-a-Glance and Catalog under Information-Schedules-Newsletters-Organization Box
2. January 6 – 10
   a. Sign-in to your account at www.lifelong.tcu.edu
   b. Request up to 6 programs and check-out (click “purchase” but there’s no cost!)
   c. Now that the programs have been requested, you can go back to My Account, Click Prioritize classes and prioritize them, 1 – 6. **Remember to click “Save Priorities”!
   d. This process MUST be done online. The computer lab in Secrest Wible will be open if you need assistance.
3. Allocation Process: January 13 – 17: TCU will run the computer-generated Allocation program that will assign folks to programs based on priorities, space and lottery.
4. After January 21 you will be notified by email as to the classes and lectures you are officially registered for. If you want to drop a course or lecture, please contact TCU Extended Education at 817-257-7132 or lifelong@tcu.edu. You will also be able to register for any remaining available seats in courses and lectures.
Spring 2020 Course & Lecture Request Worksheet  
**Please note that some courses & lectures run concurrently**

Name: __________________________________

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<thead>
<tr>
<th>Course or Lecture</th>
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**You can only request up to 6 programs during the Request period. You can register for additional programs after the Request period is complete.**
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<thead>
<tr>
<th>Title</th>
<th>Instructor</th>
<th>Day</th>
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<tbody>
<tr>
<td>Indie Publishing! Who Me?</td>
<td>C West</td>
<td>M</td>
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<td>The Rise and Fall of the Roman Republic</td>
<td>C Cecere</td>
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<td>Vote Smart</td>
<td>L Woodard</td>
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<td>Self-Defense for Seniors</td>
<td>C Wolf</td>
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<td>God and the Novel: Evelyn Waugh’s “Brideshead Revisited”</td>
<td>L Middleton</td>
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<td>The Comanche Barrier 1598 to 1911</td>
<td>C Martin</td>
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<td>How to Study Your Bible Inductively</td>
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<td>The Silver Screen of the 50s - 70s: How Movies Influenced Fashion and Lifestyle</td>
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<td>Go: An Ancient Chinese Game</td>
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<td>Organizing Your Genealogy Research Trip</td>
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<td>The Oil Industry: From Prospect to Pipeline</td>
<td>C Roberts</td>
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<td>The 1960’s Folk Music Festival in Four Acts</td>
<td>L Parr</td>
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<td>Martin Luther and the Protestant Reformation</td>
<td>C Flowers</td>
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<td>Seeking Spiritual Truths and Beauty in Five World Religions</td>
<td>C Godby</td>
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<td>SW 119</td>
<td>TCU Silver Frogs Spring 2020 Schedule-at-a-Glance</td>
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<td>SW 119</td>
<td>Missouri Compromise, Slavery, The Players and How it Affected the Shape of States</td>
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<td>3/2</td>
<td>7pm</td>
<td>M</td>
<td>Brittain F 2/7 3pm BASS 1004 Computer Literacy</td>
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<td>Sultana</td>
<td>C Sultana F 2/7 3pm SW 119 Had a Good Time: The Social and Historic Importance of Postcards</td>
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<td>SW 119</td>
<td>L Smith, D M 2/10 1pm SW 119 Political Psychology: A Brief Introduction</td>
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<td>KCMC</td>
<td>L Gilbert T 2/11 9am KCMN National Disasters and FEMA's Role</td>
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<td>L Gilbert R 2/13 9am KCMC Luncheon Lecture</td>
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<td>L Norman F 2/14 11am BASS 1004 The Miracle of Dunkirk: A Biblical Interpretation</td>
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<td>L Fort M 2/17 1pm SW 119 Mindfulness and Meditation: A Local and National Update</td>
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<td>L White R 2/27 11am KCMC Transforming the Francis and Those Who Deliver It</td>
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<td>SW 119</td>
<td>C Fitzhugh &amp; Frey</td>
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<td>10:00 am</td>
<td>T</td>
<td>KCMC</td>
<td>Different Ways to Pay for Long Term Care</td>
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<td>SW 119</td>
<td>Know Thy Self-Vibration and Frequency - Tapping into the Metaphysical Reality of Our Existence</td>
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<td>12:00 pm</td>
<td>T</td>
<td>KCMC</td>
<td>God is on the Side of the Big Battalion: Religion and the Civil War</td>
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<td>1:00 pm</td>
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<td>SW 119</td>
<td>Let's Talk -- Navigating Senior Care, Living Options, Medicare, Estate Planning and Paying for Long Term Care</td>
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<td>T</td>
<td>KCMC</td>
<td>How Airplanes Fly For the Airline Passenger</td>
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<td>3:00 pm</td>
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<td>Thomas Jefferson and James Madison: How and Why They Gave Laser-like Attention to Public Religion When Each was so Quirky in his Personal Faith</td>
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<td>Sexuality and Older Adults</td>
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<td>SW 119</td>
<td>Beginning Genealogy</td>
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<td>The Professional Organizer's Guide to Having the Most Organized House on the Block</td>
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<td>The Thunderstorm Project</td>
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<td>8:00 pm</td>
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<td>The Professional Organizer's Guide to Having the Most Organized House on the Block</td>
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<td>Tacco's 101 -- You Don't Know What You Don't Know!</td>
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<td>Vietnam: A History of Conflict</td>
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<td>What They Didn't Tell You About the Civil War</td>
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<td>Here's to your Health</td>
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<td>Myths, Science and Spirituality</td>
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TCU Silver Frogs Spring 2020
Schedule-at-a-Glance

- Karaoke: C Haedge F 3/6 3pm SW 119
- The Bill of Rights and What It Means Today: C Jackson F 3/6 3pm BASS 1004
- Spring Break
- Habits are Us; A Review of the Invisible Architecture of Our Lives: L Nowlin M 3/16 9am SW 119
- Christian Martyrs - Past, Present, and Future: L Norman T 3/17 9am KCMC
- Operation VITTLES: The Berlin Airlift: L Knudson T 3/17 11am KCMC
- A Primer on Climate Change: L Davis T 3/17 3pm KCMC
- Learning from Obituaries: L Rowell R 3/19 3pm KCMC
- Luncheon Lecture: LL F 3/20 11:30am BLUUBG
- Northern Italy: Andiamo!: L Parr M 3/23 9am SW 119
- What Your Executor Needs to Know: L Weaver M 3/23 9am SW 119
- Global Relationship Building -- What To Know Before You Go: L Ferguson T 3/24 9am KCMC
- Bitcoin, Cryptocurrency, and Block-chain: A Very Brief Introduction: L Frey T 3/24 3pm KCMC
- The Changing American Religious Landscape: L Rowell R 3/26 3pm KCMC
- Pack Right, Travel Light: L Bryan F 3/27 11am SW 119
- The Unraveling of Plant and Garden Myths: L McClellan T 3/31 9am BLUUBG
- Keys to Making a Difference in a Family Caregiving Challenge: L Burrell T 3/31 11am BLUUBG
- “Stop The Bleed” Don’t be a Bystander. You Can Make a Difference: L McFarland & Lucas R 4/2 11am SW 119
- Modern Art Can Be Realistic: L Rowell R 4/3 11am KCMC

Holiday Break: April 6 - 12

- Lessons and losses

Schedule-at-a-Glance 2020
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Speaker</th>
<th>Title</th>
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<tbody>
<tr>
<td>4/21</td>
<td>9am</td>
<td>SW 119</td>
<td>Godby</td>
<td>Death and Those Big Questions</td>
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<tr>
<td>4/21</td>
<td>11am</td>
<td>SW 119</td>
<td>Towle</td>
<td>Aging in Place, Gracefully</td>
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<td>4/21</td>
<td>1pm</td>
<td>SW 119</td>
<td>Frey</td>
<td>Our Brains . . . and Our Faiths</td>
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<td>4/21</td>
<td>1pm</td>
<td>SW 119</td>
<td>A. Frey</td>
<td>Mary Shelley's Frankenstein</td>
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<td>4/21</td>
<td>3pm</td>
<td>SW 119</td>
<td>Middleton</td>
<td>Winchester -- The Ancient Capital of England and Beyond</td>
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<td>4/22</td>
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<td>SW 119</td>
<td>Haedge</td>
<td>My Ten Day Affair With FIFI: The CAF: Past, Present and Future</td>
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<td>4/22</td>
<td>11am</td>
<td>SW 119</td>
<td>Bowser</td>
<td>The Gift of Years: Growing Older Gracefully, Part II</td>
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<td>4/22</td>
<td>1pm</td>
<td>SW 119</td>
<td>Wolf</td>
<td>The Civil War: The Good, Bad, and the Ugly</td>
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<tr>
<td>4/22</td>
<td>3pm</td>
<td>SW 119</td>
<td>Godfrey</td>
<td>The Women that Flew for Hitler, Hanna Reitch and Melitta von Stoffenberg</td>
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<td>4/23</td>
<td>9am</td>
<td>SW 119</td>
<td>Huddleston</td>
<td>PowerPoint 2019</td>
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<tr>
<td>4/23</td>
<td>11am</td>
<td>KCMC</td>
<td>Smith, R</td>
<td>Hands Only CPR: Only Two Steps to Save a Life</td>
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<tr>
<td>4/23</td>
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<td>SW 119</td>
<td>Cobb</td>
<td>Senior Moment or Something More? What's Normal Aging and What's Not</td>
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<td>4/24</td>
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<td>SW 119</td>
<td>Morton</td>
<td>Genealogy -- Are You Descended from Kings?</td>
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<td>4/24</td>
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<td>Haedge</td>
<td>The Empire Strikes Back: The British Invasion of American Music</td>
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<td>Bowser</td>
<td>White Fragility: Why It’s So Hard for White People to Talk About</td>
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<td>4/24</td>
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<td>BASS 1004</td>
<td>Jones</td>
<td>The Professional Organizer’s Guide to Organizing All The Photos</td>
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<td>4/25</td>
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<td>4/25</td>
<td>11am</td>
<td>SW 119</td>
<td>Smith, R</td>
<td>Sundials - What Makes ‘em Tick</td>
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<tr>
<td>4/25</td>
<td>1pm</td>
<td>SW 119</td>
<td>McFarland &amp; Lucas</td>
<td>Hands Only CPR: Only Two Steps to Save a Life</td>
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<td>SW 119</td>
<td>Smith, D</td>
<td>The Bankhead Highway in Texas</td>
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<td>9am</td>
<td>KCMC</td>
<td>Fahy</td>
<td>History of Airline Economic Regulation</td>
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<td>4/28</td>
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<td>SW 119</td>
<td>Godfrey</td>
<td>Why Are There Two Groups to Save a Life?</td>
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Schedule-at-a-Glance
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<th>Date</th>
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<th>Title</th>
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<tr>
<td>4/29</td>
<td>11am</td>
<td>SW 119</td>
<td>The Lone Ranger: A Biblical Interpretation</td>
<td>LeBlanc</td>
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<td>SW 119</td>
<td>Six Steps to Legacy Planning for the Generations</td>
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<td>SW 119</td>
<td>Cruising Quick Tips</td>
<td>Woodard</td>
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<td>5/4</td>
<td>11am</td>
<td>SW 119</td>
<td>The AP World History Quiz</td>
<td>Bowers</td>
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<td>5/5</td>
<td>9am</td>
<td>KCMC</td>
<td>Visiting DC? Some Tips for Your Trip</td>
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<td>KCMC</td>
<td>History of Twelve of the Old Gospel Songs</td>
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<td>Margaret Mitchell's Gone With the Wind Revisited: The True</td>
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<td>Helicopter Nose Art of the Vietnam War - 1961 - 1975</td>
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<td>The Old Chisholm Trail: From Cow Path to Tourist Stop</td>
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<td>BLUUBG</td>
<td>Luncheon Lecture</td>
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<td>KCMC</td>
<td>Visiting DC? Some Tips for Your Trip</td>
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<td>SW 119</td>
<td>The Lone Ranger: A Biblical Interpretation</td>
<td>LeBlanc</td>
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TCU Silver Frogs
Spring 2020
Four Week Courses
Four-Week Courses

Arts, Culture & Travel

The Silver Screen of the 50s - 70s: How Movies Influenced Fashion and Lifestyle

Movies and movie stars of the 1950’s, 60’s and 70’s powerfully influenced how we aspired to look, dress, and act. This course will examine major impacts of the silver screen, such as Rebel Without a Cause, Breakfast at Tiffany, Annie Hall, and Saturday Night Fever.

Day: Tu
Time: 1:00PM - 2:30PM

Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFACT003A

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

A European Gem: Where Switzerland, France & Germany Meet

While Switzerland, France, and Germany share a border and boast incredible scenery, each has its own unique culture. The close proximity of these countries means one doesn't have to venture far to get a taste of them all. As an American living in the beautiful medieval city of Basel, Switzerland, I will share my unique perspective and take the class on a picturesque tour where we will make our way through destinations rich in history and stunning landscapes. The four week course will consist of the following sessions: Week 1: Switzerland, Week 2: An in-depth tour of Basel, Week 3: Germany (including the Rhine River, Koln, and the Black Forest, Week 4: France (including Colmar, Strasbourg, Bordeaux).

Dates: 2/5/2020 - 2/26/2020
Day: W
Time: 1:00PM - 2:30PM

Location: Secrest Wible 119

Code: F20SSFACT001A

Instructor: Patricia Geran: Patricia Geran recently retired as Divisional Vice-President, Finance and IT, Established Pharmaceuticals, at Abbott Laboratories after 29 years of service. Her final position was located in Basel, Switzerland where she and her husband lived for three and one-half years. She holds a BS degree from the University of Minnesota in Minneapolis and a Master’s in Business Administration from St. Edwards University in Austin.

The National Parks of Texas

From the establishment of Big Bend National Park in 1944 to the designation of Waco Mammoth National Monument in 2015, the course will explore the sixteen Texas treasures within the National Park System. Special emphasis will be placed on identifying the Texas NPS experience within the century-old...
national park movement and investigating the initiatives in creating the Lone Star State's natural and cultural sites within the system. No sunscreen or bug spray needed.

Dates: 2/6/2020 - 2/27/2020  Day: Th  Time: 1:00PM -  2:30PM
Location: Secrest Wible 119
Code: F20SSFACT002A
Instructor: Kent Knudson: Knudson’s parents took him to his first national park camping when he was 7 years old. He has traveled to many of the nation’s parks since then and has given blood to the mosquito blood program at Everglades NP; encountered lovesick bears at Glacier Bay NP; and has volunteered at a number of national park sites.

The 1960's Folk Music Revival in Four Acts
The history of this revival is illustrated by using four musical acts 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.

Dates: 2/6/2020 - 2/27/2020  Day: Th  Time: 1:00PM -  2:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFACT004A
Instructor: Michael Erwine: Michael 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.

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

Dates: 3/6/2020 - 4/3/2020  Day: F  Time: 9:00AM - 10:30AM
Location: Annie Richardson Bass 1004
Code: F20SSFACT010A
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 Empire Strikes Back: The British Invasion of American Music in the 1960s

The Beatles took America by storm in 1964, and opened the door for a host of other British musical acts. For the rest of the decade the Brits ruled the charts. Some were one-hit wonders; others like the Rolling Stones, endured. Join me as we take a walk through a seminal rock era. We will listen to a lot of golden oldies and discuss the different acts and their musical influence.

Dates: 4/24/2020 - 5/15/2020       Day: F       Time: 9:00AM - 10:30AM
Location: Annie Richardson Bass 1004
Code: F20SSFAC017A
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.

Financial Management

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.

Dates: 2/6/2020 - 2/27/2020       Day: Th       Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFFIN002A
Instructor: Angela Tacco: Angela Tacco graduated from University of Notre Dame and immediately went to work for a National Logistics company. In 1997 she ventured out to start her own Logistics Company. In 2006 she sold the company and semi-retired to do volunteer work and play with her grandchildren. She re-entered the workforce in an encore career as a Financial Advisor.

Let’s Talk -- Navigating Senior Care, Living Options, Medicare, Estate Planning and Paying for Long Term Care

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

Dates: 3/3/2020 - 3/31/2020       Day: Tu       Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Instructor: Tim Wendt: Tim received a BBA and MBA in Finance. He is the Fort Worth Chair for the Walk to End Alzheimer’s 2016-2019. In addition, he is a Board Member for Cuisine for Healing and a Mentor for Academy 4. Tim has 6 years of heath care work experience from Pharmacy to home health.

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

This class will help guide you along the path to and through retirement. We'll go through the process to identify retirement needs and develop strategies to prepare for and live the retirement life you want. We'll discuss tradeoffs between risk and return, portfolio transition and the different tax treatments of specific investments and account types. Discussions on social security, Medicare, life insurance and estate planning will also be included. Regardless of where you are financially, what age you are, or where you are in your retirement planning/living, you need to seriously address your retirement income longevity. Topics covered will be: positioning of your portfolio while working, then as you near retirement and then positioning in retirement; where to get income, how much do you need, reliance rate vs withdrawal rate, portfolio transitioning, rethinking old adages, Medicare, Social Security, Estate Planning, tax consequences of specific investments and account types, legacy planning.

Dates: 3/5/2020 - 4/2/2020  Day: Th  Time: 3:00PM - 4:30PM

Location: Secrest Wible 119

Instructor: Angela Tacco: Angela Tacco graduated from University of Notre Dame and immediately went to work for a National Logistics company. In 1997 she ventured out to start her own Logistics Company. In 2006 she sold the company and semi-retired to do volunteer work and play with her grandchildren. She re-entered the workforce in an encore career as a Financial Advisor.

The Rise and Fall of the Roman Republic

The class will explore the origins of the Roman city-state, the evolution to a Republic, and its extraordinary success and it ultimate demise.

Dates: 2/3/2020 - 2/24/2020  Day: M  Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

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 Comanche Barrier 1598 to 1911

This four-part course explores the historical relationship between the Comanche, the Spanish, the Mexicans, and the Texans from the Spanish colonization of New Mexico in 1598 to the death of Quanah Parker in 1911. The course addresses the ethnology, technology, and social structure of the competing Indian and the European societies. The course's focus is on the conflict between the four groups and the resulting Comanche barrier to settlement of the vast uplands of New Mexico, and Texas.

Day: Tu
Time: 11:00AM - 12:30PM

Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFHCE005A

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 Oil Industry: From Prospect to Pipeline

We will start off with a brief history of the oil business in Texas, then go into how, why, and where a well is drilled, completed and produced. We will cover prospect generation, geology, leasing, drilling and producing a well from both the mineral owner’s and operator’s perspective. We will close out the class with discussions on mineral ownership, oil and gas leases, and royalty checks.

Dates: 2/5/2020 - 2/26/2020
Day: W
Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

Code: F20SSFHCE003A

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.

What They Didn't Tell 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.

Dates: 3/4/2020 - 4/1/2020
Day: W
Time: 9:00AM - 10:30AM

Location: Secrest Wible 119

Code: F20SSFHCE017A

Instructor: Richard Wolf: Rick Wolf holds a 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
Know Your Current Events!

Want to have some fun? Come compete against your friends in a weekly current event challenge game. Show your knowledge of politics, sports, movies, and many other interesting topics. Hope to see you in “Know Your Current Events”!

Dates: 3/4/2020 - 4/1/2020  Day: W  Time: 1:00PM - 2:30PM
Location: Secrest Wible 119
Code: F20SSFHCE019A

Instructor: Jeff Frazer: Jeff is from Amarillo, Texas where he taught high school Government and US History for 32 years. He also taught dual credit social studies courses at Amarillo College. Jeff’s hobbies include cooking and discovering new & “hole-in-the-wall” restaurants.

Vietnam: A History of Conflict

We will look at the history of conflict in the nation of Vietnam from early Chinese domination, colonialism, the Vietnam War, and Vietnam today. Chinese domination dates from 113 BC lasting for 1,000 years. Exploration and colonialization by Europeans in the 19th Century, the rise of Communism, WW I and WW II. The containment policy of Truman, Eisenhower, Kennedy-Johnson and Nixon. Mao, Ho Chi Minh and Diem. The mixed economy and struggle to industrialize.

Dates: 3/4/2020 - 4/1/2020  Day: W  Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFHCE018A

Instructor: Richard Ranc: Richard is a retired stock broker. He is a retired LTC from the US Army Artillery. He taught military science at Georgetown University, Washington, DC for three years. Served in Vietnam as an Artillery Battery Commander 1968-1969. Richard has a BA in economics and an MBA in management.

Famous Supreme Court Cases on Sensitive Subjects

Each week I will cover three or four Supreme Court cases that made headlines in their day (and still do sometimes). Week one will focus on patriotism, specifically on whether Jehovah's Witness children may be forced by the state to say the pledge of allegiance to the flag. The third case is not a Witness case, but has to do with burning the American flag. Week two will focus on laws compelling prayer and Bible reading in public school. Week three will focus on teaching evolution in public schools. Week four will
feature cases on persons who sought to be exempt from the draft into the military because of their religiously-based conscientious objections to war.

**Dates:** 3/6/2020 - 4/3/2020  
**Day:** F  
**Time:** 1:00PM - 2:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFHCE020A  

**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.

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**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.

**Dates:** 3/6/2020 - 4/3/2020  
**Day:** F  
**Time:** 3:00PM - 4:30PM  
**Location:** Annie Richardson Bass 1004  
**Code:** F20SSFHCE021A  

**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.

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**The Civil War: The Good, Bad, and the Ugly**

This course will explore numerous major battles from the beginning, Ft. Sumter to Lee's surrender. How could this war have lasted so long with the Union having overwhelming odds? What were the victories that bought the war closer to an end and the monumental mistakes that lengthened the conflict? We will also look at the major players and their roles in America's Civil War.

**Dates:** 4/22/2020 - 5/13/2020  
**Day:** W  
**Time:** 3:00PM - 4:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFHCE026A

### Hobbies, Crafts & Recreation

**Go: An Ancient Chinese Game**

Let us Go then, you and I. Go is a board game originally invented in China more than 2500 years ago. This course uses Go as a central exemplar to discuss a wide array of topics about East Asian cultures, including philosophy, history, literature and visual art, as they are reflected in and through Go. Go's globalization and its connections to science (for instance very recent advances in artificial intelligence) will also be discussed -- in a non-technical manner. Finally, the rudiments of this fascinating game will be introduced (equipment will be provided) --it can be mildly addictive! No prerequisites.

**Dates:** 2/4/2020 - 2/25/2020  
**Day:** Tu  
**Time:** 1:00PM - 2:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFHCR001A

**Instructor: Ze-Li Dou:** Ze-Li Dou was born in Shanghai, China, and educated at Fudan University, the City University of New York, and Princeton University. At TCU he teaches in the Mathematics Department; he also teaches a colloquium course entitled &’Asian Cultures on the Go&quo; at the Honors College. Ze-Li first learned Go at his father’s knee, and has retained a love for the game ever since. He continues to play Go recreationally; a member of the American Go Association, he is a reasonably strong amateur player.

**Classic Canasta**

The game of Canasta was originated in Uruguay in 1939 and spread to the rest of South America in the following years. Finally, it came to the United States in 1949 becoming a favorite card game. Through the years, this Canasta has developed in many versions, but the rules of the Classic, remains the same. Canasta can be played individually or in partnership. Come and have fun with us! Bring playing cards and a shuffler.

**Dates:** 2/4/2020 - 2/25/2020  
**Day:** Tu  
**Time:** 3:00PM - 4:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFHCR002A

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

Dates: 2/5/2020 - 2/26/2020  Day: W  Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFHCR003A

Instructor: Donna Burnette: Donna worked in an engineering department where her duties included hazardous waste management. She later changed companies and was a drafter/designer for a major medical company. After discovering the joy of being a grandparent, she decided to retire and focus on her growing number grandchildren and lifelong love of crafting.

Baker's Dozen: Cookies
Baking is art and science, method and madness, simple and complicated -- all at the same time. Join the fun as we explore cookie types (drop, bar, cutout, and more), look in-depth at ingredients, talk about equipment and gadgets, swap baking tips, and enjoy a cookie share at our final meeting. Study, bake, and sample delicious cookies (13 in all) and take home the recipes. Volunteer as a Guest Baker to participate to the fullest!

Dates: 3/6/2020 - 4/3/2020  Day: F  Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFHCR005A

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

Karaoke
Remember all those "oldies" from the 50's and 60's and the singers such as Elvis, Ricky, Johnny Cash, and the Beatles? Now you can sing the same songs, as well as all the up to date songs. Sing your favorite songs or join in while others do. The purpose is to have fun and remember the "good ole days."

Dates: 3/6/2020 - 4/3/2020  Day: F  Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFHCR008A

Instructor: Roland Haedge: Roland retired in 2014 after working 44 years for the Federal Govt in the US Post Office, US Army, HEW, HHS and IRS, in the areas of Human Resources and Training.He has been a member of the CAF and the B29/B24 Squadron for the last four years.Roland received his BA in
Psychology and an MA in Counseling Psychology from Texas Tech. He also received and Masters in Public Administration from East Texas State University. He served in the Army as an officer in the Signal Corps and served in Vietnam. He then worked as a Vocational Rehabilitation Consultant in Saigon, VN.

Knitting

Knitting for people who want to expand their abilities. I will help with reading patterns and/or learning new stitches. Students can bring their own knitting issues and we will go over new techniques.

**Dates:** 4/20/2020 - 5/11/2020  **Day:** M  **Time:** 1:00PM - 2:30PM

**Location:** Secrest Wible 119

**Code:** F20SSFHCR007A

**Instructor:** Carol Courter: Carol has been knitting for 60 years and has taught in various formats.

Languages

Signing for Seniors Part II

This course is for those who either took Signing for Seniors or have introductory experience. Learn to communicate with sign language. Participants will have lots of practice and learn a basic vocabulary. Lots of fun!!

**Dates:** 2/5/2020 - 2/26/2020  **Day:** W  **Time:** 9:00AM - 10:30AM

**Location:** Secrest Wible 119

**Code:** F20SSFLAN001A

**Instructor:** Dianne Fisher: Dianne Fisher, MA, is supervisor of deaf education in Birdville ISD. She works with several statewide projects involving the deaf and has taught continuing education classes at TCU for many years.

Literature & Writing

Indie Publishing! Who Me?

Have you ever written a book? Have you thought about writing a book? Have you wondered how to share that book with others? If so, this course is for you. You don't have to have finished a book to take this course, but having begun would be helpful. Some terms this course will clarify for you: On-line presence, Log Lines, Beta Readers, Critique Partners, Editors, Cover Artists, Marketing, Writers' Organization, and many more. Your specific questions will be addressed, too.

**Dates:** 2/3/2020 - 2/24/2020  **Day:** M  **Time:** 9:00AM - 10:30AM

**Location:** Secrest Wible 119

**Code:** F20SSFLW001A
**Instructor: Marsha West:** Marsha R. West, a retired elementary school principal, is also a former school board member and theatre arts teacher. She writes Romance, Suspense, and Second Chances. Marsha lives in Texas with her supportive lawyer husband.

Marsha is the author of *VERMONT ESCAPE, TRUTH BE TOLD* and other books. She formed MRW Press LLC to provide print and e-versions of her books. She continues to write and publish.

**Bucket List Books**

This session we will be reading John Steinbeck's *THE GRAPES OF WRATH*, John Knowles' classic, *A SEPARATE PEACE*, Louise Penny's *A BETTER MAN* and end with Mark Twain's *THE ADVENTURES OF TOM SAWYER*.

**Dates:** 2/6/2020 - 2/27/2020  
**Day:** Th  
**Time:** 9:00AM - 10:30AM  
**Location:** Secrest Wible 119  
**Code:** F20SSFLW002A

**Instructor: Shari Barnes:** Shari retired from TCU as an HR administrator and has finally found time to whittle down her own list of bucket books. In addition, she is active in her church and community and serves on several boards of directors. “Give me my grandchildren, travel, a good cup of coffee, Silver Frogs, and my books, and I’m a happy camper.”

**Mary Shelley's Frankenstein**

Mary Shelley was only 18 when she wrote Frankenstein, but her remarkable achievement becomes more comprehensible when we examine the environment that produced her. We'll discuss how Frankenstein reacts to Mary's parents (novelists and political theorists William Godwin and Mary Wollstonecraft); her husband, poet Percy Shelley, and his friend, the scandalous bestselling poet Lord Byron; and political events such as the French Revolution. In the fourth week, we'll consider how the novel has been adapted and re purposed in our own day. I will conduct this class through discussion: I will give short introductory lectures but we'll spend the majority of time on focused large-group discussion centered on close reading of the text.

**Dates:** 4/21/2020 - 5/12/2020  
**Day:** Tu  
**Time:** 1:00PM - 2:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFLW004A

**Instructor: Anne Frey:** Anne Frey is Associate Professor of English at TCU, where she teaches courses in British Romantic literature, literary theory, and law and literature. Her book *British State Romanticism* was published by Stanford University Press in 2010.

**Everyday Epiphanies: Flannery O'Connor and Eudora Welty**

Fiction often reveals that life's allegedly meaningless moments are actually replete with significance -- one might even say grace, divine as well as human grace. This class examines the life and literary art of...
two writers from the American South, Eudora Welty and Flannery O’Connor, probing how their short stories move between the mundane and the monumental. The class will read selected short fiction, available from the instructor.

Dates: 4/22/2020 - 5/13/2020 Day: W Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFLW005A

Instructor: Darren Middleton: Dr. Darren J. N. Middleton is John F. Weatherly Professor of Religion and the Director of the Master of Liberal Arts program at TCU. He has published eleven books, the most recent of which is George Eliot: Literary Portals to Prayer.

Personal Development

Sacred Journey: Exploring Concepts in Medical Ethics and End-of-Life Decision-Making

How many times have you been asked if you have an advance directive or medical power of attorney? There is so much more to your life journey than just these documents. How might you share the content of your documents and your heart with others in meaningful conversations? This four-session journey will, through case-study methods and group discussion, explore the fundamentals of biomedical ethics, medical goals of care (including advance directives and medical powers of attorney) while imagining personal legacy and hopeful future stories.

Dates: 3/2/2020 - 3/30/2020 Day: M Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFPER003A

Instructor: Terry Boggs: Terry is a graduate of Kansas State University, BA Sociology and Pre-Med Lutheran School of Theology at Chicago (LSTC), Masters of Divinity (M.Div.) (1973); Terry has been a pastor at several churches and is currently at Chaplain at Cook Children’s Medical Center.

Diversity, Equity & Inclusion: What is This All about and How Does it Affect Me?

This course will be looking at Diversity, Equity & Inclusion. It will provide education on LGBTQI+, race and gender, and unconscious and conscious bias. We will also discuss Equity vs Equality and how the changing marketplace is demanding communities and companies focus on DEI in the work and marketplace.

Dates: 3/2/2020 - 3/30/2020 Day: M Time: 1:00PM - 2:30PM
Location: Secrest Wible 119
Code: F20SSFPER004A

Instructor: Jessica Hazard: Jessica Hazard, J.D., is the Associate Athletics Director for Student-Athlete Development at TCU. Starting in compliance, covering recruiting, initial eligibility, and the elite athlete program, she then created the Student-Athlete Development Department in June of 2015 and
transitioned to her current role as Assistant Athletics Director. She has been at TCU for seven years after a quick stint at Boise State University as the Compliance Coordinator. Prior to working in collegiate athletics she was a member of the Oakland Raiders legal department.

Here at TCU she works with the student-athletes to support the whole person. The Department provides programming to assist with issues faced while in college and preparing for the transition out of college, including professional development, personal development, service, mental health, crisis response, diversity, equity and inclusive services and more.

**Know Thy Self-Vibration and Frequency - Tapping into the Metaphysical Reality of Our Existence**

This course is an introduction into your personal energy field and signature. How you can begin to shift it with conscious choice. We will expand into learning about our energy fields, chakras, and personal energy signature. Learning about energy tools we can utilize to enhance our experience. Everything is energy. Molecules vibrating at a particular frequency create a reality, this includes our personal being. Our personal reality is affected by the world around us. The food we eat, places we visit, emotions we hold on to, and the people we spend time with all affect our personal vibration and frequency signature, which in turn creates our reality.

**Dates:** 3/3/2020 - 3/31/2020  
**Day:** Tu  
**Time:** 9:00AM - 10:30AM  
**Location:** Secrest Wible 119  
**Code:** F20SSFPER005A  

**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.

**Beginning Genealogy**

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

**Dates:** 3/3/2020 - 3/31/2020  
**Day:** Tu  
**Time:** 3:00PM - 4:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFPER006A  

**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. She is a member of several national, state, county, and local genealogical societies and is currently Treasurer for the Fort Worth Genealogical Society.
The Professional Organizer's Guide to Having the Most Organized House on the Block

Are you at a loss for what to do with that giant box of family photos? Or that Jadeite glass you've been collecting for decades? Do you still have 8-track and VHS tapes you have no idea what to do with? Or a garage so full you can't park two cars inside? Then this class is for you! This promises to be a humorous, heartfelt look at all the things we have in our homes. Not only is it a step-by-step guide on decluttering and organizing, but you'll learn how to honor the things you love and want to keep.

Dates: 3/5/2020 - 4/2/2020      Day: Th      Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFPER008A

Instructor: Elizabeth Jones: Elizabeth Jones started her organizing business in 2012 and is a Golden Circle member of the National Association of Professional Organizers. Elizabeth never gets tired of organizing -- or showing people all the fun, innovative ways to showcase their most beloved things.

Death and Those Big Questions

This class will look at death through the kinds of stories and poems that evoke the "big questions." What gives your life meaning? What does "a good death" mean to you? If you believe in an afterlife, how do you think about it? "To be human is to be a contradiction": agree? disagree? and why? What is the soul? How would you describe your relationship with your body? Yes, heavy questions, right? If you've thought about them, come and share, and learn from each other. Oh, and never fear, our approach to death will be big-hearted, courageous, and full of life!!

Dates: 4/21/2020 - 5/12/2020      Day: Tu      Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFPER011A

Instructor: Katherine Godby: Rev. Katherine Godby is ordained through the Christian Church (Disciples of Christ) and has served local congregations and as hospice chaplain for about 20 years. She received her Ph.D. from Brite in pastoral theology and is a Graduate of the Two-Year Academy for Spiritual Formation.

Genealogy -- Are You Descended from Kings?

You will learn easier steps to finding royalty in your family history and how to download the files into your Family Tree Maker file. You will be taught the names that are likely to lead you to royalty and how to publish your findings in a book for friends and relatives. You should be familiar with Family Tree Maker and Ancestry.com.

Dates: 4/24/2020 - 5/15/2020      Day: F      Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
**Instructor: Thomas Morton:** Thomas Morton is a Retired Professional Engineer from Canada. He has been doing Genealogy Research for over 50 years and has over 117,000 people in his Family Tree Maker data base. He has published over 100 Family History books for friends and family and has traced over 200 people back to kings, queens and emperors.

**White Fragility: Why It's So Hard for White People to Talk About Racism**

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.

**Dates:** 4/24/2020 - 5/15/2020  
**Day:** F  
**Time:** 1:00PM - 2:30PM  
**Location:** Secrest Wible 119

**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.

**The Professional Organizer's Guide to Organizing All The Photos & Paperwork in Your Life**

Do you have boxes of loose photos sitting in your closet you keep promising to "get to someday?" Do you have stacks and stacks of paper and junk mail but nowhere to put it because all four file cabinets are stuffed full? Then this class is for you! This is a hands-on workshop where you will bring your photos or paperwork to work through with the help of a professional organizer.

Students should be prepared to spend about $200 on supplies (a supply list will be emailed well before the first class) and should expect to transport their supplies and photos/paperwork to and from class every time we meet.

**Dates:** 4/24/2020 - 5/15/2020  
**Day:** F  
**Time:** 3:00PM - 4:30PM  
**Location:** Annie Richardson Bass 1004

**Code:** F20SSFPER012A

**Code:** F20SSFPER013A

**Code:** F20SSFPER014A
Instructor: Elizabeth Jones: Elizabeth Jones started her organizing business in 2012 and is a Golden Circle member of the National Association of Professional Organizers. Elizabeth never gets tired of organizing -- or showing people all the fun, innovative ways to showcase their most beloved things.

How to Study Your Bible Inductively

You will be introduced to an Inductive Study Method using the tools of Observation, Interpretation, and Application. This will be a hands on, work in the classroom approach. We will be using Psalms, 1 John and other Scriptures. We will look at other study references as well. This is a non-denominational course. Whether you want an introduction to study the Bible or you're a seasoned student, this course is designed to provide tools to help you learn for yourself. There will be some homework.

Dates: 2/4/2020 - 2/25/2020   Day: Tu   Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFREL002A

Instructor: E Burgess: Elisabeth has a passion for studying the Bible. She completed her Precept Training from Precept Ministries International in the early 1990s and has been leading Precept Bible studies for over 20 years.

Seeking Spiritual Truths and Beauty in Five World Religions

Every major spiritual tradition - Hinduism, Buddhism, Judaism, Christianity and Islam - brings a special gift to the art of living a spiritual life. Each of them refracts the light of its own spiritual wisdom texts in particularly sharp, distinct ways, according to Joan Chittister in her book Welcome to the Wisdom of the World. In this class we will engage with the spiritual insights of whole other cultures as across the globe individuals and institutions have grappled with some of humankind's biggest, most profound questions. We will learn how each of these spiritual-religious traditions answers our questions, what each teaches is most important in life and perhaps with a sense of openness, we will broaden, even deepen our own personal understandings regarding life's great mysteries.

Dates: 2/7/2020 - 2/28/2020   Day: F   Time: 1:00PM - 2:30PM
Location: Secrest Wible 119
Code: F20SSFREL003A

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.
**The Beatitudes The Revolutionary Way of Being**

This class will explore the Beatitudes as the revolutionary way of being in the world that they are. The Beatitudes are great descriptions of the way Jesus himself lived and HOW he lived that way by facing the given brutal challenges of life. The Beatitudes are indeed about "blessings," but carried within such blessing is a call for great courage.

**Dates: 2/7/2020 - 2/28/2020**
**Day: F**
**Time: 9:00AM - 10:30AM**

**Location: Annie Richardson Bass 1004**

**Code: F20SSFREL004A**

**Instructor: Katherine Godby:** Rev. Katherine Godby is ordained through the Christian Church (Disciples of Christ) and has served local congregations and as hospice chaplain for about 20 years. She received her Ph.D. from Brite in pastoral theology and is a Graduate of the Two-Year Academy for Spiritual Formation.

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**Martin Luther and the Protestant Reformation**

2017 was the 500th anniversary of an event that virtually all historians regard as the beginning of the Protestant Reformation. This Silver Frogs course will be an introduction to the personality and theology of Martin Luther (1483-1546) and how those led to a schism in Catholicism that became Protestantism. There will not be enough time to cover Luther's entire life, so the course will concentrate on those years in which Luther developed a theology that was inconsistent with traditional Catholic theology and how that theology led to the development of a new movement within Christendom, namely, Protestantism. The course will consist of the usual four lectures, but will conclude with an extra session for the showing of a full-length movie, "Martin Luther," that will pull together and summarize the material presented in the lectures. Course materials will also include a book by Graham Tomlin, Luther and His World, which is a very satisfactory introduction to this subject.

**Dates: 2/7/2020 - 2/28/2020**
**Day: F**
**Time: 1:00PM - 2:30PM**

**Location: Annie Richardson Bass 1004**

**Code: F20SSFREL005A**

**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.

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**Thomas Jefferson and James Madison: Architects of Religious Freedom in America**

This class is a mini-biography of Thomas Jefferson and James Madison. Its principal focus is on the religious beliefs of each. But particular attention will be given to the role of each of these men in the formation of the American concept of the separation of church and state; what I have called elsewhere "The Genius of America."
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.

**Women of the Bible: Saints, Sinners, and Hell's Belles**

Women in the Bible range from being thought of as godly to the devil incarnate. Some are portrayed as being some of both. This class will examine women from both testaments in light of how they were viewed by those who included them in the canon, the social and moral understandings of their culture, and how they are perceived today. Special emphasis will be on the women in Jesus' lineage, Mary Magdalen, and NT sisters Mary and Martha.

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

**Our Brains . . . and Our Faiths**

Religions are ubiquitous because they meet basic human needs. In recent decades the revolution in the study of how our brains work has helped to explain how our religions work. What is faith and why do even atheists depend on it? What is spirituality - biologically as well as religiously? How much free will do we have, and where do classic Jewish and Christian notions of human nature such as "original sin" fit in? Might there even be evolutionary and thus biological roots to our morality? The course will be based on, but go beyond, Rabbi Mecklenburger’s book, Our Religious Brains.

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 book chapters, magazine articles, and newspaper Op Ed columns.

### Science, Computers & Technology

#### Introduction to Home Security Video Surveillance

In this course you will learn the basics about home security video surveillance: camera lenses, image quality factors, live streaming factors, low light considerations, resolutions and "pixels per foot," bodies and form factors, recording options, and home camera/system selection. This course is not intended to cover commercial systems, although the knowledge may help small business owners.

**Dates:** 2/7/2020 - 2/28/2020  
**Day:** F  
**Time:** 9:00AM - 10:30AM  
**Location:** Secrest Wible 119  
**Code:** F20SSFSCT001A  
**Instructor:** Ramon Grado: Ramon Grado is a security Subject Matter Expert with success guiding the digital transformation of security. His 17 years of security industry experience include P&amp;L responsibility for the sale of physical security software and hardware in 110 countries. In 2004, he earned the designation of Certified Protection Professional (CPP) from ASIS International, the global community of 34,000 security professionals responsible for advancing security worldwide. Ramon and his wife are both Army veterans.

#### Computer Literacy

This course is an introduction to the most popular programs you'll use: MS Word, PowerPoint, Excel, email, and internet search. Don't let technology pass you by!!

**Dates:** 2/7/2020 - 2/28/2020  
**Day:** F  
**Time:** 3:00PM - 4:30PM  
**Location:** Secrest Wible 119  
**Code:** F20SSFSCT014A  
**Instructor:** Irin Sultana: Irin has a Master of Education in Mathematics Education.

#### How Ancient DNA & Modern Dating Techniques Illuminate the Genealogy of Humanity

Over time, archaeologists have traced human history with artifacts left behind by past societies. Since the 1960's, new scientific tools, such as radiocarbon dating, have transformed the discipline of archaeology. In just the last two decades, mapping the human genome combined with ability to reconstruct ancient DNA has revolutionized our knowledge of human history. In this class, we will review new science and how it is informing us about our past. The course is designed for a lay audience with general knowledge of DNA and history of human migration out of Africa into Eurasia and the Americas.

**Dates:** 3/2/2020 - 3/30/2020  
**Day:** M  
**Time:** 3:00PM - 4:30PM
Instructor: Hank Fitzhugh and Robert Frey: Hank Fitzhugh: Following PhD (Texas A&M) and Post
doctorate (Institute Animal Genetics, Edinburgh, UK), Hank Fitzhugh conducted research and taught
 genetics at TAMU before embarking on a career in international agricultural R&D which eventually led to
his appointment as Director General (CEO) of the International Livestock Research Institute, Nairobi,
Kenya.

Robert Frey: Robert has had a lifelong interest in science. He received a BA in Physics and a PhD in
Chemistry (Physical). He spent the bulk of his working career at the U.S. Army Aberdeen Proving Ground,
where he worked on technical projects of a military nature.

How Airplanes Fly For the Airline Passenger
This course is aimed at the non-pilot, typical airline passenger who is curious about how an airplane
works. How does the wing generate lift, how does the engine produce thrust, and how does the pilot
control everything. We'll address safety concerns with the goal of making students feel secure during all
phases of flight, even when things don't seem "normal". We'll lightly touch on all types of aircraft, then
limit remainder of discussion to airline type airplanes.

Dates: 3/3/2020 - 3/31/2020       Day: Tu       Time: 1:00PM - 2:30PM

Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFSCT004A

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

PowerPoint 2019
In this class, you will learn more about adding videos and inserting audio; we will go over tables, charts,
and SmartArt; grouping objects; troubleshooting and making sure that your presentation is ready to go
before your audience. While taking 'PowerPoint for Beginners' is not a prerequisite, familiarity with the
interface and ability to create basic presentations are. If you already have a presentation that you would
like to work on, you are welcome to bring it and do so. NOTE: Please bring a flash drive with you to all
classes.

Dates: 4/23/2020 - 5/14/2020       Day: Th       Time: 9:00AM - 10:30AM

Location: Secrest Wible 119

Code: F20SSFSCT010A

Instructor: Boglarka Huddleston: Boglarka (Bogi) Huddleston has master’s degrees in psychology and
library/information science. Currently, she is the Health Sciences and Assessment Librarian at TCU. Her
work interests include active learning, information literacy and assessment of learning.
The Weirdness of Quantum Mechanics

Fundamental physics teaches us about how the universe is designed. Quantum mechanics shows us that at the fundamental level the design is very strange indeed. Particles behave as both particles and waves; properties seem not to exist until they are measured; and entangled particles seem to communicate over long distances almost instantaneously. All of this defies normal human intuition. This class will discuss these ideas in a non-mathematical way. While we will avoid math, we will discuss experiments that require some thought to understand. People who attend this class should come prepared to think hard about concepts that defy intuition.

Dates: 3/5/2020 - 4/2/2020        Day: Th        Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFSCT005A

Instructor: Robert Frey: Robert has had a lifelong interest in science. He received a BA in Physics and a PhD in Chemistry (Physical). He spent the bulk of his working career at the U.S. Army Aberdeen Proving Ground, where he worked on technical projects of a military nature.

Weather and Climate

Weather makes the news every day -- hurricanes, tornadoes, floods, droughts, heatwaves, and 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.

Dates: 3/5/2020 - 4/2/2020        Day: Th        Time: 1:00PM - 2:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFSCT006A

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.

Mythology, Science, and Spirituality

A discussion of how Mythology and Science are related to Spirituality and Carl G. Jung’s conception of the mind and the Archetype’s of the collective unconscious. Will also include a discussion of the myths and rituals of Paleolithic and Neolithic humans and the Shaman. And finally, a discussion of how the mystical and science traditions are similar.

Dates: 3/5/2020 - 4/2/2020        Day: Th        Time: 1:00PM - 2:30PM
Instructor: Joseph Tarride: Joseph is a Pathologist who is interested in science and philosophy. He is a member of the board of visitors of the University of Texas Mc Donald observatory in West Texas. He is interested in Astronomy, Paleontology, Archeology, Neuroscience and psychology.

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.

Dates: 2/3/2020 - 2/24/2020 Day: M Time: 3:00PM - 4:30PM
Location: Secrest Wible 119


Here's to Your Health

Specialists from UT Southwestern Monty and Tex Moncrief Medical Center and Moncrief Cancer Institute in Fort Worth as well as faculty from UT Southwestern in Dallas, will discuss a variety of conditions that can affect mature adults. Topics will include those related to oncology, otolaryngology, urology, and rheumatology. Each week a different specialist will present a topic related to their area of expertise. Previous topics included arthritis, kidney stones, and hereditary breast cancer to name a few. There will be plenty of opportunity to ask questions at the end of each presentation.

Dates: 3/6/2020 - 4/3/2020 Day: F Time: 1:00PM - 2:30PM
Location: Annie Richardson Bass 1004

Instructor: Randi Anderson: There will be 8 different UT Southwestern faculty from Fort Worth and Dallas presenting. There biographies will be distributed on the first day of the lecture series.
Lessons and Losses

We'll take a bird's eye view of the seasons of our lives to identify watermark experiences. Choosing key points in our journey we'll focus in on ways to better understand their meaning and value. Significant events, whether positive or negative, shape us. We will explore how to identify the enrichment that the lessons and losses of our lives offer and how to apply the hard earned wisdom that may be gained.

Dates: 4/20/2020 - 5/11/2020       Day: M       Time: 9:00AM - 10:30AM

Location: Secrest Wible 119

Code: F20SSFWEL007A

Instructor: Abigail Branch: Abigail’s training and been in the field of Social Work. She received her Master’s degree from the University of Oklahoma. Over the years she has facilitated groups in goal setting, coaching, personal development and reflective writing through journaling.

Aging in Place, Gracefully

We will be focusing on communication with our friends and family, community, technology and home modification tips and techniques to enjoy life as we age and stay at home as long as possible.

Dates: 4/21/2020 - 5/12/2020       Day: Tu       Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

Code: F20SSFWEL008A

Instructor: Melanie Towle: Melanie is a passionate designer and turnkey contractor. This course comes from her experience and research helping her own parents and clients, designing spaces that people never want or need to leave.

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.

Dates: 4/22/2020 - 5/13/2020       Day: W       Time: 1:00PM - 2:30PM

Location: Secrest Wible 119

Code: F20SSFWEL009A
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.

Self-Discovery with Soul Collage: An Introductory Course

Soul Collage is a fun and creative process of using images to create cards that represent different aspects of ourselves. It is a playful way to get to know our own soul. For this workshop we will work with images that allow us to find the creative story of various aspects of who we are. We will touch on the foundational principles of Soul Collage, make a few Soul Collage cards and learn various applications for their use.

Dates: 4/23/2020 - 5/14/2020  Day: Th  Time: 1:00PM - 2:30PM

Location: Secrest Wible 119

Code: F20SSFWE011A

Instructor: Abigail Branch: Abigail’s training and been in the field of Social Work. She received her Master’s degree from the University of Oklahoma. Over the years she has facilitated groups in goal setting, coaching, personal development and reflective writing through journaling.
TCU Silver Frogs
Spring 2020
One-Time Lectures
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.

Date: 2/10/2020  Day: M  Time: 1:00PM - 2:30PM
Location: Secrest Wible 119
Code: F20SSFACT005A

Instructor: 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: A Photographic Exploration of Our National Parks

This is an interactive exploration of our National Parks and many of the places in between. These photographs are meant to trigger memories of times you may have spent in these wonderful places, to inspire you to see them again or experience them for the first time. We will discuss the uniqueness of different parks, photography techniques, and various stories that occurred in order to get these photographs. In addition we will discuss photographic tips and tricks to capture better photographs. We will also have a short presentation of photographs that are possible with your cell phone or tablet.

Date: 2/18/2020  Day: Tu  Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFACT006A

Instructor: David Hares: David has a passion to explore and photograph the National Parks. Even though he had always traveled and taken photographs, he refined his photography skills by studying with some lifelong professional photographers before heading out on his journey. David’s photographs were on exhibit at the Fort Worth Museum of Science and History in early 2016 are also on HaresPhotography.com. David lectures about photography and the National Parks.
Marfa. Ft. Davis. Alpine. Marathon and Big Bend - Why Go?

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

Date: 2/20/2020 Day: Th Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFAC007A
Instructor: 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.

Exploring Fort Worth: Amon Carter: The Man & The Museum

Come join us for a local Ft Worth adventure and reward your curiosity. In this lecture, we will explore our western heritage with a look at Amon Carter Sr. and how his life evolved from humble origins to the millionaire-philanthropist and one man promoter of all things Ft Worth. We will also learn how the museum he created to house his collection of art, including Russells and Remingtons, has become one of the major art museums of the country, if not the world.

Date: 2/21/2020 Day: F Time: 1:00PM - 2:30PM
Location: Off-Site
Code: F20SSFAC009A
Instructors: Lee Wimp & Jonathan Frembling: Lee Wimp is a lifelong resident of Fort Worth and has been active in the museum and cultural work of Ft Worth for over five decades and will introduce our host and guest lecturer at the museum.

Jonathan Frembling is the Amon Carter Gentling Curator and Head Museum Archivist. He has been with the Amon Carter for 16 years and is a noted authority on the life of Amon Carter, as well as the founding of the museum. Jonathan has a Masters in History and Archival Science from the University of Texas.

Aloha Hawai‘i

Learn more about our 50th state than you see on Hawaii Five-O 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 Hawaii should be on your vacation bucket list.

Date: 2/24/2020 Day: M Time: 1:00PM - 2:30PM
Location: Secrest Wible 119
Code: F20SSFAC008A

Instructor: Lewis Woodard: Mr. Woodard had a career in accounting and auditing in the non-profit sector. He has a home-based travel agency. He has presented past courses on cruise vacations, Hawaii, international humanitarian law, Clara Barton, Vote Smart, and understanding soccer.

Northern Italy: Andiamo!

Northern Italy is a favorite travel destination, and everyone can name the most famous spots in Rome, Florence and Venice. After providing a few quick tips on traveling in Italy, this class looks at some lesser known, but fabulous, spots in "the big three", and then explores several other suggestions of places to add to your northern Italy travel itinerary.

Date: 3/23/2020 Day: M Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFAC013A

Instructor: Jim Parr: Jim Parr is a semi-retired Commercial Realtor and entrepreneur. He is an approved instructor for the National Association of Realtors, Texas REALTORS, and the Texas Real Estate Commission. He has taught a variety of classes for TCU’s Extended ED and Silver Frogs programs.

Global Relationship Building -- What To Know Before You Go

Do you love to travel and meet people from other countries? Join Mae Ferguson to learn about what you need to know before you go. Fort Worth Sister Cities is in the business of global education and building domestic and international relationships. Learn how to appropriately greet those you meet, appropriate gifts to give, what to wear when traveling, and so much more.

Date: 3/24/2020 Day: Tu Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFAC012A

Instructor: Mae Ferguson: Mae is the President and CEO of Fort Worth Sister Cities International and the Protocol Officer for the city. In her role, Ferguson manages the City of Fort Worth’s international relations, international exchanges and outreach providing education and a positive economic impact for the City of Fort Worth.

Pack Right, Travel Light

How to pack for a 2-week trip in carry-on luggage. Lecture will include what to pack, how to pack and guidelines for choosing. Other tips on travel learned from experience and shared tips from others. Benefits of packing light.

Date: 3/27/2020 Day: F Time: 11:00AM - 12:30PM
Location: Secrest Wible 119

Code: F20SSFACT011A


Winchester -- The Ancient Capital of England and Beyond

Learn the history of this ancient city located in Hampshire, England and explore the famous cathedral, Winchester College, King Arthur’s Round table, and much more. We will also travel to sites within easy access of Winchester, such as Salisbury, Broadlands (home of the Mountbatten's), Romsey Abbey, Portsmouth, HMS Victory, Highclere Castle (of Downton Abbey fame), and Carisbrooke Castle, on the Isle of Wight.

Date: 4/21/2020    Day: Tu    Time: 3:00PM - 4:30PM

Location: Secrest Wible 119

Code: F20SSFACT015A

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

Painted Churches of Texas

Come take a virtual trip to the heart of Texas. Visit via photos the Czech and German churches built in the late 1800s and early 1900s and decorated with beautiful trompe l’oeil paintings. We will discuss the history of the settlements, the churches, the tours offered, as well as the festivals hosted by some of these churches.

Date: 4/23/2020    Day: Th    Time: 3:00PM - 4:30PM

Location: Secrest Wible 119

Code: F20SSFACT016A

Instructor: Polly Hooper: Polly Hooper is a native Texan and a 35 year resident of Fort Worth. She is a professional photographer and an avid crafter. She writes the column On One Tank of Gas for the SilverStreak newsletter and is also on the newsletter committee.
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 (created since about 1945 to the present) that are realistic. Many point to either historical events or current social issues. Some works may be considered "too realistic". 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! Expect a variety of views!

Date: 4/3/2020       Day: F       Time: 11:00AM - 12:30PM
Location: Annie Richardson Bass 1004
Code: F20SSFAC014A
Instructor: J Cy Rowell: J Cy is an Emeritus Professor of Religious Education, Brite Divinity School at TCU. His current interests focus on the changing landscape of American religious life, contemplative spirituality, and modern art. Personal interests include writing, attending theatre productions, and travel with Road Scholar groups

Cruising Quick Tips
This is a lecture version of the "Cruise Vacations" class, without all the detail on ships and cruise lines. We will discuss cruise booking and itineraries, navigating cruise ads, cruise myths, travel advisors, travel insurance, and other topics that will make your next cruise even more enjoyable. This class is intended for previous cruise travelers as the content is included in the Silver Frogs "Cruise Vacations" class. Plenty of opportunity for questions and answers.

Date: 5/4/2020       Day: M       Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFAC018A
Instructor: Lewis Woodard: Mr. Woodard had a career in accounting and auditing in the non-profit sector. He has a home-based travel agency. He has presented past courses on cruise vacations, Hawaii, international humanitarian law, Clara Barton, Vote Smart, and understanding soccer.

Visiting DC? Some Tips for Your Trip
Planning to visit our nation's capital? Get some insider tips from someone who lived there for over 30 years. How to get around, some places to see, the food scene. Advantages of visiting at different times of the year. Some freebies. Dealing with security. If you've never been to Washington, this is a must on your bucket list.

Date: 5/5/2020       Day: Tu       Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFAC019A
Instructor: Lynn Main: Lynn is a TCU graduate with a degree in elementary education. She has worked in education for over 30 years, the last 13 were spent as the principal of Lafayette Elementary School in the District of Columbia. Lynn has performed at the US Capitol, Kennedy Center, Ford’s Theater, and the Washington National Cathedral.

Travel Journal
Write, Sketch, Glue. A travel journal not only provides a record of your trip but also enhances the journey itself by prompting you to take a closer look. We'll "travel" to TCU and make a mini-journal, so sharpen your pencil. There will be some travel tips, too.
"Wherever you go, go with all your heart." Confucius

Date: 5/7/2020  Day: Th  Time: 1:00PM - 2:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFAC020A

Instructor: Penny McAdoo: Penny McAdoo has 55 years as an educator, She has taught all levels from preschool to graduate school in urban, rural, and suburban settings. She was an administrator in a school district curriculum department for most of her career. She loves to travel.

Financial Management
Buying or Selling? Working with a Broker in Texas
This class provides a comprehensive overview of the relationship of a buyer or seller of Texas real estate to the real-estate broker they hire to help them with the process. Topics covered include the legal and ethical requirements of license holders, the services a consumer should expect, and the process of working with your broker to accomplish the sale or purchase of property.

Date: 2/6/2020  Day: Th  Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFFIN001A

Instructor: Jim Parr: Jim Parr is a semi-retired Commercial Realtor and entrepreneur. He is an approved instructor for the National Association of Realtors, Texas REALTORS, and the Texas Real Estate Commission. He has taught a variety of classes for TCU’s Extended ED and Silver Frogs programs.

What Your Executor Needs to Know
If something happens to you, will your family or the executor of your estate know how to handle your affairs? We will go over a list of items that your executor needs to know to find documents, pay bills, handle assets, etc. A "template" MSWord document will be provided that can be used to create an "Emergency Document" with everything that will be needed by someone that needs to step in and take over your accounts. Discussion will include what needs to be addressed NOW, and what nightmares can
occur if this information is not readily available to the person you have asked to be your Power of Attorney or executor of your estate.

Date: 3/23/2020  Day: M  Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFFIN007A
Instructor: Diane Weaver: Diane holds a Bachelor of Business Administration in Accounting. She is a Certified Public Accountant who spent most of her career in various positions within the oil and gas industry.

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

Bitcoin was the first of many cryptocurrencies. It’s based on some cryptographic concepts and a technology called block-chain. This lecture will discuss what cryptocurrencies are and their possible advantages and disadvantages, using bitcoin as the example. It will also describe the underlying technology in a very elementary way. This will NOT be an investment seminar. The instructor finds the technology and the sociology of bitcoin to be very interesting, but he has not invested in any cryptocurrency and has no intention of doing so.

Date: 3/24/2020  Day: Tu  Time: 3:00PM - 4:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFFIN004A
Instructor: Robert Frey: Robert has had a lifelong interest in science. He received a BA in Physics and a PhD in Chemistry (Physical). He spent the bulk of his working career at the U.S. Army Aberdeen Proving Ground, where he worked on technical projects of a military nature.

Different Ways to Pay for Long Term Care

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

Date: 3/3/2020  Day: Tu  Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFFIN003A
Instructor: Tim Wendt: Tim received a BBA and MBA in Finance. He is the Fort Worth Chair for the Walk to End Alzheimer’s 2016-2019. In addition, he is a Board Member for Cuisine for Healing and a Mentor for Academy 4. Tim has 6 years of heath care work experience from Pharmacy to home health.
**Political Psychology: A Brief Introduction**

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

**Date:** 2/11/2020  
**Day:** Tu  
**Time:** 9:00AM - 10:30AM  
**Location:** Dee J. Kelly Alumni & Visitors Center Murphy Conference Room  
**Code:** F20SSFHCE008A  
**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.

**National Disasters and FEMA's Role**

The presentation and discussion will focus on the Federal Emergency Management Agency's (FEMA) role in responding to disasters declared by the President. We will start with the law governing the federal government's involvement in disasters and then how FEMA carries out its responsibilities. More detail will be explained about the various disaster programs that FEMA uses to provide monetary assistance to individuals/families and state/local governments.

**Date:** 2/11/2020  
**Day:** Tu  
**Time:** 9:00AM - 10:30AM  
**Location:** Secrest Wible 119  
**Code:** F20SSFHCE007A  
**Instructor:** Leland Wilson: Leland is a retired senior executive from FEMA. He was a FEMA employee and a consultant to the agency. Mr. Wilson was deployed to over 50 disasters ranging from floods, hurricanes, tornadoes, and earthquakes. As a consultant, he specialized in advising on the aspects of the disaster law and regulations affecting FEMA’s Public Assistance Program that provides assistance to state and local governments to fund the repairs of damaged infrastructure.

**Political Psychology: The 2020 Elections**

2020 will be an important year in shaping the American political landscape. As the various campaigns shape up, we will examine and analyze the different campaigns, their strategies and tactics, using the tools of political psychology: cognitive reasoning, moral philosophy, emotional appeals, conflict analysis, and others.

**Prerequisite:** The basic lecture in political psychology, either from 2019 or this spring, 2020.
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.

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.

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 NCandStL 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.

The Germans' WWII Unbreakable Enigma Code

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

**History of the Chicken Ranch: La Grange, Texas**

The history of the Chicken Ranch is an interesting part of Texas history. The lecture will describe the beginning of the ranch and how it evolved into an asset to the community of La Grange who petitioned for its continued existence. The charity to the community, the information provided to the Texas Rangers who were able to capture some of the most notorious gangsters in America, not to mention the involvement of Texas Universities created an icon in Texas history. The demise of the ranch and the opportunities for further involvement in an entirely different venue are a part of that history.

Date: 2/27/2020  
Day: Th  
Time: 9:00AM - 10:30AM  
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

**Code: F20SSFHCE013A**

**Instructor: Nancy McVean:** Nancy graduated from Baylor University with a degree in Speech/Theatre. She continued on with an MA in Communications from TCU. She has worked at Weatherford College for over 30 years.

**Vote Smart**

It's another big election year and it is more important than ever to be a well-informed voter. Project Vote Smart was started in the 1950's to collect and organize FACTS related to political candidates in US elections. It is a non-profit, non-partisan organization that helps educate voters on candidates by providing biographies, issue positions, voting records, lists of major financial supporters, etc. After a brief profile of the organization, this lecture will explore the resources available from Vote Smart and how to navigate the features on its website, which now include “fact checker” features. Focus is on the tools available from Vote Smart and not on any specific candidates. There will be no discussion nor endorsement of specific candidates or issues.

Date: 2/3/2020  
Day: M  
Time: 1:00PM - 2:30PM  
Location: Secrest Wible 119

**Code: F20SSFHCE001A**

**Instructor: Lewis Woodard:** Mr. Woodard had a career in accounting and auditing in the non-profit sector. He has a home-based travel agency. He has presented past courses on cruise vacations, Hawaii, international humanitarian law, Clara Barton, Vote Smart, and understanding soccer.

**8th Air Force and Strategic Bombing: Theory and Practice**
This is an introduction to the development of the concept of Strategic Bombing and its implementation. We will discuss how the theory had to be amended in light of experience over Europe from 1942 to 1945. We will learn why the basic tenets of Billy Mitchell and Guilo Douhet had to be modified and rethought in light of the dynamics of the first attempt to apply the new concept of strategic bombardment.

Date: 2/6/2020     Day: Th     Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFHCE006A

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

Missouri Compromise, Slavery, The Players and How it Affected the Shape of States

The Missouri Compromise limited which states could be accepted to the Union based upon the Latitude of the Southern boundary of Missouri. Some states such as Texas wanted to be accepted in to the Union based upon their ability to own slaves. Missouri was accepted in to the Union in 1820, forty one years before the Civil War. The names of the players for and against this compromise are generally accepted as honorable and streets in Fort Worth and other cities are named for them. They were all creatures of their time but this class is to remind us of the creation of Texas and the players involved.

Date: 2/7/2020     Day: F     Time: 3:00PM - 4:30PM
Location: Annie Richardson Bass 1004
Code: F20SSFHCE004A

Instructor: James Brittain: James Brittain is a Registered Professional Land Surveyor in the State of Texas in the private business of the practice of professional land surveying for forty six years. His company, BRITTAINE and CRAWFORD, LLC is located in Fort Worth.

Operation VITTLES: The Berlin Airlift

Victorious allies during World War II, the United States and the Soviet Union would see their relations deteriorate following the Soviet blockade of a divided Berlin in June 1948. As the Cold War ignited, the United States and its allies gambled on a plan to save the city and its 2.2 million residents. Asked if the U.S. Air Force could deliver coal, Lieutenant General Curtis LeMay responded that "The Air Force can deliver anything!" American credibility and an affirmation of freedom to a war-torn Europe were counting on it. On this 70th anniversary of the Airlift, come hear how this 11-month round-the-clock operation became a humanitarian achievement.

Date: 3/17/2020     Day: Tu     Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFHCE022A

Instructor: Kent Knudson: Knudson’s parents took him to his first national park camping when he was 7 years old. He has traveled to many of the nation’s parks since then and has given blood to the mosquito blood program at Everglades NP; encountered lovesick bears at Glacier Bay NP; and has volunteered at a number of national park sites.

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.

Date: 3/24/2020  Day: Tu  Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFHCE023A

Instructor: Kent Knudson: Knudson’s parents took him to his first national park camping when he was 7 years old. He has traveled to many of the nation’s parks since then and has given blood to the mosquito blood program at Everglades NP; encountered lovesick bears at Glacier Bay NP; and has volunteered at a number of national park sites.

God is on the Side of the Big Battalion: Religion and the Civil War Soldier

This is a course about the religious life of Civil War soldiers. Both Northerners and Southerners believed that God was on their side and each side came into the war with a firm belief that they would win. But when what everyone thought would be a short war turned into a long and bloody conflict, attitudes changed. Religion became important not only for larger principles but on a day-to-day basis to men who knew their lives could end in the next battle. As the fighting turned against the Confederacy in the last year, the southern soldier had to wonder if God had abandoned his cause. We will also discuss the main denominations, which at that time were Methodists, Baptists, and Presbyterians, and their roles in the soldiers’ lives.

Date: 3/3/2020  Day: Tu  Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFHCE014A

Instructor: Anne Bailey: Anne is a specialist in Civil War history. She is the author/editor of eight books, numerous book chapters, and over 300 articles and book reviews.
The Thunderstorm Project

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.

Date: 3/4/2020       Day: W       Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFHCE012A

Instructor: 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.

History of American Women

This lecture will highlight the American women who changed the direction of our nation through politics, medicine, the arts and society in general.

Date: 3/5/2020       Day: Th       Time: 3:00PM - 4:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFHCE015A

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

A Legal History of Federal Taxation

Taxation is one of the two things that are said to be certain, but where did Congress' power to tax come from and how extensive is it? The lecture will survey the historical development of the federal taxing power, including constitutional provisions and major Supreme Court decisions. While the primary focus will be on the income tax, other types of taxes will also be addressed, including revenue-raising
proposals of current presidential candidates. Frivolous tax-protester arguments will also be discussed and debunked.

Date: 3/6/2020 Day: F Time: 11:00AM - 12:30PM

Location: Annie Richardson Bass 1004

Code: F20SSFHCE016A

Instructor: Jim Stripling: Jim Stripling has practiced law for over 50 years, primarily in the areas of business organizations, estate planning, and taxation. He received his undergraduate degree in economics from Yale and his law degree from the University of Texas at Austin.

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 a few of the Texas burial laws and the top ten questions before deciding on a burial plot.

Date: 4/20/2020 Day: M Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

Code: F20SSFHCE024A

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.

My Ten Day Affair With FIFI: The CAF: Past, Present and Future

The CAF was founded to acquire, restore and preserve in flying condition a complete collection of WW II combat aircraft which were flown by all military services of the United States, and selected aircraft of other nations, for the education and enjoyment of present and future generations of Americans. The B29/B24 Squadron based locally supports and flies one of only two B-29 bombers in the world, FIFI, as well as a B-24 Bomber, Diamond Lil'. This presentation will discuss the history of the CAF, as well as what it's like to go on tour in FIFI as a crew member and fly to various air shows in cities around the U.S.

Date: 4/22/2020 Day: W Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

Code: F20SSFHCE025A

Instructor: Roland Haedge: Roland retired in 2014 after working 44 years for the Federal Govt in the US Post Office, US Army, HEW, HHS and IRS, in the areas of Human Resources and Training. He has been a member of the CAF and the B29/B24 Squadron for the last four years. Roland received his BA in Psychology and an MA in Counseling Psychology from Texas Tech. He also received and Masters in Public Administration from East Texas State University. He served in the Army as an officer in the Signal Corps and served in Vietnam. He then worked as a Vocational Rehabilitation Consultant in Saigon, VN.
The Women that Flew for Hitler, Hanna Reitch and Melitta von Stoffenberg

The story of two extraordinary women who were test pilots for Hitler and the 3rd Reich. The lecture presents their biography and their connections with Adolf Hitler and other top Nazi officials as well as their outstanding accomplishments as test pilots for the Luftwaffe. This lecture explores the remarkable triumphs and the sad tragedies of both Hanna and Melitta.

Date: 4/23/2020  Day: Th  Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFHCE028A

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

Vietnam: 1971-1972: The Other Side of War

From July 1971 to March 1972 Roland was the Drug Abuse/Rehabilitation Office for the 1St Signal Brigade, stationed at Long Binh Army Base, which was about 20 miles outside of Saigon in South Vietnam. During this presentation Roland will discuss how he got there, what happened while he was there, and what impact that experience had on his life after he returned home.

Date: 4/24/2020  Day: F  Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFHCE027A

Instructor: Roland Haedge: Roland retired in 2014 after working 44 years for the Federal Govt in the US Post Office, US Army, HEW, HHS and IRS, in the areas of Human Resources and Training. He has been a member of the CAF and the B29/B24 Squadron for the last four years. Roland received his BA in Psychology and an MA in Counseling Psychology from Texas Tech. He also received and Masters in Public Administration from East Texas State University. He served in the Army as an officer in the Signal Corps and served in Vietnam. He then worked as a Vocational Rehabilitation Consultant in Saigon, VN.

Even Wars Have Rules

This lecture is the recently revised (2019) Introduction to International Humanitarian Law course from the American Red Cross. "Even Wars Have Rules" is a basic level course that easily fits into a Silver Frogs lecture format, yet covers the main topical areas of the Geneva Conventions and their subsequent protocols. This will be one of the first public offerings of this material in North Texas.

Date: 4/27/2020  Day: M  Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFHCE029A
Instructor: Lewis Woodard: Mr. Woodard had a career in accounting and auditing in the non-profit sector. He has a home-based travel agency. He has presented past courses on cruise vacations, Hawaii, international humanitarian law, Clara Barton, Vote Smart, and understanding soccer.

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.

Date: 4/27/2020 Day: M Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFHCE030A

Instructor: 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.

History of Airline Economic Regulation

This lecture will cover development of airline regulation from beginning after WW-1, growth under Post Office, Spoils Conferences, regulation by governmental agencies, and deregulation. It will also cover resulting economic changes to industry and current results of deregulation.

Date: 4/28/2020 Day: Tu Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFHCE031A

Instructor: Richard Fahy: Dick Fahy is a retired airline lawyer, spending most of a career of over 30 years representing Pan Am, American Airlines, and TWA in various regulatory and legislative matters. He also was heavily involved in antitrust cases for many years

The AP World History Quiz

How much do you know about world history? Through a series of questions, you can determine how much you know about ancient, medieval, and modern world history. Greek, Roman, Chinese, Indian, Arabic, European, pre-Columbian American and other odd arenas of the past. Perhaps, Antarctic history will be discussed. We will keep score.
Ken Bowers: Ken is a quiet, mild mannered gentleman. He has travelled a bit, to some of the odd corners of the world. He adheres to Satchel Paige’s advice, “Don’t look back, they might be gaining on you.”

Helicopter Nose Art of the Vietnam War - 1961 -1975

A brief history of military aircraft nose art from World War I to Vietnam with a detailed look at the army helicopter artwork of the Vietnam war covering 1961 - 1975. The presentation includes a "case study" or detailed look at the artwork of a single unit and what the influences were and how it was connected to the insignia and call signs of the unit. The lecture explores the influences of society, music, politics, and other things that influenced the sometimes very creative artwork found on aircraft of the periods.

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

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.

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 AandM 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.
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.

Date: 5/7/2020      Day: Th      Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFHCE035A
Instructor: Anne Bailey: Anne is a specialist in Civil War history. She is the author/editor of eight books, numerous book chapters, and over 300 articles and book reviews.

Hobbies, Crafts & Recreation

Taking Care of Our Trees

Trees are the most valuable part of our landscapes. This lecture will provide basic information on how homeowners should think about and manage their trees. We will cover some biology of trees, things to do and not do, some pruning basics, and some other basic knowledge about trees and how to manage them successfully.

Date: 2/25/2020      Day: Tu      Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFHCR004A
Instructor: David Coke: David Coke retired from a career managing power plants. He has a Mechanical Engineering degree and an MBA from UT Austin. He worked the technical, financial, and people sides of electricity generation. As VP of Operations, he found people issues the most complex and interesting, and corrected dysfunctional organizations. He is a long-term Silver Frog.

The Unraveling of Plant and Garden Myths

We will explore myths, folklore, and wives’ tales about our plants and will be debunking houseplant, flowering, and vegetable garden myths. We will go from the anecdotal to the scientific. You will learn the demystification of the plant world, and watch your thumb turn green with knowledge.

Date: 3/31/2020      Day: Tu      Time: 9:00AM - 10:30AM
Location: Brown-Lupton University Union Beck/Geran Conf Room
Code: F20SSFHCR006A
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.

| Literature & Writing |

**Good Children's Book 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.

**Date:** 2/21/2020  
**Day:** F  
**Time:** 11:00AM - 12:30PM

**Location:** Secrest Wible 119

**Code:** F20SSFLW003A

**Instructor: Leta Tillman:** Leta is Professor Emeritus from Hardin Simmons University (HSU). She was the Education and Interlibrary Loan Librarian for 13 years at HSU. Leta has written over 800 children's book reviews during those years.

| Personal Development |

**Leaving a Legacy**

The desire to learn about our ancestry is becoming more widespread than ever. There is a whole industry offering us the nuts and bolts of how to discover our heritage. Why not take advantage of this trend and personalize your heritage in a way that future generations will benefit from?

This workshop will focus on creating a written record of some of the key experiences, values and traditions you want to pass on to your children, grandchildren and future lineage.

**Date:** 2/20/2020  
**Day:** Th  
**Time:** 11:00AM - 12:30PM

**Location:** Secrest Wible 119

**Code:** F20SSFPER001A

**Instructor: Abigail Branch:** Abigail’s training and been in the field of Social Work. She received her Master’s degree from the University of Oklahoma. Over the years she has facilitated groups in goal setting, coaching, personal development and reflective writing through journaling.
How to Downsize

This lecture will offer information on moving from a large space into a smaller home, apartment or retirement facility.

Date: 2/27/2020 Day: Th Time: 11:00AM - 12:30PM
Location: Secrest Wible 119
Code: F20SSFPER002A

Instructor: Paula Brown: Paula has been a Licensed Interior Designer for over 30 year. She has taught many of the classes and seminars for Gabbert’s Design studio and have given lectures to professional and social organizations.

Organizing Your Genealogy Research Trip

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

Date: 2/4/2020 Day: Tu Time: 3:00PM - 4:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFPER017A

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. She is a member of several national, state, county, and local genealogical societies and is currently Treasurer for the Fort Worth Genealogical Society.

Habits are Us; A Review of the Invisible Architecture of Our Lives.

Join Brad Nowlin in a discussion of habits with an emphasis on improving our overall functioning. We’ll cover both good and bad habits as well as recent books on the subject from James Clear, Gretchen Rubin, and Charles Duhigg.

Date: 3/16/2020 Day: M Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFPER009A

Instructor: Brad Nowlin: Brad Nowlin is a Fort Worth native happily married to his Silver Frog wife, Grace. A Marriage and Family Therapist with Fort Worth Counseling, he has an MBA from TCU.
Learning from Obituaries

Published obituaries announce deaths and plans for memorial services, and can also contain more than “basic facts.” They provide stories, memories, life examples, even new information about the deceased. Obituaries can reflect cultural changes and sometimes they tell us about the persons who wrote them. Often there are items that cause one to smile; sometimes there is even humor. While the tone of most obits is one of respect and gratitude--especially meaningful for family and close friends--a careful reading of obits can teach us all something about life.

Date: 3/19/2020 Day: Th Time: 3:00PM - 4:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFPER010A

Instructor: J Cy Rowell: J Cy is an Emeritus Professor of Religious Education, Brite Divinity School at TCU. His current interests focus on the changing landscape of American religious life, contemplative spirituality, and modern art. Personal interests include writing, attending theatre productions, and travel with Road Scholar groups

Keys to Making a Difference in a Family Caregiving Challenge

What every family's number one priority is when creating a caregiving plan - The most overlooked aspect of family caregiving planning - Best ways to start the caregiving discussion in your family - Why now is the best time to start the process - The critical legal issues that must be addressed quickly - What caregivers need to ensure they can help their family as much as possible - The key topics covered in a good caregiving plan - Why no one person can effectively do everything related to a caregiving plan - The key roles professionals play in helping families respond to caregiving challenge.

Date: 3/31/2020 Day: Tu Time: 11:00AM - 12:30PM
Location: Brown-Lupton University Union Beck/Geran Conf Room
Code: F20SSFPER007A

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.

Personal Coloring Changes as We Mature
This course will examine the properties of color and how our coloring changes with age. 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?

Date: 4/21/2020       Day: Tu       Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFPER015A

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.

Six Steps to Legacy Planning for the Generations

In this course, we will show you how generational planning is replacing traditional, estate planning, what happens when a legacy isn’t planned, how legacy planning can be a meaningful, process, how to plan for sudden incapacity, the importance of expressing your wishes and conveying your values, how to successfully transfer your wealth, tangible and intangible assets, and a six-step process to start leaving your mark on the next generation.

Date: 4/30/2020       Day: Th       Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFPER016A

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.

Religion

The Miracle of Dunkirk: A Biblical Interpretation

Shortly after World War II began, the Germans had the British and their allies trapped on the beaches of Dunkirk in northern France. Annihilation or capture seemed certain, but then strange things began to happen. We will examine evidence for how God was behind this early miracle of WW II, and the significance of the miracle for the outcome of the war and for us today.
Date: 2/14/2020  Day: F  Time: 11:00AM - 12:30PM
Location: Annie Richardson Bass 1004
Code: F20SSFREL006A

Instructor: Roger Norman: Roger is a retired attorney having specialized in Estate Planning. He has taught several classes in the Extended Education Department of TCU and as part of the Silver Frogs program.

God and the Novel: Evelyn Waugh’s "Brideshead Revisited"

Long before Julian Fellowes and "Downton Abbey," there was Evelyn Waugh and Brideshead Revisited. Waugh's 1945 novel chronicles the decline of the English aristocracy in the immediate aftermath of World War I, the struggle to be Catholic in an avowedly Protestant society, and the restless search for truth, goodness, and beauty in a world in which such "transcendentals" seem to be in short supply. The class will read Waugh's novel, scrutinizing it for its theological as well as literary significance. Silver Frogs should purchase a copy of the novel ahead of time.

Date: 2/4/2020  Day: Tu  Time: 9:00AM - 10:30AM
Location: Secrest Wible 119
Code: F20SSFREL001A

Instructor: Darren Middleton: Dr. Darren J. N. Middleton is John F. Weatherly Professor of Religion and the Director of the Master of Liberal Arts program at TCU. He has published eleven books, the most recent of which is George Eliot: Literary Portals to Prayer.

Christian Martyrs - Past, Present, and Future

We will review a few of the Christian martyrs following the resurrection of Christ, through the middle ages, down to the present, and what’s foretold for the future.

Date: 3/17/2020  Day: Tu  Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFREL010A

Instructor: Roger Norman: Roger is a retired attorney having specialized in Estate Planning. He has taught several classes in the Extended Education Department of TCU and as part of the Silver Frogs program.

Prayer Part 1: Spiritual Tradition and the Practice of Prayer

In this two part presentation, we take a look at the practice of prayer from the perspectives of the Bible, theologians and scientists. Part I examines some thoughts on what historical spiritual leaders have told
us including Jesus and his followers. Part II investigates what clinical studies and research institutions are discovering. It is not required to take the sessions in sequence.

**Date:** 3/2/2020  **Day:** M  **Time:** 9:00AM - 10:30AM

**Location:** Secrest Wible 119

**Code:** F20SSFREL007A

**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.

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**The Changing American Religious Landscape**

The American religious landscape is ongoing major challenge and change today. The change is most fully documented by a Pew Foundation study, but TV news, stories in newspaper and social media almost daily report one or more new developments.

The overview of this landscape will focus on current issues in major groups like Baptist, Methodist, and Episcopalian. Changes in other religious communities will be noted. While the issues are cultural and religious, evidence of this landscape shift will be noted in the Fort Worth/Dallas area. Lots of problems and questions, few answers... yet exciting and important. Silver Frogs will have a host of things to think about on their own.

**Date:** 3/26/2020  **Day:** Th  **Time:** 3:00PM - 4:30PM

**Location:** Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

**Code:** F20SSFREL011A

**Instructor:** J Cy Rowell: J Cy is an Emeritus Professor of Religious Education, Brite Divinity School at TCU. His current interests focus on the changing landscape of American religious life, contemplative spirituality, and modern art. Personal interests include writing, attending theatre productions, and travel with Road Scholar groups.

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**The Lone Ranger: A Biblical Interpretation**

The Lone Ranger and Tonto? Yeah, Biblical characters -- and the Silver bullet?

We will discuss the history of the TV series and two movies and then move into the Biblical and spiritual aspects of the series, the movies and ultimately, The Lone Ranger Himself.
Instructor: Roger Norman: Roger is a retired attorney having specialized in Estate Planning. He has taught several classes in the Extended Education Department of TCU and as part of the Silver Frogs program.

History of Twelve of the Old Gospel Songs

The lecture will cover the backgrounds which led to the composing of twelve of the more popular old favorite gospel songs Rock of Ages, When the Roll is Called Up Yonder, Blessed Assurance, It is Well With my Soul, Just as I am, What a Friend we have in Jesus, When We All Get to Heaven, Trust and Obey, There is a Fountain Filled With Blood, Mansion Over The Hilltop, Nothing but the Blood, and Amazing Grace.

Instructor: Roger Norman: Roger is a retired attorney having specialized in Estate Planning. He has taught several classes in the Extended Education Department of TCU and as part of the Silver Frogs program.

Science and the Practice of Prayer, Part 2

This presentation continues the study of prayer covered in Part 1 as we look into what science has to add to our investigation. In this presentation, we look at clinical studies and research institutions who have joined a growing pool of specialists pursuing links between prayer, thought and health. We uncover some amazing information!

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.
Shedding a Little Light on Lightroom

What powerful and easy-to-use photo editing software! Since introduction 11 years ago, Adobe Lightroom has become the de facto standard for professionals and amateurs alike around the world. Lightroom allows you to collect, organize and store all your photographs in one place and then edit them without "destroying" the originals. You can start with simply using it to change brightness and contrast, adjust color or crop your images, then learn its other powerful tools as time and interest permit. This presentation is intended as only an overview to show how it is used to organizes your photos, and demonstrate enough of its' editing capabilities to whet your appetite. How to purchase, install, and learn Lightroom will be covered both for Apple and Microsoft/Android PCs and mobile devices.

Date: 2/28/2020  Day: F  Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

Code: F20SSFSCT002A

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 NCandStL 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.

A Primer on Climate Change

Known first as the Greenhouse Effect, global warming, and now more generally as Climate Change. It has been categorized by some scientists as the greatest challenge humans have ever faced and called "the problem from hell." Yet, most don't understand the existential threat Climate change presents. This lecture and discussion will make an effort to understand the science, the politics, and the long term challenges climate change poses to the planet and to each one of us.

Date: 3/17/2020  Day: Tu  Time: 3:00PM - 4:30PM

Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFSCT007A

Instructor: Bronson Davis: Bronson Davis’; career was in higher education fundraising at Vanderbilt, Tulane, and TCU plus various consulting assignments in the areas of religion, music, and theatre in retirement. He has participated in the Council for Advancement and Support of Education. He has a bachelor’s degree in history and philosophy and a masters in higher education administration.

Cyber Security Basics
Learn basic ways to protect yourselves and your data on the internet.

Date: 4/20/2020  Day: M  Time: 3:00PM - 4:30PM
Location: Secrest Wible 119
Code: F20SSFSCT008A
Instructor: Barbara McClellan: Barbara was a TCU security administrator and trainer until retiring in 2011.

Sundials -What Makes 'em Tick

Have you ever looked at a sundial in a garden and been confused because it was not even close to what your watch showed? How about seeing a very elaborate sundial that showed nearly the correct time and you wondered how it worked? Join our ‘Silver Frog astronomer‘ and learn all you need to understand this ancient timekeeper. You may even learn how to make your own sundial.

Date: 4/23/2020  Day: Th  Time: 11:00AM - 12:30PM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFSCT011A
Instructor: Randy Smith: Randy is a retired aerospace engineer and former USAF navigator. He has many interests and hobbies beyond his work experience, several of which have been or will be presented as silver Frog classes: astronomy, photography, military history, and woodworking.

Accessibility Techniques for Low Vision on iPhone, Ipad and Windows 10

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

Date: 4/28/2020  Day: Tu  Time: 9:00AM - 10:30AM
Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFSCT013A
Instructor: Jeremy Main: Jeremy is a TCU graduate who had a career in computers, PCs specializing in the APL language, and consulting in insurance and science areas. Now retired. Finding low vision techniques are now a requirement to stay informed and active.

NASA Program to Prevent Osteoporosis During Spaceflight

This past summer we celebrated the 50th anniversary of the moon landing. As we begin to explore the solar system, keeping space travelers safe is critical. Even before the Apollo program, it was believed that there were health risks to astronauts -- beyond rocket failure, none more important than preventing osteoporosis during flight; that is severe bone loss, possibly irreversible, resulting in
weakened bones prone to fracture. NASA implemented a research program to understand and ameliorate this risk. This lecture will review NASA missions conducted over the last 50 years highlighting bone research results.

**Well-Being**

**Mindfulness and Meditation: A Local and National Update**

This will be an update on the mindfulness and meditation movements at TCU and nationally. We will be hosting a major symposium called "What Is Well-Being?" in late March, and I will discuss its genesis and development. There will also be an opportunity to learn about (and do) some basic contemplative practices.

**Date:** 2/17/2020  
**Day:** M  
**Time:** 1:00PM - 2:30PM

**Location:** Secrest Wible 119

**Code:** F20SSFWEL002A

**Instructor:** Andrew Fort: Andrew O. Fort (Ph. D., University of Pennsylvania) is Professor of Asian Religions (emeritus) and a Green Distinguished Emeritus Tutor at TCU. He has published extensively on aspects of Hindu thought and issues concerning teaching, particularly contemplative pedagogy. He founded TCU’s Contemplative Studies initiative in 2012, and has been on the steering Committee of the Contemplative Studies group at the American Academy of Religion. He has practiced various forms of meditation for 45 years.

**Transforming Healthcare and Those Who Deliver It**

Join us and hear about UNT Health Science Center's 50-year history and its partnership with TCU to create the TCU and UNTHSC School of Medicine. Learn about programs available for community participation (such as SAGE - Seniors Assisting in Geriatric Education), as well as promising research to promote Healthy Aging and advance Genetic/Genomic science to better personalize the care and therapeutics we all receive. Multiple faculty and leadership presenters will cover these topics and more!

**Date:** 2/27/2020  
**Day:** Th  
**Time:** 11:00AM - 12:30PM

**Location:** Dee J. Kelly Alumni & Visitors Center Murphy Conference Room
Code: F20SSFWEL003A

**Instructor: Doug White:** Doug White serves as UNT Health Science Center VP for Institutional Advancement and Executive Director of the UNTHSC Foundation. Doug was previously in a leadership role at Texas Health Harris Methodist Foundation, serving as President for nine years. He has also served as Associate Dean for External Affairs at the School of Public Health at the University of North Carolina at Chapel Hill, Assistant Vice Chancellor for Advancement at Texas Christian University and Director of Communications and Corporate Relations at the John E. Anderson Graduate School of Management at UCLA.

**Sexuality and Older Adults**

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

**Date:** 3/3/2020  
**Day:** Tu  
**Time:** 3:00PM - 4:30PM

**Location:** Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFWEL004A

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

**Stop The Bleed: Don't Be a Bystander-You Can Make a Difference!**

Stop the Bleed is a nationwide campaign aimed at providing the knowledge and the tools to stop a life-threatening bleed in an emergency. The course is designed for the general public. Uncontrolled bleeding can lead to death in 5 minutes or less. These simple techniques are easy to learn and effective in saving someone’s life. This is a lecture and a hands on training session. When you leave this class you will have the confidence and skills to help in an emergency.

**Date:** 4/2/2020  
**Day:** Th  
**Time:** 11:00AM - 12:30PM

**Location:** Secrest Wible 119

Code: F20SSFWEL006A

**Instructor: Kim McFarland:** Kim McFarland R.N. BSN is the Trauma Outreach Prevention Coordinator for Trauma Administration at Texas Health Harris Methodist Hospital Fort Worth. Kim is a TCU Nursing alumni.

**Hands Only CPR: Only Two Steps to Save a Life**

This class is intended to teach the public how to do CPR WITHOUT any mouth-to-mouth breathing. This is an interactive hands on class. We will teach you how to use an AED machine when one is available. You will gain the confidence to act in a situation where someone is unconscious and needing immediate
help. This class could save the life of your own family member! Wear your jeans and tennis shoes for this
fun hour. Remember ANY CPR IS BETTER THAN NO CPR. DON'T BE AFRAID TO TRY!

Date: 4/23/2020      Day: Th      Time: 11:00AM - 12:30PM

Location: Secrest Wible 119

Code: F20SSFWEL010A

Instructors: Kim McFarland & Patrice Lucas: Kim McFarland R.N. BSN is the Trauma Outreach
Prevention Coordinator for Trauma Administration at Texas Health Harris Methodist Hospital Fort
Worth. Kim is a TCU Nursing alumni.

Patrice Lucas R.N. (Retired) Emergency Department Nurse and Trauma Coordinator for 28 years at Texas
Health Harris Methodist Hospital Fort Worth. A member of Silver Frogs.

Senior Moment or Something More? What's Normal Aging and What's Not

This class helps learners understand and recognize the differences in “normal” and “not normal” aging
as it relates to the brain. We will describe how our memory works, how we take in and process
information and how that may change as we get older.

Date: 4/23/2020      Day: Th      Time: 1:00PM - 2:30PM

Location: Dee J. Kelly Alumni & Visitors Center Murphy Conference Room

Code: F20SSFWEL012A

Instructor: Jaime Cobb: Jaime is a Certified Alzheimer’s Educator and is the Vice President of Dementia
and Caregiver Education at James L. West Center for Dementia Care.